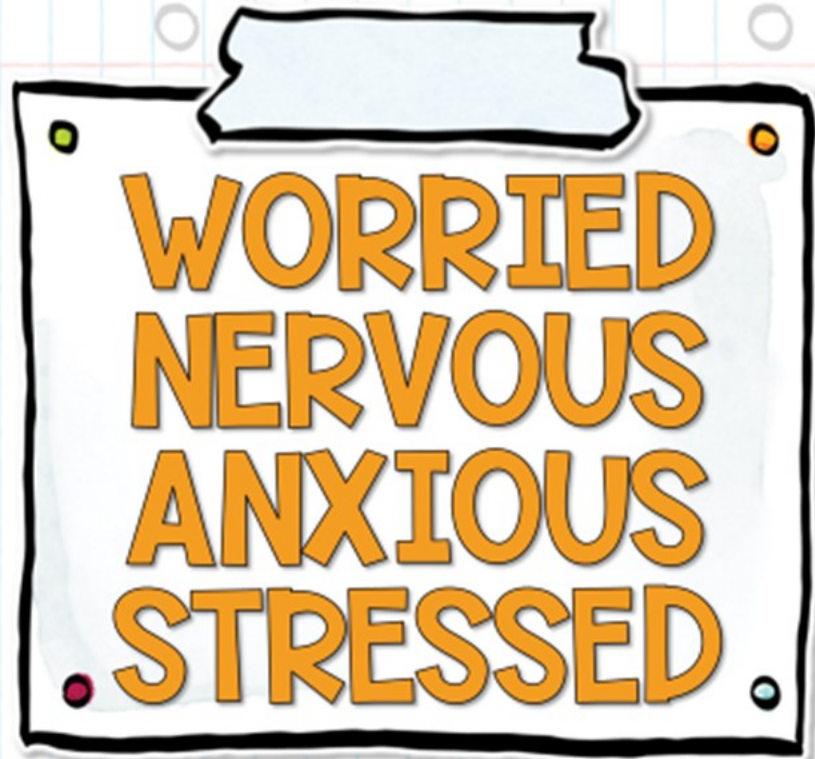


WHAT IS WORRY?

In Person or Digital Lesson



What exactly does someone mean when they say they are nervous or anxious?

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NOTE TO THE COUNSELOR/EDUCATOR:

This lesson was created to help upper elementary students understand worry/anxiety so that they can better identify it within themselves and ask for help or take care of their worried feelings.

It can be used for in person lessons or in distance learning. You can deliver it as one longer lesson or break it up into two shorter lessons.

For distance learning, there are three different options for how this lesson can be given to your students:

1. Self-Guided:
 - Students go through all of the slides independently, reading the ones talking about distance learning and completing the activities on the interactive slides
2. Video Presentation + Activities:
 - Add your own narration to the PowerPoint and export it as a video to share with students
 - Then share just the interactive slides with them to complete
3. As a live virtual lesson using whatever platform your school uses

You can post the slides as an assignment in Google Classroom TM (just make sure to select "make a copy for each student") or you can share with any student (or parent) that has a Google login. It also will work as a PowerPoint assignment for Microsoft Teams.

What is worry? What does it look like? Feel like? What are examples? What to do about it?

Worry is the feeling we have when we think something bad might happen. A lot of the time, this kind of worry comes as 'what if' thoughts.



What kind of "what if" thoughts do you have?

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It's a cycle. Our thoughts affect how we feel, how we act, and then how we think and feel again.



Shut Down



Worried

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Presentation can be done in 1 longer lesson or 2-3 shorter lessons.



ANGER



Anger is when we think that someone has done something bad or wrong to us. We can also be angry with ourselves.

