

PSHE

Healthy mind, healthy body

Session 1

Q: How does it feel when you are anxious or worried?

Q: Can you be still, quiet and relax your body?

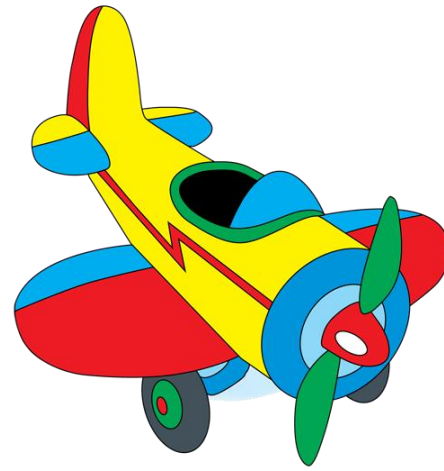
How do you feel when you have to go to the hospital?



How do you feel when you go into a new school year?



How do you feel when you lose something?



How do you feel when it's your spelling challenge and you have forgotten to practise?



How do you feel when go to a new club for the first time?

7



Let's think about how we can relax

Lie down in a quiet place, listen carefully and follow the instructions to relax your mind and body.

<https://youtu.be/ZBnPlqQFPKs>



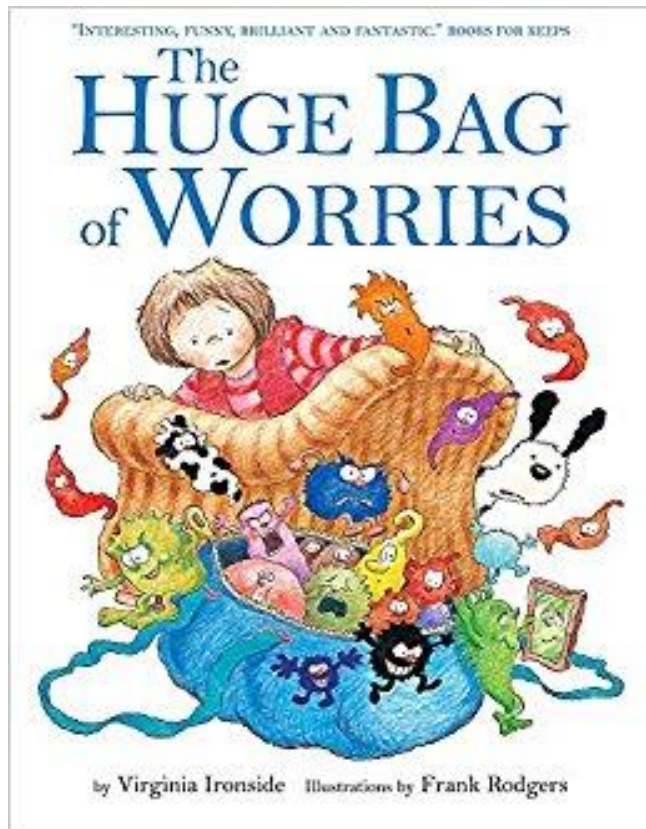
Session 2

Q: What things may cause us to feel stressed, worried or anxious?

2

[Read 'The huge bag of worries.'](#)

<https://www.bing.com/videos/search?q=huge+bag+of+worries+youtube&docid=608012771641592821&mid=F5908C540B6BF5E51F8EF5908C540B6BF5E51F8E&view=detail&FORM=VIRE>



Mr Worry

Now let's look at some worries that we all might have sometimes.

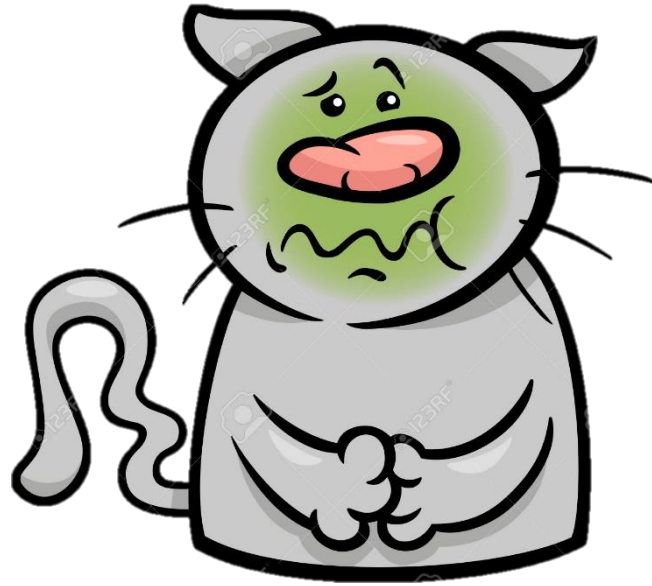
3

Can we just blow them away or should we share our worry with somebody?

I am worried that it will rain when I am walking home after school.



I am worried that someone in my family is feeling poorly.



I am worried that I might forget my packed lunch.



I am worried that I will find my maths work hard.



I am worried about having a bad dream.



A blue oval shape is centered on the page. Inside the oval, the text "Who can we talk to if we cannot blow our worry away?" is written in a black, cursive-style font.

Who can we talk to if we cannot
blow our worry away?

*Now draw around your hand.

*Write the name of someone you can share your worries with down each finger.

