

# Anxiety - An insider's view

KS3/4

20 mins

An activity to develop empathy around the issue of anxiety by sharing messages from people with anxiety to their friends

## What you need:

- 42 quotes (as individual cards)
- Three hoops or flipcharts entitled
  - **Insight into personal experience**
  - **How they want to be treated**
  - **An apology/reason for the impact on their friends**

## Method:

- Introduce anxiety: For many people living with anxiety friendships can sometimes be hard to maintain. Unanswered text messages, declined invitations and missed calls are difficult to deal with. They will test a relationship but they don't mean that a friend with anxiety doesn't care about you.
- Hand out the cards – one to each person in the class.
- Explain that each card is a quote from a person with anxiety. The quotes are their responses to the question, 'What would you want your friends to know and understand about your condition?'
- The quotes seem to fall into one of three categories
  - Some quotes give insight into their personal experience e.g. 'it feels like..'
  - Some explain how they want to be treated e.g. 'please say/do..'
  - Some are an apology/reason for the impact on friends e.g. 'I know but..'
- Place your quote in the appropriate hoop.
- In three groups choose one or two from each category which you consider most helpful, enlightening and important to remember.
- Each group shares their top three with the class.
- As a class agree what the key messages from the cards are and create a list of 6 top tips on being a good friend to someone with anxiety.



