

16/07/2026

What are our worries?

Key words for this lesson are: worry, worrying, anxious, anxiety, fight, flight, freeze, stress.

1. The word 'worry' means...
2. I think when someone is worrying they...

Instructions: after writing the date and title, complete the sentences. – write out the key words.

Any that you don't know, leave and you can amend with green pen during MAD time.



The word 'worry' means...

To feel or cause to feel anxious or troubled about actual or potential problems.

I think when someone is worrying they...

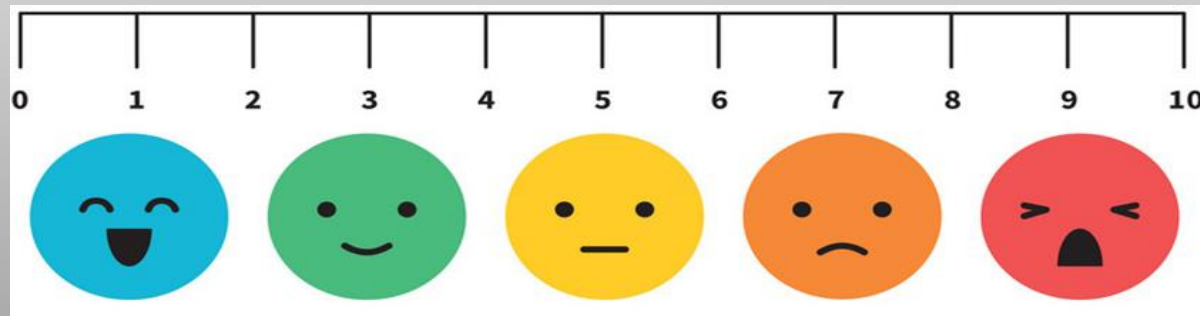
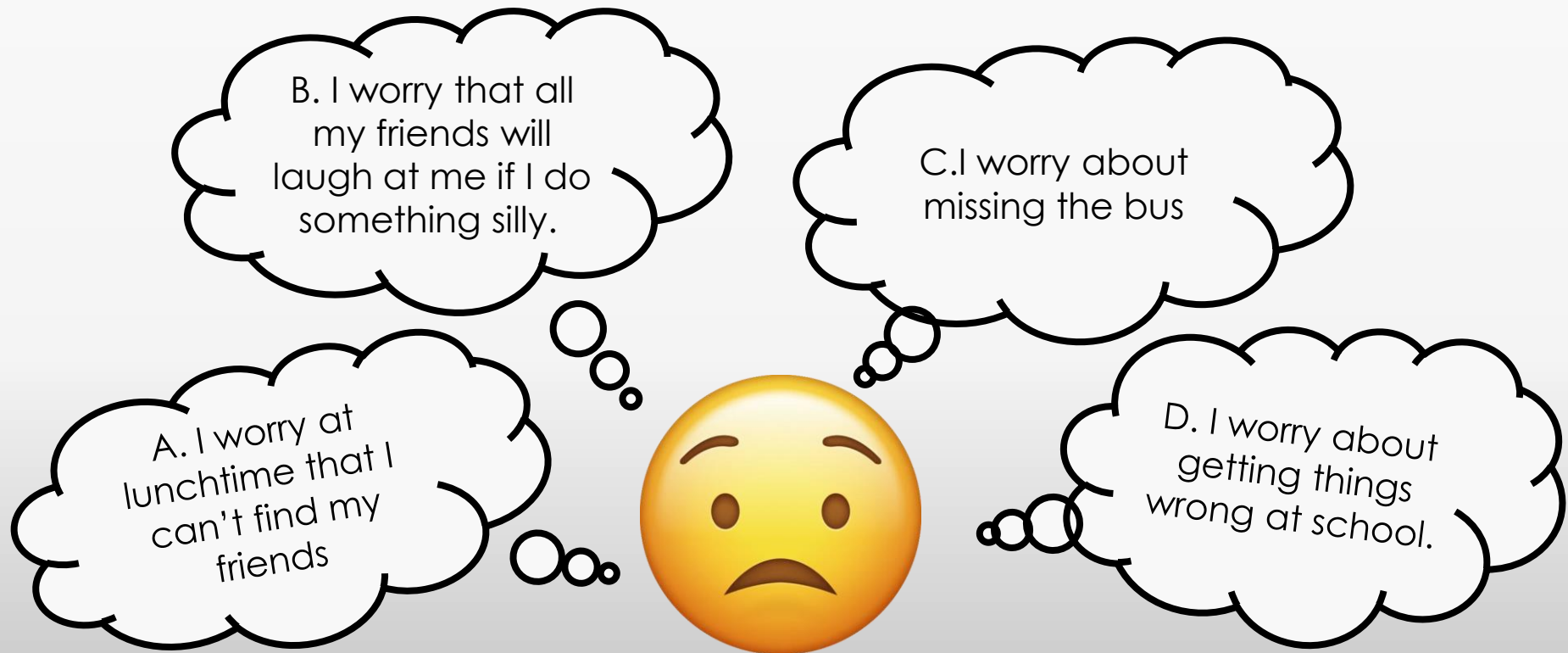
May notice changes in their mood, sleep, diet / appetite

