

Wellbeing Projects.

Activity 2-Worries



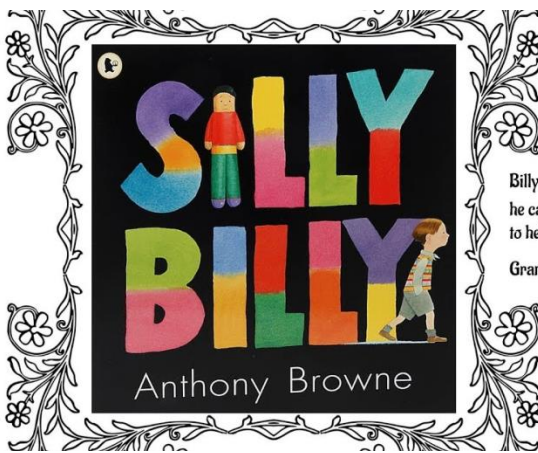
Reception

Welcome to day 2.

Today we are going to talk about worries and how we can help you to deal with them. A worry is when you have a thought in your head that goes round and round and won't go away. You can worry about all sorts of things... something going wrong, not being good enough at a task, or somebody being poorly. Sometimes if you have a worry, it can make your tummy feel funny and it can even make it difficult to get to sleep.

Watch the story of Silly Billy below or read the book if you have it.

<https://www.youtube.com/watch?v=qpTpCdMDgv0>



Billy is a bit of a WORRIER. He WORRIES so much, he can't sleep. Luckily Grandma knows just what he needs to help him overcome his fears. And once Billy learns Grandma's secret, he finds he never has to WORRY again.

The very best thing to do if you have a worry is share it.

Talk to a friend or trusted grownup either at home or at school.

Do you have any worries that you would like to share now?

Even if it seems silly, if it is a worry to you, it is important discuss it.

If you are at school and don't want to talk about your worry in front of your class, you can talk to your teacher, write it down or draw it.



Forest school activity.

If it's a nice day go outside and tell your worries to a tree or shout them to the clouds! Then make a worry doll out of twigs, leaves and petals on the ground. Don't worry about not being able to take your it home, leave it there for other children or animals to talk to, you can always make another.



Drawing/writing activity.

On the next pages you will find a worry doll activity sheet. Colour in the worry doll and write down or draw your worries. There is a poem to read and print off at home as well if you want to. Don't forget the most important thing is to share your worries. Some worries are easy for adults to solve for you and some worries should be for grownups to deal with, so you can hand them over.

Some year 5 pupil's at another school have made their own version of the Silly Billy story it's really clever. You can watch it using the link below:

<https://www.youtube.com/watch?v=edllcEl1rAs>

Have a go at making some tiny worry dolls at home.

I hope you all have a lovely afternoon.

Love Mrs Neale. x





THE WORRY DOLL



I'm your little worry doll.
Keep me by your side.
When worries pop into your head,
Don't let the tears slide.

I will always listen.
I am laid right next to you.
Tell me how you're feeling.
No need for feeling blue.
Tell me all your secrets.
And let me comfort you.
When the night time comes,
Then sleep will take you through.

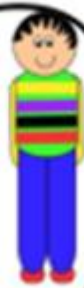
My magic is so powerful.
It sets you free from harm.
Your dreams will be happy,
And your morning full of calm.



By Debbie Polphreyman
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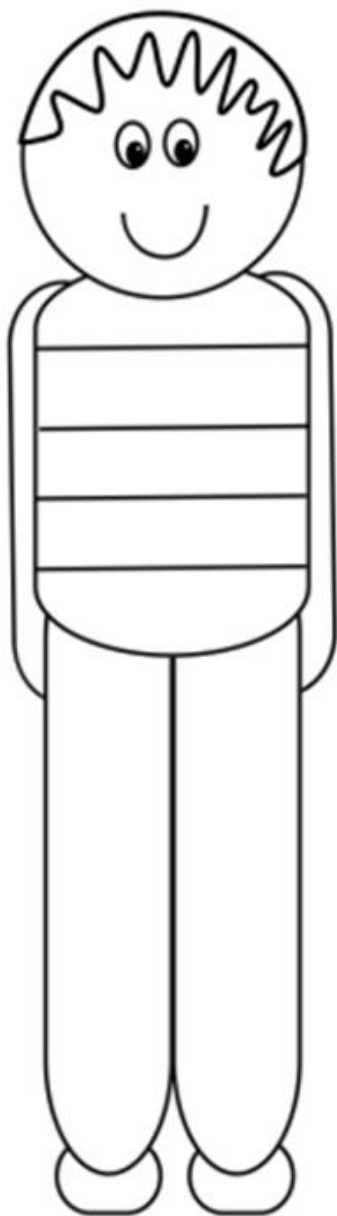
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Tell the worry doll about your worry

I am worried about...



You can colour in
your worry doll,
cut it out and put
it under your
pillow tonight.