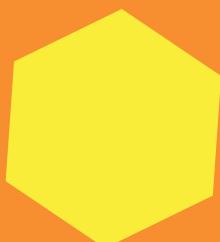




# **WEEK THREE**

## **SESSION PLAN AND WORKSHEETS**



# Week 3 session plan: Anxiety



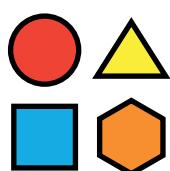
## Aim:

Understanding anxiety, recognising physical and emotional effects of anxiety and identifying coping skills.



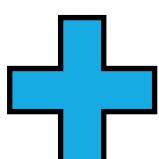
## Time:

1hr 30mins



## Resources needed:

- Treasure Chest
- Group Agreement
- Pens / Paper
- Full Booklet
- Anxiety worksheets
- Whiteboard or flipchart
- Pre-drawn large Gingerbread man



## Add-on resources:

- Parked cars



## What to do:

5 Minutes

**Introduction:** Introduce workshop and explain the learning outcomes and reason for the treasure chest  
– Open Treasure Chest – Hand out Booklets (or worksheets if only doing Anxiety)





## What to do (continued):

10 Minutes



### **Icebreaker:** – Anxiety Salad or Worry Monster Toss

Everyone stands in a circle, 1 person is picked to stand in the middle and state something that they have worried, or been anxious, about. Everyone from the circle who has also had/has that anxiety is to move to find another space within the circle. The last person to find a space then goes in the middle.

15 Minutes

**Group Conversation – What is Anxiety?:** Allow group to put their hands up and facilitator can write comments on whiteboard/flipchart.

**Explanation:** “Anxiety is a feeling that everyone experiences from time to time. It’s a normal and natural response to situations that we find challenging or stressful.

Imagine if you were going to perform in a big play or take a test that you hadn’t studied for. You might feel nervous, scared, or worried about how things will turn out. This is what anxiety feels like - a feeling of worry or fear about what might happen in the future.

It’s important to know that anxiety is a common feeling and it’s okay to feel anxious sometimes. Talking to a trusted adult, like a parent or teacher, can help us feel better and find ways to cope with anxiety. There are many different strategies that can help, like deep breathing, mindfulness, exercise”.





## What to do (continued):

### What things make us feel anxious? – Group Conversation:

- New situations
- Big events or changes
- Social situations
- Family and friends
- Performances or tests



*15 Minutes*

**Gingerbread man worksheet:** Break the group into smaller groups. Ask them to have a conversation about the physical symptoms of anxiety, use the gingerbread man worksheet to draw or write where or what these might be.

After 10 minutes ask them to share what they have come up with – facilitator to draw these on a large gingerbread person on board for everyone to see.

**Examples may be...**

### Where do we feel anxious?

- Racing heart: feel like it's beating faster or harder than usual.
- Shortness of breath: can't catch our breath or breathing is shallow.
- Shaky or sweaty hands: Our hands might feel shaky or sweaty.
- Stomach discomfort: We might feel a knot, butterflies or tightness in our stomach, or experience other digestive issues like nausea or diarrhoea.



## What to do (continued):



- Muscle tension: We might feel tense or tight in our muscles, especially in our shoulders, neck, or jaw.
- Headaches: We might experience tension headaches or migraines.
- Trouble sleeping: Anxiety can make it difficult to fall asleep or stay asleep, and we might feel restless or have nightmares.
- Pins and needles
- Needing the toilet more often
- Sweating
- Feeling restless
- Feeling dizzy or lightheaded

It's important to explain that everyone feels anxiety in different ways – though some may be similar. That anxiety is perfectly natural and your body's way of protecting from danger – although sometimes it can be misplaced.

*5 Minutes*

### Video (can be swapped for other relevant story or video):

Youtube Fight Flight Freeze – A Guide to Anxiety for Kids:

[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)

*25 Minutes*

**Worksheet – Coping techniques fortune teller:** Ask the group to think of coping techniques or different things they can do to relax if they are feeling worried or anxious. Allow group to put their hands up and facilitator can write comments on whiteboard/flipchart. Use the blank copy for them to add in their own ideas.

