

Managing Worries and Fears - KS1 Activity

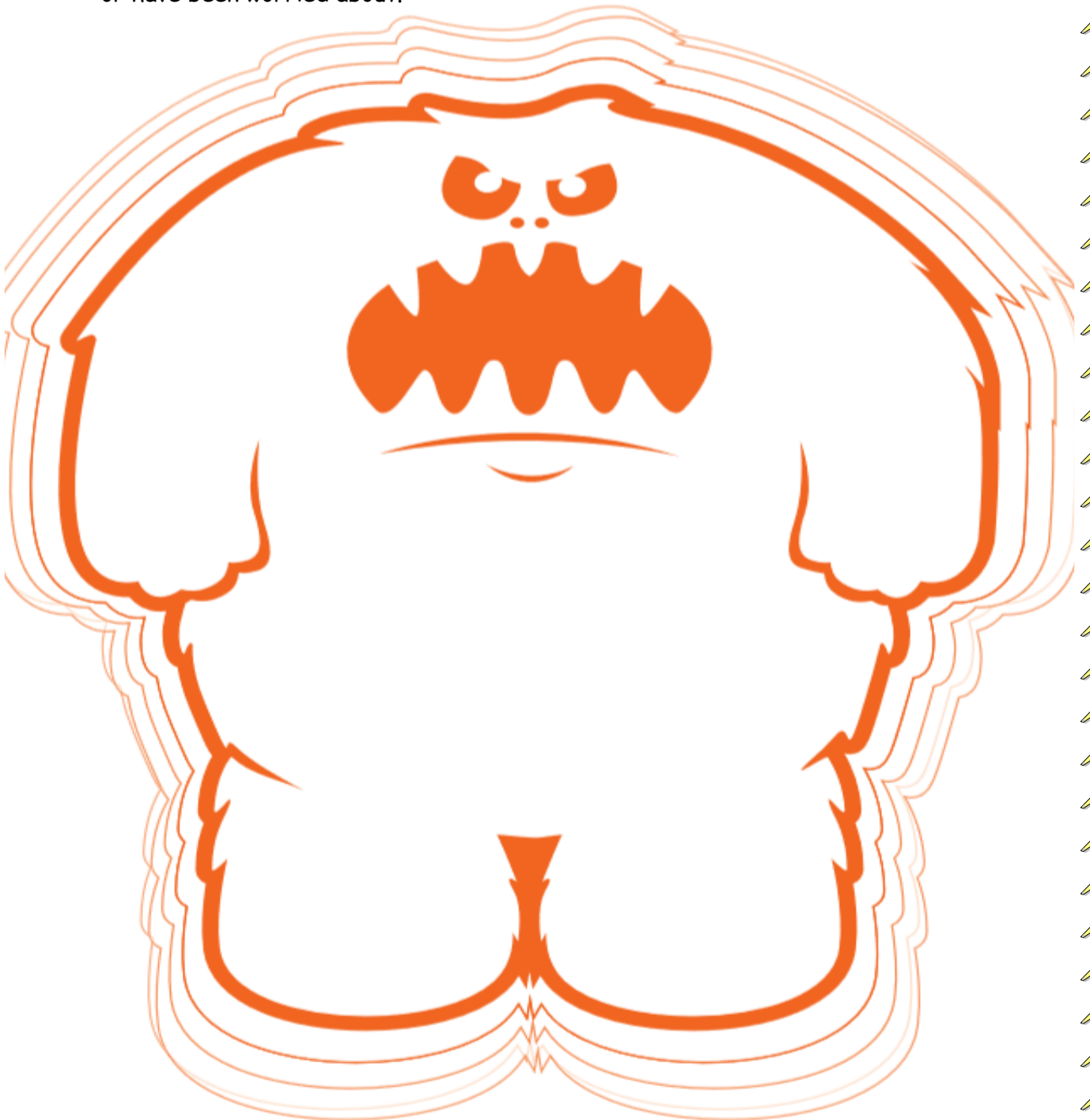
WALT: identify any worries and fears I may have about the special time we are in.

