

Pupil information leaflet

Primary School

WORRY



Healthy Minds Whole School Approach

All PSHE work on mental health issues, no matter the specific topic, needs to build on your whole school approach.....

- Whole school staff team trained in working positively to support emotional wellbeing
- A Healthy Minds school action plan based on student, staff and parent opinion
- Pupil voice on emotional wellbeing engaged through the Healthy Minds Champions
- A concern for good mental health integrated into school policies and systems
- Clear guidance for staff in how to seek further support for children who need it
- Reflective practice for key staff

PSHE resources

In this pack you will find ideas for activities on the topic of **worry** that you can use with your classes and information leaflets for staff as well as pupils.

If you would like more ideas for resources on the subject of worry, we have compiled lists of useful books and websites, as well as links to lesson plans available online.

Books

- **All Birds Have Anxiety**, by Kathy Hoopmann (all ages)

All Birds Have Anxiety explores the symptoms of anxiety disorder and their impact on day-to-day life through colourful images of life as a bird. Its humorous yet gentle approach recognises the stress that anxiety can cause, helping people to better understand how it feels to have anxiety.

- **The Huge Bag of Worries** by Virginia Ironside (Age 3 to 8)

Wherever Jenny goes, her worries follow her - in a big blue bag! They are there when she goes swimming, when she watches TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her?

- **Owl Babies** by Martin Waddell (Age 3+)

Owl Babies is a 1992 book by Martin Waddell and illustrated by Patrick Benson. It is about three owlets that wake up one night to find their mother gone, worry about her absence, but are then elated when she inevitably returns from her night flight.

- **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**, by Dawn Huebner (Ages 6 and up)

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6 – 12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety.

- **David and the Worry Beast: Helping Children Cope with Anxiety**, by Anne Marie Guanci (Ages 4-9)

Learning to deal with anxiety is an important step in a child's healthy emotional growth. Conquering fears, and not avoiding them, is the lesson imparted in this story. David could not stop thinking about the basket he had missed at the end of the big game. He was worried that he might do it again. He was worried that his team mates would be angry with him. He was worried that his parents would not be proud of him. He was also worried about an upcoming math test. In fact, David was worried a lot. "Should I quit the team?" he asked himself. "Should I be sick tomorrow and miss the math test?" Luckily, David finally confided in his parents and school nurse, both of whom gave him support and techniques for controlling the "worry beast" within him.

- **Is a Worry Worrying You?** by Ferida Wolff (Ages 4-8)

This book addresses children's worries with humour and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.

- **Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep**, by Lori Lite (Ages 6 and up)

Sea Otter Cove is a story that teaches children how to use belly breathing to calm down, lower stress, and control anger. Children love to experience belly breathing with the playful sea otters and sea child. This self-calming breathing technique can help your child to self-soothe, relax, and manage anger.

Websites and lesson plan links

www.nhs.uk/moodzone

www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/

www.childanxiety.net/