

# Stress Busting Tips

20 mins

KS 1/2

An activity, that raises awareness of a range of relaxing activities that can help when we are feeling worried or anxious.

## What you need

What can you remember picture  
Paper and pens

## Method

- Divide class into small groups (6/7)
- Explain that they will be thinking about what can help when you are feeling worried or sad.
- The objects on the photo card represent things that can help
- The photo is displayed for 2 minutes only. Each group is given a sheet of paper and a pen and should try and remember as many of the objects as possible that they see.
- When each group has compiled a list see which group can remember the most. See if between them they can remember all 10 objects.
- As a class they are then asked what activity each object might represent.

<b>Ball:</b>	Playing sport and/or getting out in the fresh air
<b>Lets talk:</b>	Tell someone you trust how you are feeling
<b>Play:</b>	Playing and spending time with friends
<b>Animals:</b>	Spending time with pets
<b>I Phone:</b>	Listen to music that you enjoy and makes you feel happy
<b>Bubble bath:</b>	Relaxing bath
<b>Dog lead:</b>	Take your dog for a walk
<b>Family:</b>	Spend time with family doing things you enjoy
<b>DVDs:</b>	Watch your favourite films
<b>Art materials:</b>	Get creative