

## Worry

Today we are learning all about **worry** with Woebo. Worry is an uncomfortable feeling we get when we have negative thoughts, are troubled over something or thinking about something that can be a potential problem. Worries may be about something that has happened in the past or is going to happen in the future. Everybody has **worries** and they are a very normal part of life. Worries differ from person to person, what is a worry to one person is not necessarily a concern for someone else.

Woebo says, "I am a strong person. I am in control of my feelings. I can overcome my worries."

What do people worry about?

People worry about lots of different things and these change as you grow and get older. As a young child you might be worried about being away from your mum or dad, about monsters being real, things under the bed or the dark and as you get older these worries change to be more mature, like getting something wrong in school, getting into trouble for making a bad choice, what is for tea or who is picking you up from school. When you are an adult these worries develop to include things like money, jobs, family and relationships and health.

How can you identify if you are worried? And how can you manage worry?

People can show worry in different ways and this depends on how someone manages their own personal worries. It can manifest in anger, frustration, panic, distraction, being upset or even hyperactive. To manage worries effectively, it is best to try and think clearly about what the worry is about. Writing worries down is often a good way of analysing them and then releasing them. If it is something you can deal with yourself then come up with a plan of action to help ease the worry. If it is something more concerning, then it is best to speak to an adult you trust and get some help. If worries are small enough and do not need to be worried about then they can be simply let go.

## Questions

- What is worry?
- How do I know if I am feeling worried?
- How can I manage my worries?



Read the anonymous worry card and ask the children to try and think of some good advice to give the person.

Take the time and the opportunity to talk to your child about any worries they might have.

Ask – Do you have any worries that you want to talk about?

Help your child with any worries by listening to them. Show them that you support them and are there for them no matter what.

Prompt your child to think of ways to solve their own worries. If they can't think of anything, give them some sensible options to choose from.

Write down a plan of action together for how to tackle their worry.

Do  
you think  
he needs to  
worry?

What advice  
would you  
give?

**I am worried because...**

I haven't done my homework.

I knew that I had to give it in today (Thursday) and I had planned to do it, but things happened at home and I just didn't have time.

I know that I'm going to get into BIG trouble with Mr Davies. I heard him telling Jessica off last week for not giving in her homework.

Simon

**What is the child worried about?**

