

Year 5 PSHE - Week Beginning 11th January 2020

This week's PSHE links to our Year Group Assembly on Tuesday at 1:10, we're really looking forward to seeing you if you can join us. If you can't, the beginning part of this document will go through what was discussed in the assembly.

LO: I am learning how to identify and manage my worries and anxieties

We can have lots of different types of thoughts that link to what is happening around us.

- Triggers such as music, smells and places
- A reaction to something some has said or done
- Thinking about a question or a problem
- Something that is making you feel worried or anxious
- Thinking about something that is happening later (could be exciting or what you want for dinner)
- A memory

Today we are going to focus on worry and anxiety.

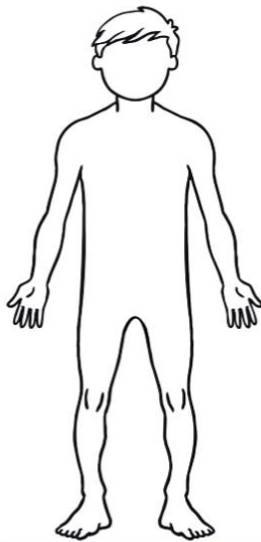
- Have a think to yourself and put in the chat (if you want to) what you think these words mean to you.

What things might make you feel anxious or worried?

- Have a think and if you would like to share please put your ideas into the group chat.



Anxiety can make you feel lots of different things.



- When you feel anxious or worried what reaction does it cause in your body?

1. My palms feel sweaty and clammy.
2. My heart rate is fast.
3. My throat and chest are sometime sore.
4. I feel 'pins and needles' in my fingers and arms.
5. I need to go to the toilet a lot.
6. I have a stomach pain or headache.
7. My muscles are tight.

There are now a series of activities for you to choose from to help support you in thinking about your own worries. Please select at least 2 to complete.

WHEN I FEEL WORRIED...

I can speak to:

It's **SAFE**
to feel
my **FEELINGS**

I can try this breathing activity:

I can go outside and:

I can tell myself:

- This is tough but so am I.
- I can always ask for help.
- I can focus on things I can control.
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I can try these things to feel better:

Big Life Journal

Give someone a hug

Write in a journal

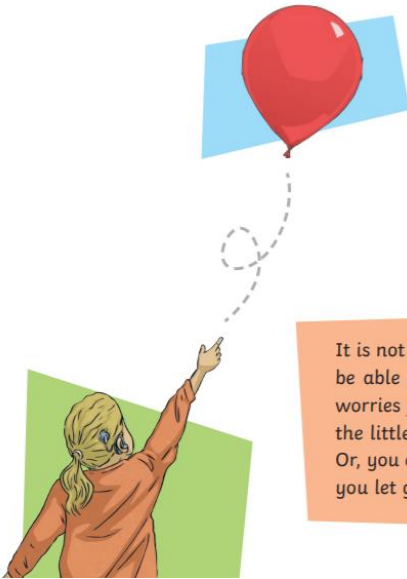
Hum or sing a song

I can move my body by:

I can listen to:

**FEELINGS
COME
AND
FEELINGS
GO**

Let Your Worries Go!



This resource is designed to help you think about what is worrying you. Write down your worries in the red balloons and then think about how you can let your worries go. Each balloon is a different size so the bigger balloons should hold the biggest worries.

It is not easy to let your worries go but talk to the adult you are with about how you might be able to do this. You could try setting aside time each day where you think about the worries for ten minutes and then you let them go. You could try splitting a worry up into the little things you can easily deal with and bigger things that you need to get help with. Or, you could try writing your worries down on slips of paper and screwing them up to help you let go of them.

Let Your Worries Go!



My Worries List

Please write in the below boxes what worries you have.

Think about these worries in three groups. An example has been given to get you started.

<p>These worries make it impossible/very difficult to do something.</p>	<p>I am too worried to stay at my friend's house on my own.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>These worries make it hard for me to do something but it's not impossible.</p>	<p>I am really worried about sitting my spelling test.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>I have these worries a lot but they don't stop me doing anything.</p>	<p>I worry about eating in the school dinner hall.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How to Make Your Own Worry Doll

A worry doll is a great way of helping you to think about and manage your worries. If you are worried about something like a test at school, moving house or a friendship difficulty, a worry doll can help.

By sharing the worry with the worry doll, you can give yourself time to think about what is worrying you. Sharing these thoughts with the worry doll can help you to feel better and may even help you to solve the worry yourself.

