

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

IMAGINE DOING SOMETHING AMAZING

Good for	Coping with Worries and Anxiety Building resilience Whole class / smaller group Yrs 1 -5
Length	10 mins
Resources	A room Sketchbooks and pencils Book: The Knot by Helen Cousins Helen reads the Knot here: www.facebook.com/watch/?v=245116536736263 (but it is not a great recording)
Actions	<p>“The Knot” by Helen Cousins, is a book of verse, written for pupils in Key Stage 1 and 2 to help them acknowledge their own anxieties and to understand that it is quite normal to have worries.</p> <p>In The Knot a small boy called Trevor experiences anxiety in school, which prevents him from doing his school work, and makes him fidgety and cross. His teacher shows him how he can imagine doing something ‘really brilliant’ instead. Trevor imagines he is an astronaut floating in space. After that he is able to calm down and focus on his school work.</p> <ul style="list-style-type: none">• Read out the first few verses of The Knot to a group• Invite them to think of something they would love to do, something very special, even if it is unrealistic• Children to write down their imaginary activity• Share in the circle• Make notes in their books, as others’ ideas may also be helpful.
Tips	-
Variation	Thrive have wonderful resources www.thriveapproach.com/search?s=Wellbeing