Worrying can sometimes be a good thing, for example...

About passing an exam can make you revise.

Worrying is a normal feeling that everyone will have at some point in their lives. It usually involves thinking that something bad is going to happen.

Time to think: what worries me? Or what worries the average teenager?





“No amount of regretting can change the past, and no amount of worrying can change the future.”

How far do you agree with this quote?



An illustration of a person's head in profile, facing right. The head is light gray. The background is a teal color with many small, light blue and white circles of varying sizes. Three large, light gray circles of increasing size are positioned along the side of the head, representing the growth of worry. The word 'Worry' is written in blue text inside each of these circles. The largest circle, located near the ear, contains the word 'Worry' in a larger, bolder blue font, with several smaller 'Worry' words arranged around it. The background also features some thin, light gray lines radiating from the circles.

Worrying is normal.

Worry

**Sometimes, our
worries can get
bigger and bigger,
and we might feel like
we can't stop
worrying.**

Worry

Worry



I might
miss the
bus

I'll be
late for
school

What if I
get told
off?

?

**How might
this worry
snowball
Develop?**
What comes
next?

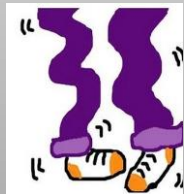
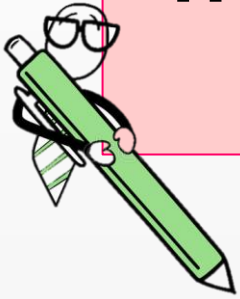
What does 'worry' feel like in our bodies?

Draw a body
outline then
around the
outline list
physical signs
you notice if you
are worrying