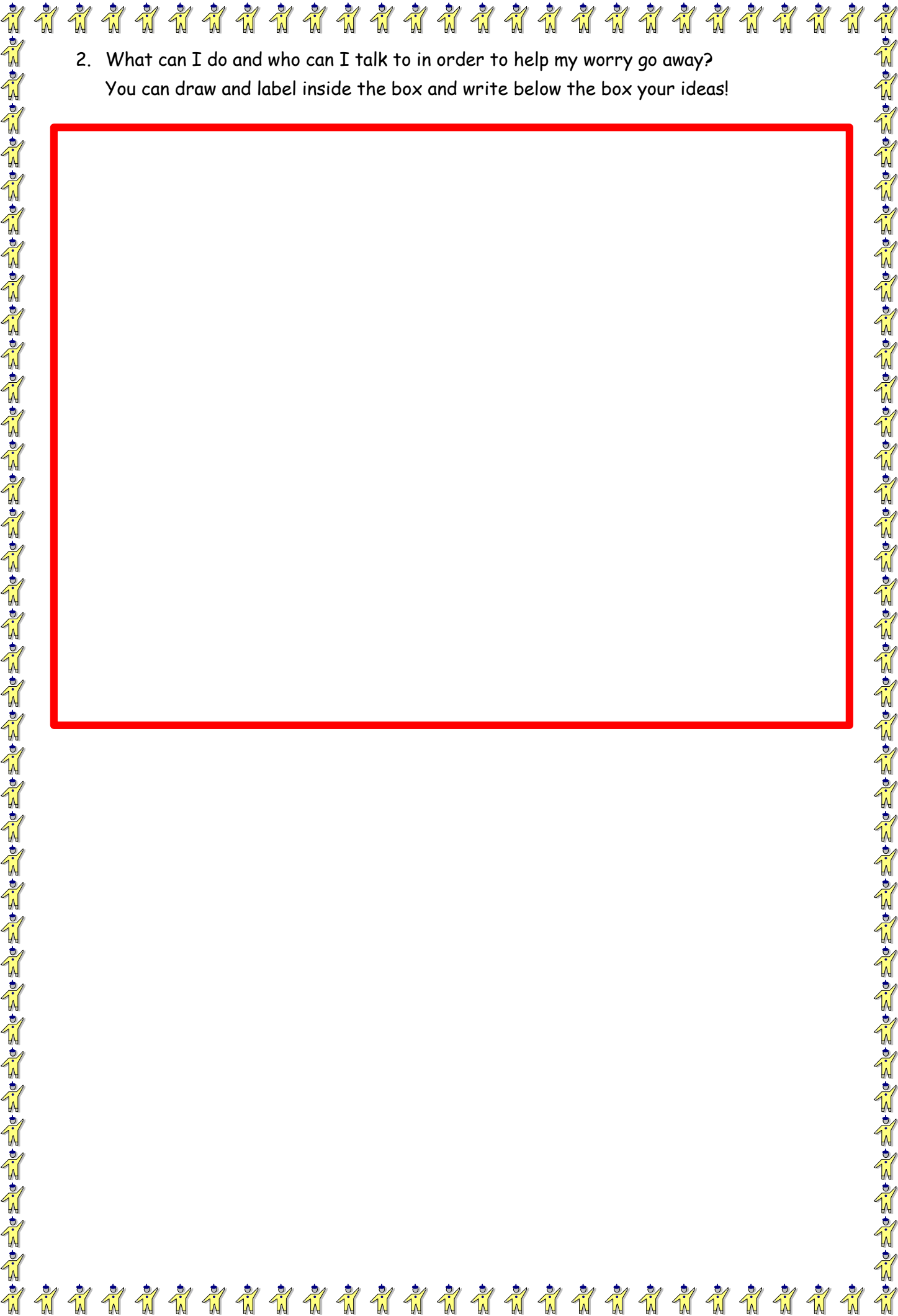
Recognise when I feel worried or fearful and know what I can do and who to ask for help if I need it.

Ask the children to think about any worries they might have at the moment. It is a special and unusual time so it is very normal and OK to feel like this and have worries!

Look at 'Shivery the Worry' below. This is how we can feel unless we deal with it.

1. On the tummy of the Shivery monster, draw and label something you are worried about or have been worried about.



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2. What can I do and who can I talk to in order to help my worry go away?
You can draw and label inside the box and write below the box your ideas!

