

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

WORRY TANGLE - VISUALIZING WORRIES

Good for	Externalizing worries and anxiety Sharing and Supporting one another Any age Group work (8-10 people). Split a big group into groups of 6 -10 people.
Length	20 mins
Resources	Room, tables and chairs Pencils Coloured pencils / oil pastels /paints Large paper 1 m x 2 m pieces, one per group, prepare this in advance Masking tape to stick paper down
Actions	Everyone to sit around the table <i>Make a point on your right with your pencil</i> <i>Make a point on your left with your pencil</i> <i>Now make a big squiggle between the 2 points</i> <i>Join it up with your neighbours' squiggle. The whole paper should be filled up with a big squiggle</i> <i>Now, shut your eyes...</i> <i>Focus on yourself and your breathing...</i> <i>Think of a worry you have. It could be a small niggle that's is on your mind.</i> <i>If it was an object what would it look like?</i> <i>Is it big or small? What shape is it? Curved or straight? Does it have a colour?</i> <i>Open your eyes. Find a suitable shape for your worry in the big squiggle and draw your worry into it. Add colour or details as you like (5 -7 mins)</i> <i>Now, what shall we do with these worries? The group can choose whether to destroy them, or to cut them out and put them in your books.</i> Around the table – Ask how it felt to do this.
Tips	Offer children one to one support afterwards <i>Roby's Worry</i> is a book you could use with this activity
Variations	-

