

## WORRIES AND ANXIETY LESSON FOR 3<sup>RD</sup> TO 6<sup>TH</sup> GRADES

Topic	Details
Goals	<ul style="list-style-type: none"> <li>Express your feelings of worry, anxiety, or sadness.</li> <li>Identify physical changes that occur with worry, anxiety, and sadness.</li> <li>Learn tools to cope with anxious thoughts, worries, and sadness.</li> </ul>
Preparing for Lesson (45 minutes)	<p>If done in the classroom:</p> <ul style="list-style-type: none"> <li>Review lesson plan, collect materials needed, and preview the video.</li> <li>Contact the teacher to set time to teach the lesson virtually or in the classroom.</li> <li>Prepare parent letter in an email for the teacher to send to parents.</li> </ul> <p>For conversation at home:</p> <ul style="list-style-type: none"> <li>Preview the video: <i>What Causes Anxiety and Depression- Inside Out</i>: <a href="https://www.youtube.com/watch?v=tNsTy-j_sQs">https://www.youtube.com/watch?v=tNsTy-j_sQs</a></li> <li>Review the lesson plan and parent letter.</li> </ul>
Conversation Starter (5-7 minutes)	<ol style="list-style-type: none"> <li>Today we are going to discuss anxiety, worries, and sadness.</li> <li>Define the words anxiety, social anxiety, and anxious.</li> <li>Raise your hand if you have experienced anxiety or sadness in the past two months? Last month? Past week? Right now?</li> <li>Everyone has experienced feeling sad, worried, or anxious. What does your body feel like when you're anxious? Tell me about the physical changes you feel.</li> </ol> <p>One way to deal with these physical changes is to practice mindfulness.</p> <ul style="list-style-type: none"> <li>Let's try taking a slow deep breath. Breathe slowly, from your belly, in through your nose, and out through your mouth. Take two slow, deep breaths.</li> <li>Now, ground yourself in the "now". Notice what you see, smell, and hear. This helps you to feel calm and focus. Do a feeling check again for sadness, worry, or anxiety.</li> <li>See if students are feeling less sad, worried, or anxious as a result of mindfulness.</li> </ul>

<p>Introduction to Video and playing of Video (6-10 minutes)</p>	<p>Sometimes, when we experience a traumatic event, we need to get upset, cry, or even yell in order to get closure with the situation. Closure means this: Sometimes people try to avoid these upsetting feelings and they hold on to them. By avoiding dealing with our feelings, we end up in a trap. We avoid the feelings and push them down, but this leads to more anxiety, worry, and sometimes even sadness. We need to release these feelings and feel okay being ourselves. Sadness cannot be avoided. It's an essential part of the healing process. Let's look at this short video: <i>What Causes Anxiety and Depression- Inside Out</i>. In this video, they use the word depression instead of sadness. Do you know what depression means? <a href="https://www.youtube.com/watch?v=tNsTy-j_sQs">https://www.youtube.com/watch?v=tNsTy-j_sQs</a></p>
<p>Discussion Questions (5-10 minutes)</p>	<ol style="list-style-type: none"> <li>1. Ask if students understood the terms: jaded, trauma, vulnerable, resolution and healing process.</li> <li>2. How did Riley get "stuck" avoiding her emotions?</li> <li>3. What traumatic experience did Riley experience?</li> <li>4. Why is Riley afraid to share her feelings in the beginning of the story?</li> <li>5. What does Joy do when she recognizes that sadness cannot be avoided?</li> <li>6. What did Riley do when she was finally ready to face her feelings?</li> <li>7. Who can you share with if you are feeling anxious, worried, or sad?</li> <li>8. What can you do for a friend who is feeling anxious, worried, or sad?</li> </ol>
<p>Group Activity Option 1: (15-20 minutes)</p>	<p><b>Time Capsule</b> Materials: time capsule handout, crayons, colored pencils, pens, paper towel rolls</p> <ul style="list-style-type: none"> <li>• Have the students fill out the time capsule handout.</li> <li>• When completed, roll them up, and place in the paper towel roll.</li> <li>• Have them write "OPEN 2025" in bold writing on the paper towel roll.</li> <li>• If time allows, they can decorate the paper towel roll.</li> <li>• Find a safe place at home to hide the time capsule.</li> </ul>
<p>Group Activity Option 2: (10-15 minutes)</p>	<p><b>Happy Brain, Worry Brain</b> Materials: construction paper, markers, crayons, magazines, pencils</p> <ul style="list-style-type: none"> <li>• Fold a piece of construction paper in half. Label one side "Happy Brain" and the other side "Worry Brain."</li> <li>• Have students write, make a collage, or draw things that fit into each category.</li> <li>• This activity allows students to identify their worries. It's also a great way to help individuals develop coping skills by identifying what makes the happy.</li> </ul>

Three Minute Huddle  
(3 minutes)

It's important to realize that everyone gets anxious, worried, and sad, especially during big life changes. If you are having these feelings, remember what you can do.

- Take some deep breaths and be mindful.
- Share your feelings.
- Write down your thoughts and feelings in a journal.
- Think of 3 things every day you are grateful for and add to your journal.

Take a moment to share with a caring adult what you will do when you are anxious, worried, or sad.