

# Lesson Carousel

## Learning objectives

To identify different signs of anxiety and how it can affect people's bodies and how they behave.

To describe different things you can do to help calm down the feeling of anxiety.

**You can choose  
any or all activities  
to complete.**

**1**

Listen, watch or read the "I'm Not Anxious" poem. See if you can identify what signs of anxiety are being described. Then, can you identify things in the poem that helped calm down the feeling of anxiety?  
Extension – What things help you feel calmer?

**2**

Using the "I'm Not Anxious" poem template resource, be creative and see if you can make your own version of this poem. Do not forget you can use the help sheet.

**3**

Look at 'The Worry Tree' resource and in pairs, groups or independently work your way through the worry tree by following the arrows. You could write, think or say your answers to the questions.

## PSHE Links

- H12. How to recognise and name different feelings.
- H13. How feelings can affect people's bodies and how they behave.
- H15. To recognise that not everyone feels the same at the same time, or feels the same about the same things.
- H18. Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.