

EXCITEMENT OR ANXIETY?

Good for	Understanding anxiety and its impact Group discussion Yrs 3-6
Length	25 -30 mins
Resources	Group to sit in a circle with sketchbooks for note taking
Actions	Scenario to discuss – Tea with the Queen – Let's Suppose.... <i>I've been invited to Buckingham Palace, but I am anxious about having tea with the Queen.</i> <i>Q: What are my thoughts? How do I feel?</i> <i>A: I am excited</i> <i>BUT I am anxious. I might spill something, I might trip up. I might burp at the table!</i> <i>Q: Think of other words for Anxiety?</i> <i>A: Nervous, afraid, worried.</i> <i>How do we feel inside?</i> <i>A: Tense, tight, knotted up, wound up, jumpy. We have butterflies, collywobblers.</i> <i>Q: What is the opposite of anxious?</i> <i>A: Calm, focused.</i> <i>Q: Are my anxious feelings good?</i> <i>A: They a nuisance. Stop me focusing, can't relax. They make me tense, I fidget, I can't keep still. I am frustrated that I feel this way. I can't focus on my work, can't relax, can't sleep. Not much interested in anything else. Butterflies over a few days give me stomach ache and make me feel ill.</i> Conclusion – We all feel anxiety from time to time. It is good to develop personal coping skills for Anxiety. Write down thoughts in sketchbooks. Do a drawing if you want to.
Tips	Include Activity 6 to demonstrate how anxiety feels through objects.
Variation	-

