

Year groups: KS1 & KS2	
Curriculum area: PSHE	Focus of lesson: Stress and worry
National Curriculum Reference: Pupils should know: H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. that not everyone feels the same at the same time, or feels the same about the same things H16. about ways of sharing feelings	
Learning Objective(s): - To be able to define and list symptoms of anger - To be able to name key adults who can provide support	Assessment Strategies: - Group discussion - Ideas on sticky notes
Resources: Sticky notes, Paper, colouring pens, pencils	

Time	Teaching and Learning Activities Key Questions and Vocabulary	Support and Challenge
		Here are some resources to look at to aid understanding:
5 mins	Grown-ups sometimes call worries, stress or anxiety. What is a worry? Allow chn to discuss, feedback to the group. I think of it as a bad thought that gets stuck in your head. You might not know exactly what it is but it's just bothering you.	Books for KS1: When jelly had a wobble' – Michelle Robinson
10 mins	Ask the group for examples of things that might cause a worry. Write ideas down on sticky notes to stick on whiteboard.	'The nervous knight' – Anthony Lloyd Jones
10 mins	When you are worried about something, how does your body react to that feeling? (weak, sad, tearful, unhappy, sick, lonely, confused, hot, angry, frustrated, worn out, headache, dizzy, scared, racing heart or butterflies in your tummy, sweaty palms etc.). Watch videos about anxiety. https://www.youtube.com/watch?v=Cjce9Luboal&feature=emb_logo	'Worrysaurus'- Rachel Bright 'Wilma Jean the worry machine' – Julia Cook

	<p>Discuss what chn think about the video. Make it personal – share some of your own worries and invite them to share their experiences</p>	<p>Books for KS2:</p> <p>'Guts' - Raina Telgemeier, 'Outsmarting worry' - Dawn Huebner</p> <p>'A Smart Girl's Guide: Worry: How to Feel Less Stressed and Have More Fun' – Judy Woodburn</p> <p>Breathing techniques: Bring It Down - Flow GoNoodle - YouTube</p> <p>Rainbow Breath - Flow GoNoodle - YouTube</p> <p>Melting - Flow GoNoodle - YouTube</p>
10 mins	<p>Q – When you're feeling worried, who do you usually talk to about it? Who can you talk to at home/in school? (Make a list of key adults on whiteboard)</p>	
20 mins	<p>Activity – What can you do if you're feeling worried? Refer back to speaking to key adults. Talk about the importance of sleep, healthy eating, relaxation, physical activity, breathing techniques. Draw a picture of what makes you feel calm and safe. It might be a person, an activity you enjoy or a place like the beach or your home.</p>	
5 mins	<p>Plenary – Share some examples. What is anxiety? Who can you talk to if you're feeling worried? Practise one of the breathing technique links</p>	