

LESSON IDEA: STEPS TO HELP ANXIETY

1 STEP 1 ▶

Let's focus on anxiety – watch this [video](#) to start.
Discuss how you'd recognise anxiety in yourself or others.

Suggestions include feeling worried, scared, nauseous, shaking, or experiencing a fast heartbeat (write these down).

It's normal to experience low-level anxiety, but if it becomes overwhelming, seek help from a teacher, family member or GP.

2 STEP 2 ▼

What situations cause worry or anxiety?
Create a mind map or use post-it notes on a wall.
Remember that all emotions are valid and real for each person, regardless of whether someone else would feel anxious in the same situation.

STARTER:

1. Ask your students to write down any positive/negative feelings or emotions*. One idea per post-it.
2. Some suggestions: happy, sad, worried, anxious, excited, upset, lonely.
3. Collect the post-its and select some to read out. Ask students to draw an image to represent the emotion.
4. Discuss what this emotion would look/feel like.
5. Work through steps 1 to 4. We think this whole lesson would take about 40 minutes, but you could split up the tasks to fit into a few form times.

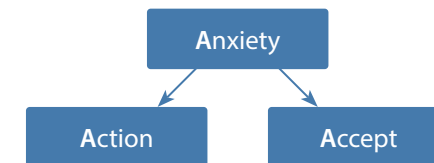
4 STEP 4

Apply the 3A model to the list of anxiety-inducing situations from step 2.

Decide which ones to **Act** upon and which to **Accept**. If you choose to **Act**, consider different ways to approach the problem, evaluate which actions could provide better outcomes, and combine them. This activity can be done in pairs, followed by class feedback. Finally, ask students for their three takeaways from the session.

3 STEP 3

Now use the 3A model to manage this list of possible anxiety-inducing events and situations:



When feeling **Anxious**, consider taking an **Action** to improve the situation. If there is nothing you can do, **Accept** the situation. For example, worrying about an upcoming test isn't going to stop it from happening, so **Accept** it and face it calmly.

*Students don't have to share their thoughts or feelings but some might like to. They should be encouraged to share but not feel pressured; it's important to remind them their thoughts are welcome, and they won't be judged.