Headaches



How did you do? Add any you missed in green pen



Headache



Dry mouth

Dizzy



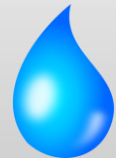
Fast breathing

Fast heart beat



Tense muscles

Sweaty



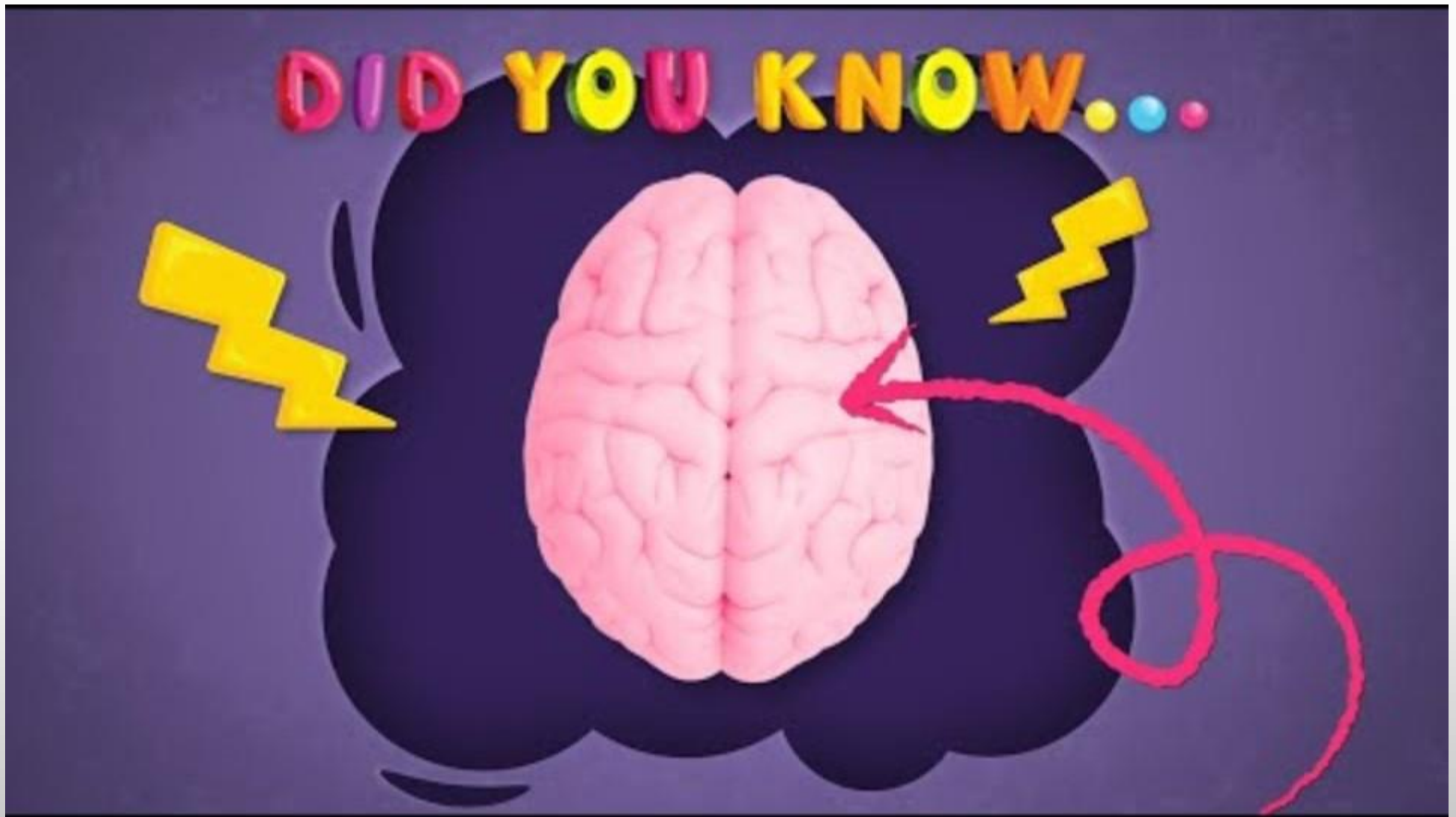
Feeling shaky

Tummy ache or feeling sick





Start to consider how worrying is actually a healthy, normal thing and when it can be really useful in our lives



After watching the film WRITE DOWN **why worrying is actually a healthy, normal thing and when it can be really useful in our lives.**

When do worries become something else?

When should we seek help ?



If worry stops us doing our usual activities
If worry affects things such as sleep or eating
If our worries snowball and feel too big
If we have been worrying for a longer time e.g. 2+ weeks





PSHE GCSE

Living
with
anxiety

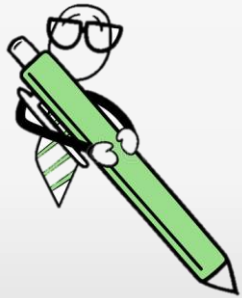
BBC Teach
PSHE



Faculty of Personal and Physical Development



Worries get 'heavier' if we keep them to ourselves so...



talk to someone you trust about your worry!

A problem shared, is a problem halved!

Tools to help manage worries:

Copy the subheading then list things we can do to help deal with worries

Get out into
nature

meditation

Deep breathing



Talk to a friend
or trusted adult

Dance to a
favourite tune



Helpful things to tell yourself...



It's normal and okay to feel worried!

Everyone gets funny feelings in their body when they are worried.

If we are worrying, the funny feelings in our bodies are just our fight/flight/freeze response.

