

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

EXCITEMENT OR ANXIETY?

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| Good for | Understanding anxiety and its impact Group discussion Yrs 3-6 |
| Length | 25 -30 mins |
| Resources | Group to sit in a circle with sketchbooks for note taking |
| Actions | <p>Scenario to discuss – Tea with the Queen –</p> <p>Let's Suppose....</p> <p><i>I've been invited to Buckingham Palace, but I am anxious about having tea with the Queen.</i></p> <p>Q: <i>What are my thoughts? How do I feel?</i> A: <i>I am excited</i></p> <p><i>BUT I am anxious. I might spill something, I might trip up. I might burp at the table!</i></p> <p>Q: <i>Think of other words for Anxiety?</i> A: <i>Nervous, afraid, worried.</i> <i>How do we feel inside?</i> A: <i>Tense, tight, knotted up, wound up, jumpy. We have butterflies, collywobblers.</i></p> <p>Q: <i>What is the opposite of anxious?</i> A: <i>Calm, focused.</i></p> <p>Q: <i>Are my anxious feelings good?</i> A: <i>They are a nuisance. Stop me focusing, can't relax. They make me tense, I fidget, I can't keep still. I am frustrated that I feel this way. I can't focus on my work, can't relax, can't sleep. I'm not much interested in anything else. Butterflies over a few days give me stomach ache and make me feel ill.</i></p> <p>Conclusion – We all feel anxiety from time to time. It is good to develop personal coping skills for anxiety. Write down thoughts in sketchbooks. Do a drawing if you want to.</p> |
| Tips | Include Activity 6 to demonstrate how anxiety feels through objects. |
| Variation | - |

