



Lesson Plan:

Helpful & Unhelpful Worries

Helpful & unhelpful worries

1. If you completed the stress lesson plan take a look at the volcano worksheet which you completed in the Stress Lesson Plan and identify any worries you identified.

If you haven't complete it don't worry, just think of any other things you may worry about. It's important that you think of everyday worries (like homework for example), family worries and wider worries (like the environment, or the threat of war for example or currently the issues around Covid-19).

We will be looking at what we can and can't change in the next part of this activity.

2. Think about each worry you identified and use the following prompts to help you to assess how helpful or unhelpful it is:

- How much choice do I have over this worry or threat?
- Could I choose to stop it, avoid it, manage it differently?
- Could someone genuinely help me manage it?
- How much of this worry is in my control?
- Does this worry or threat have an ending?

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3. Now think about each of the worries identified using the following discussion points:

- Are you worrying about things which you can't control?
- Do you think this is helpful?
- Do you think these can have an impact on our emotional health and well-being?

A worksheet to support this activity is included at the end of this lesson plan. If you do not have a printer please draw out the worksheet. Please complete the worksheet.

Helpful & unhelpful worries - Worksheet

Worry	How much choice do I have over this worry or threat?	Could I choose to stop it, avoid it, manage it differently?	How much of this worry is in my control?	Could someone genuinely help me manage it?	Does this worry or threat have an ending?