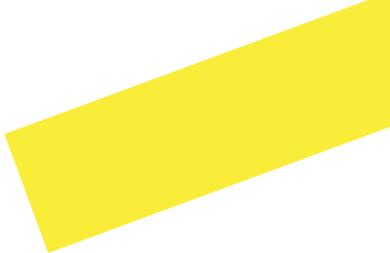


## What to do (continued):

Suggestions to be written on board if needed:

- Deep and slow breathing
- Listen to music
- Writing or drawing how you are feeling
- Find a safe place to be
- Voice your anxieties
- Challenge negative thoughts

10 Minutes



## End of session:

- Collect Feedback faces if needed
- Close treasure chest
- Reminder to take home weekly learning information slip
- Reminder of next week's topic

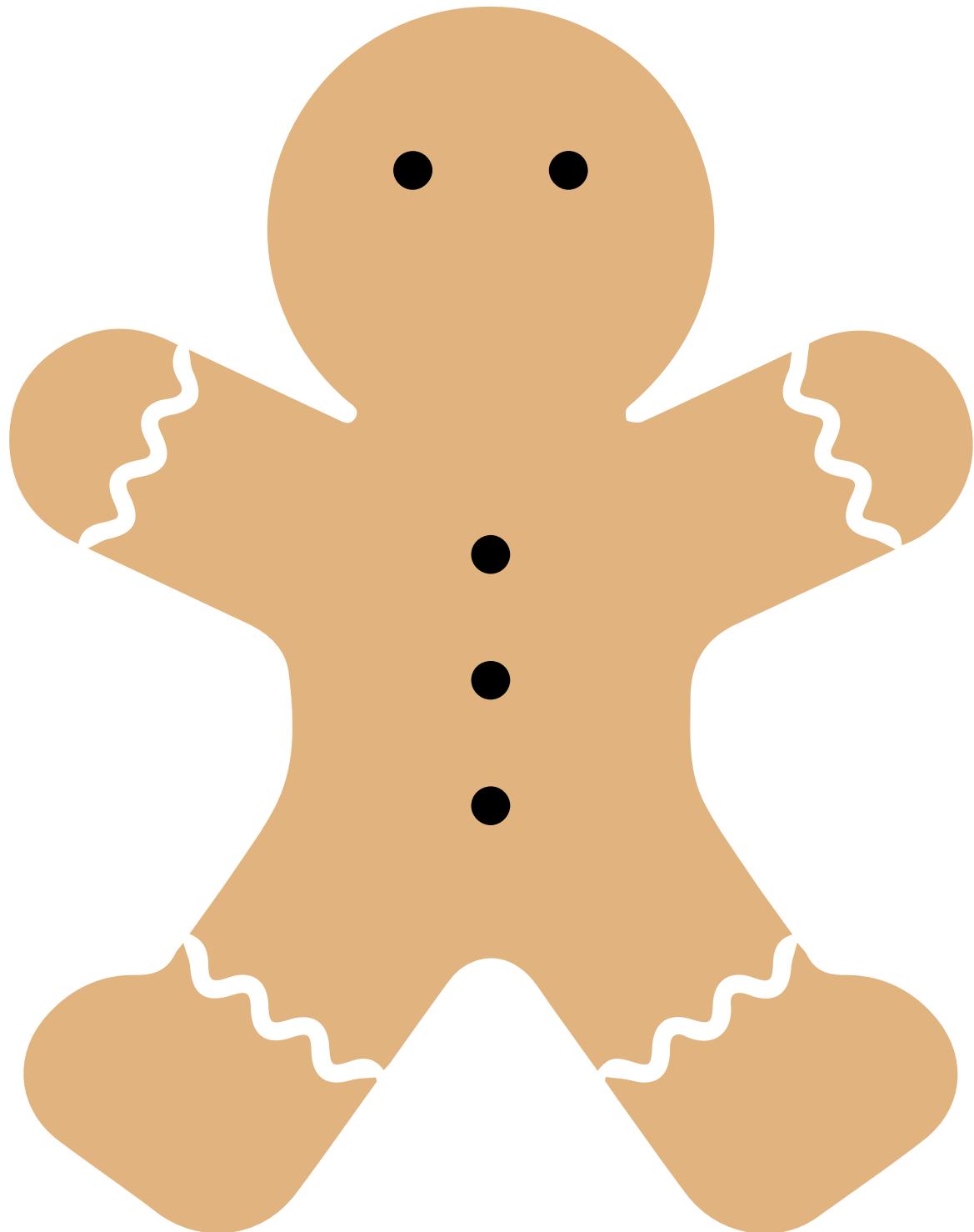


## Learning points

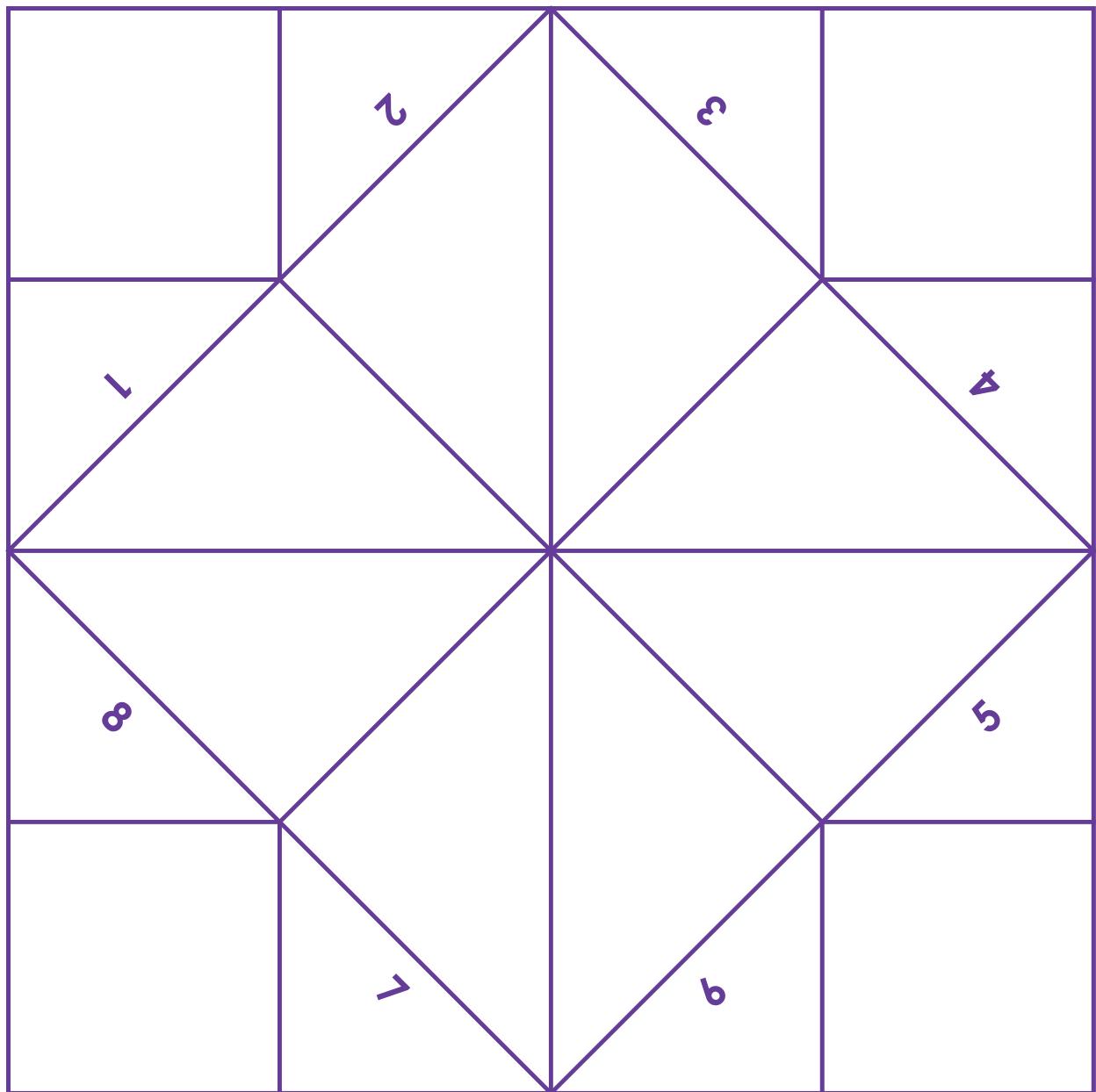
- To learn the physical symptoms of anxiety
- To show that everyone experiences anxiety
- Learn and share coping techniques



# Gingerbread: physical feelings of anxiety



# Coping techniques fortune teller



# Coping techniques fortune teller - instructions