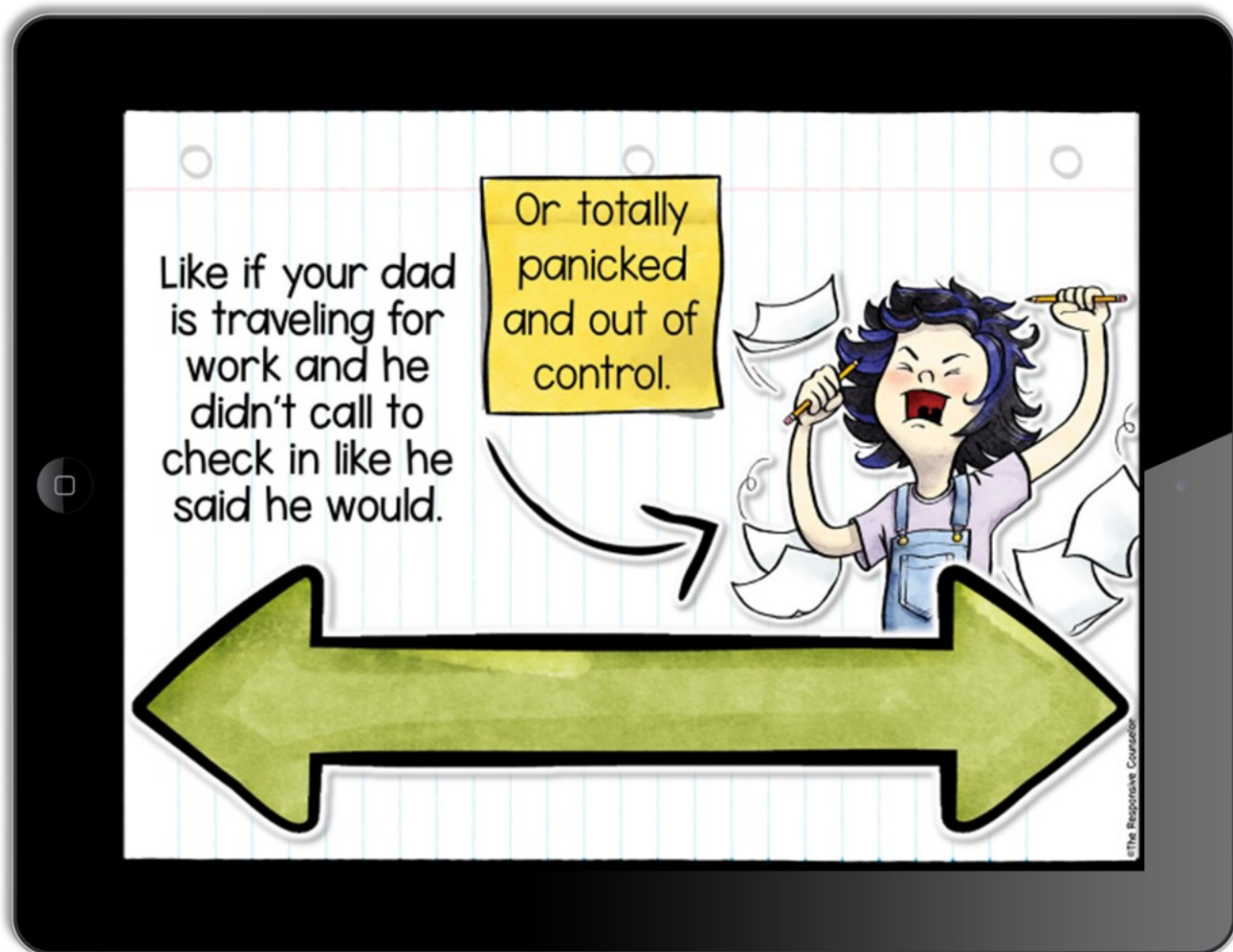
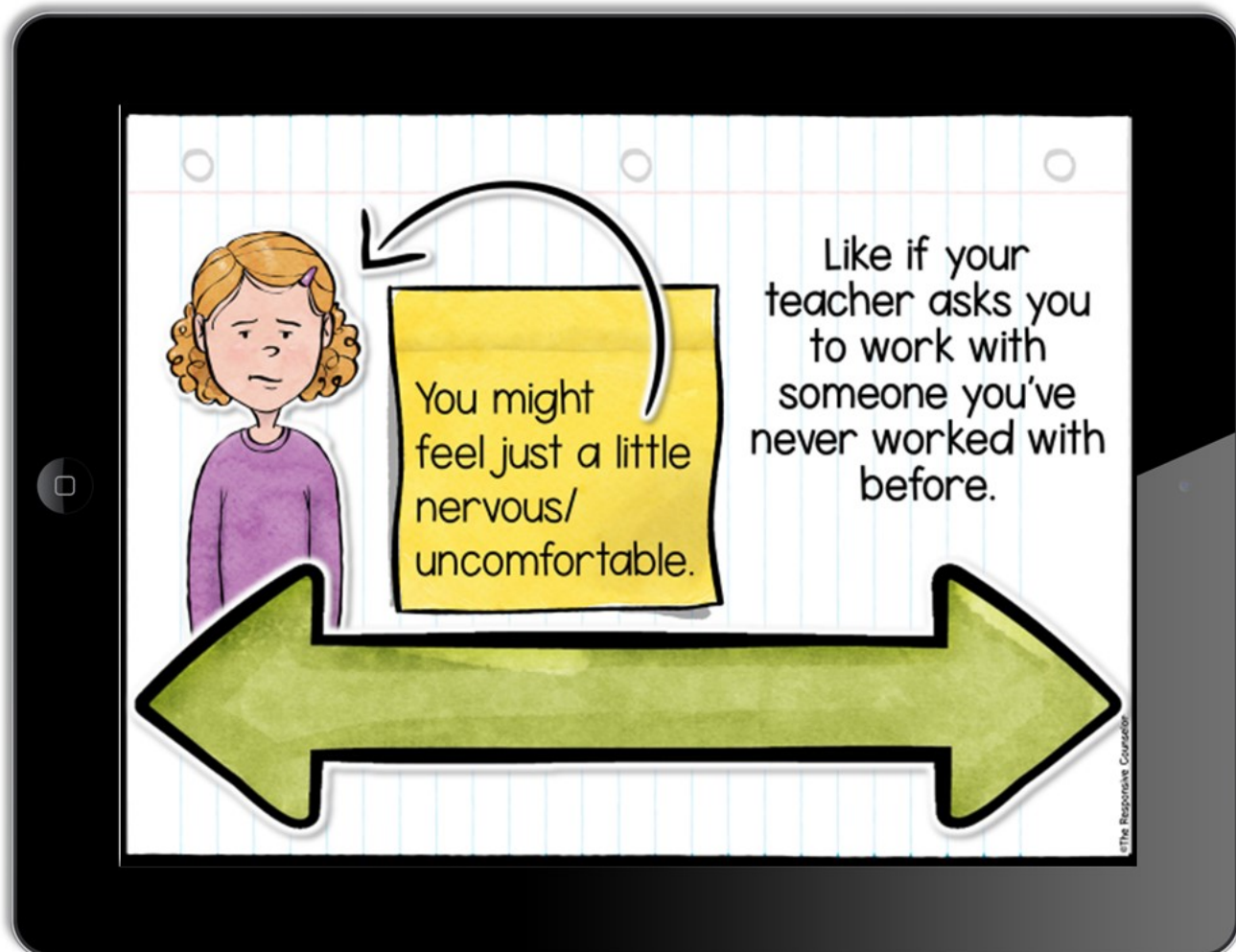
VS.

