

## **Activity seven: How to stop a worry!**

### **Curriculum links:**

PSHEC

### **Activity 7a:**

Have a circle time about things that we worry about. How do we feel when we are worried, how do we behave when we are worried? What can we do to stop our worries in their tracks?

Write on the board the children's suggestions for what to do when a worry strikes. These can range from techniques to cheer themselves up and take their minds off worrying, to a more serious strategy of talking to a grown-up they trust about a serious concern.

### **Activity 7b:**

Write the strategies on bubble-shaped coloured paper and make a 'What to do with a worry' display for the classroom.