

Year 4: PSHE

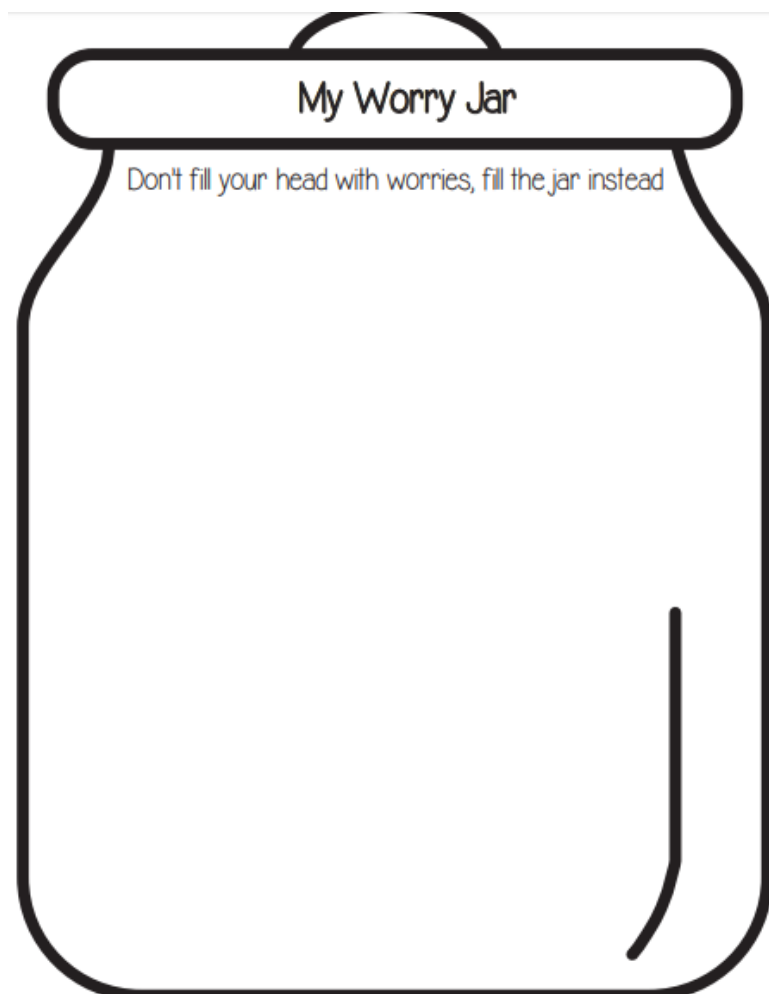
Lesson 4

There are lots of things we might be worrying about at the moment; below are some activities you can have a go at to help you to deal with these worries.

Worry Jar

This is a place for you to put your worries so you don't have to think about them all the time. Here is how it works:

- 1) Find a jar or any container, and decorate it how you like (or you can write or draw on the picture on the following page).
- 2) Whenever you have a worry, write it down on a piece of paper, fold it up and put it in the jar, and then close the jar.
- 3) Choose 10-15 minutes a day to look in your Worry Jar with an adult at home (but not right before bed!) when you can talk through these worries. When the time is up, close the jar and stop worrying!
- 4) If there is anything you are no longer worrying about, tear it up and throw it away.



Ways to Feel Better

Use this sheet to help you to come up with ideas to feel better when you have difficult feelings (e.g. sad, angry, annoyed, scared).

Write down or draw your top three strategies so that next time you have a difficult feeling you can help yourself to feel better.

 <p>Dance to your favourite song</p>	 <p>Have a drink of water</p>	 <p>Do some colouring</p>	 <p>Smell your favourite smell</p>	 <p>Hug a toy</p>
 <p>Think of a happy memory of your friends/family</p>	 <p>Think of the three best moments of the day</p>	 <p>Do five star jumps</p>	 <p>Ask for help</p>	 <p>Take some deep breaths</p>
 <p>Talk to a friend online</p>	 <p>Write down how you are feeling</p>	 <p>Think of a happy time</p>	 <p>Watch television</p>	 <p>Imagine your favourite place</p>
 <p>Think of three solutions for your problem</p>	 <p>Have a nap</p>	 <p>Say you're sorry</p>	 <p>Make a list of things you are good at</p>	 <p>Do a full body stretch</p>