

# Huge Bag of Worries

20/30 mins

KS 1/2

This activity explores what worries might look like; and how talking about them instead of bottling them up can help us cope.

## What you will need

Book – The Huge Bag of Worries by Virginia Ironside

Worry bag for the class with an example of a worry that could be put in the bag

My Worries Worksheet

## Method

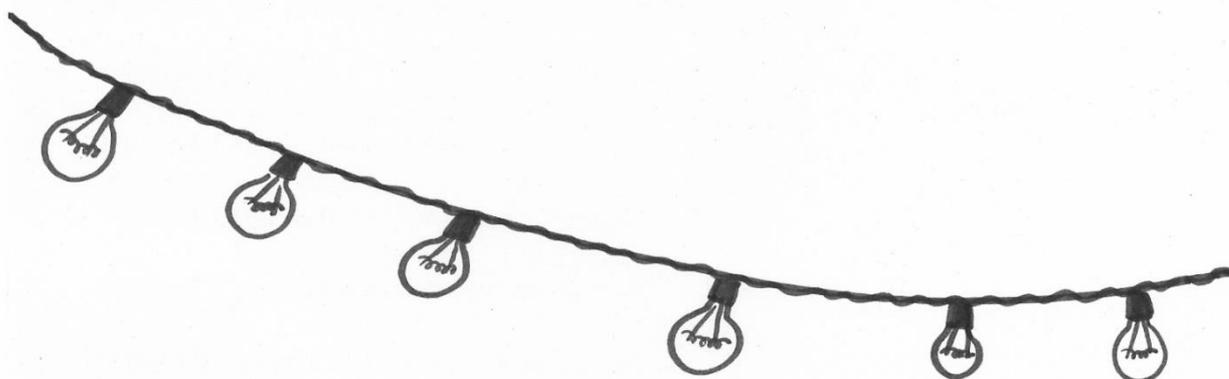
- Start by reading the book to the class and then discuss it:
- What happens if we don't listen to our feelings, using an example of worries or anger?
- Identify what and who helped Jenny in the story.
- Talk about how it is better if we tell someone about our worries rather than bottling them up.
- Reassure pupils that although some feelings are really 'big', uncomfortable, difficult or unpleasant; there is no such thing as a bad feeling. They all 'tell us' something and need to be listened to.
- Next introduce a worry bag for the class.
- Explain that if you are upset or worried about someone or something you can write or draw it on a piece of paper and put it in the class worry bag.
- Tell them that they don't have to put their name on it if they don't want to. (The teacher will discuss anything with you on your own – never in front of the class.)

### For Key Stage 1:

- Put the children in pairs.
- Ask them to think about what a worry might look like and give an example.
- Whilst they are thinking, draw a circle on the white board and write 'A Worry' in the centre.
- Ask the children to put their hands up and describe their idea of a worry.
- Encourage the child to come up and draw their idea on the board.
- Do not pressure them if they do not want to, just draw it yourself. If appropriate you can ask for adjectives that they might have thought of to describe what a worry might look like.

### For Key Stage 2:

- Ask the children to talk to the child next to them, think about what a worry might look, sound or feel like.
- Give everyone a 'My Worries' worksheet, ask the children to complete it.



# My Worries

Close your eyes and think about your worries.

- What do they look like?
- What do they sound like?
- What do they feel like?

The little girl in the book had worries that looked like little monsters.

Draw a picture of your worries below or write any words to describe your worries.



A large, empty rectangular box with a purple border, intended for drawing or writing about worries.