WORRY



Worry is thinking you don't know what's going to happen, it might be bad, and you don't have any control over it.

Use in person or digitally.



Interactive digital slides, worksheets and discussion question task cards.

What is Worry?

Name: _____

What are two "what if" worry thoughts that you have?



Write about a worry you have at school and a worry you have at home

Where and how do you feel worry in your body? Draw or write on the body outline to show the clues in your body that might mean you're worried or stressed.



Look around you. What are four things you can see right now?



1	2
3	4

These thoughts are NOT helpful. What can you tell yourself instead of these things?

This will be too hard for me.

What if we run out of money?

What if people are mean?

What is worry?



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Repeat after me:
Something bad might happen, but
I will be okay.

Have you ever worried about something bad happening and then DID happen?
How did you handle it?

What would you do or say if a friend of yours seemed worried?



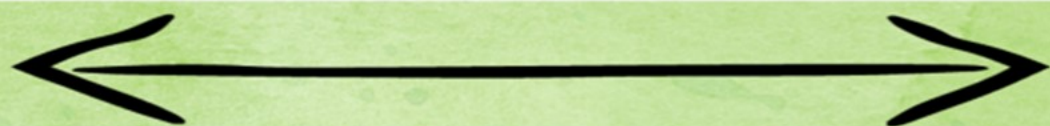
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How does your body feel when you're worried or anxious?



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Type an example of something or a situation that would make you a little nervous, definitely worried, and totally panicked.



NERVOUS



WORRIED



PANICKED

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Drag the check marks to show how your body feels when you are worried.



My muscles feel tight.



Butterflies in my stomach.



My breathing is fast.

There's an elephant on my chest.



My face feels hot.



Heart pounding or beating fast.

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the RESPONSIVE counselor



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