The idea is that you share one worry with one worry doll. You tell the worry doll your worry at night time and then put the worry doll under your pillow. Hopefully, when you wake up, your worries will have reduced and you will feel calmer for the day ahead.

There are several ways you can make a worry doll. How you choose to make a worry doll is entirely up to you. You could even make a worry pet or a worry animal!

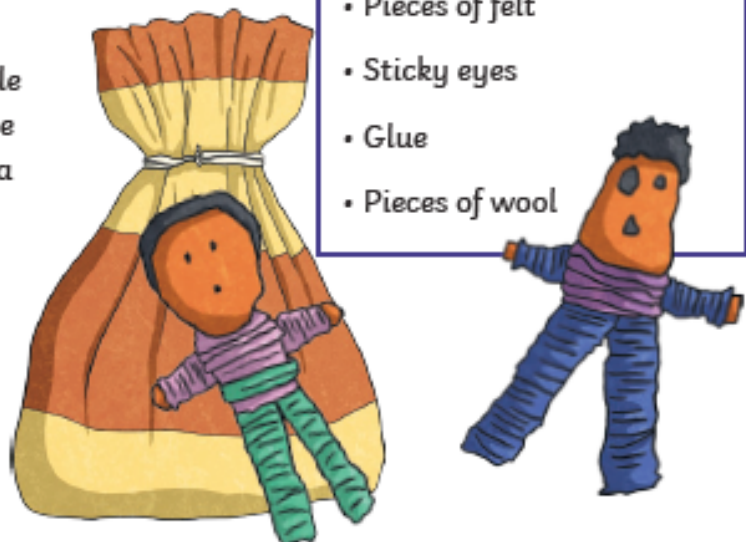
Instructions for a Worry Doll

What to Do:

- Use glue to attach a large cotton wool ball to the top of a wooden peg. This will be the doll's head.
- Use felt tips to draw the facial features or use sticky eyes and felt.
- For the hair, you could attach strands of wool to the cotton wool ball.
- Use fabric to make the clothes - a triangle makes an excellent dress, a square can be used for a top and two rectangles make a brilliant pair of trousers!

Equipment

- Large wooden peg
- Cotton wool ball
- Felt tip pens
- Pieces of felt
- Sticky eyes
- Glue
- Pieces of wool



How to Make Your Own Worry Doll

Instructions for a Worry Doll

You could make a different type of worry doll if you prefer. Animals can be really good worry dolls. Try using old socks to create animal puppets, adding eyes and using felt to make their ears, mouth and nose.

What to Do:

- Using felt or material, cut out ears for your dog and sew/ stick them on to the 'foot' part of the sock.
- Glue on the eyes – these can be sticky eyes or you could use fabric pens to draw them on.
- Draw a nose with fabric pens, use felt or sew on a button.
- If you want a wagging tail, you could use either wool which you could sew or glue to the back of the puppet, or add a coloured pipe cleaner to make your tail.

You could also make a worry doll from building bricks, construction materials, clay or modelling material.

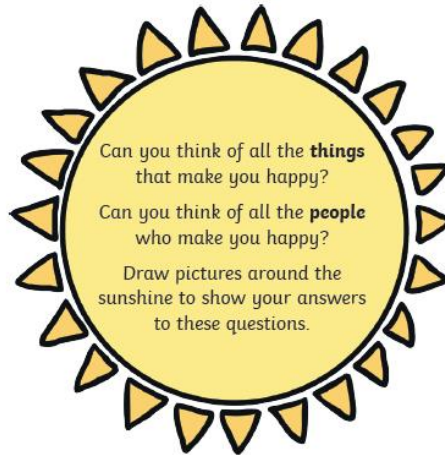
Use the template on the next page to make your own worry doll. Simply colour the doll and cut it out. You could add hair and clothing. There is no right or wrong way of making a worry doll. The idea is that the worry doll is unique and special to you.

Equipment

- Sock
- Felt/material
- Glue
- Sticky eyes
- Fabric pens
- Needle and thread, if you wish to sew
- Small button
- Wool
- Coloured pipe cleaner



What Makes Me Happy?



Emotional Rollercoaster

All of us will experience emotional highs and lows throughout the day, week, month, or year. It is okay to have these mood changes, but when they become significant and stop us doing the things we like, we may need some help.

Can you write on the rollercoaster carriages below when you feel happy or sad and what caused you to feel like this?

