

16/07/2026

When do worries turn into anxiety?

Rate yourself 0-10 (0= 😞 10= 😊)	Before	After
Your understanding of worry and why we worry?		
How knowledgeable are you about how worry makes us feel?		
How knowledgeable are you about the strategies we can use when we feel worried?		
How confident would you feel in asking for help? (e.g. from a teacher, Changing Lives)		

Instructions: after writing the date and title complete the before section on your white board out of 10 for each line. We will look again at the end of the lesson.



Starting point- What do you already know?



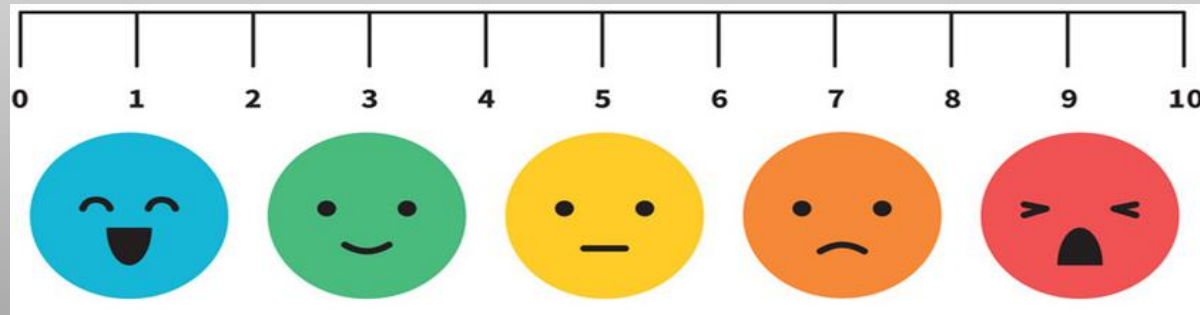
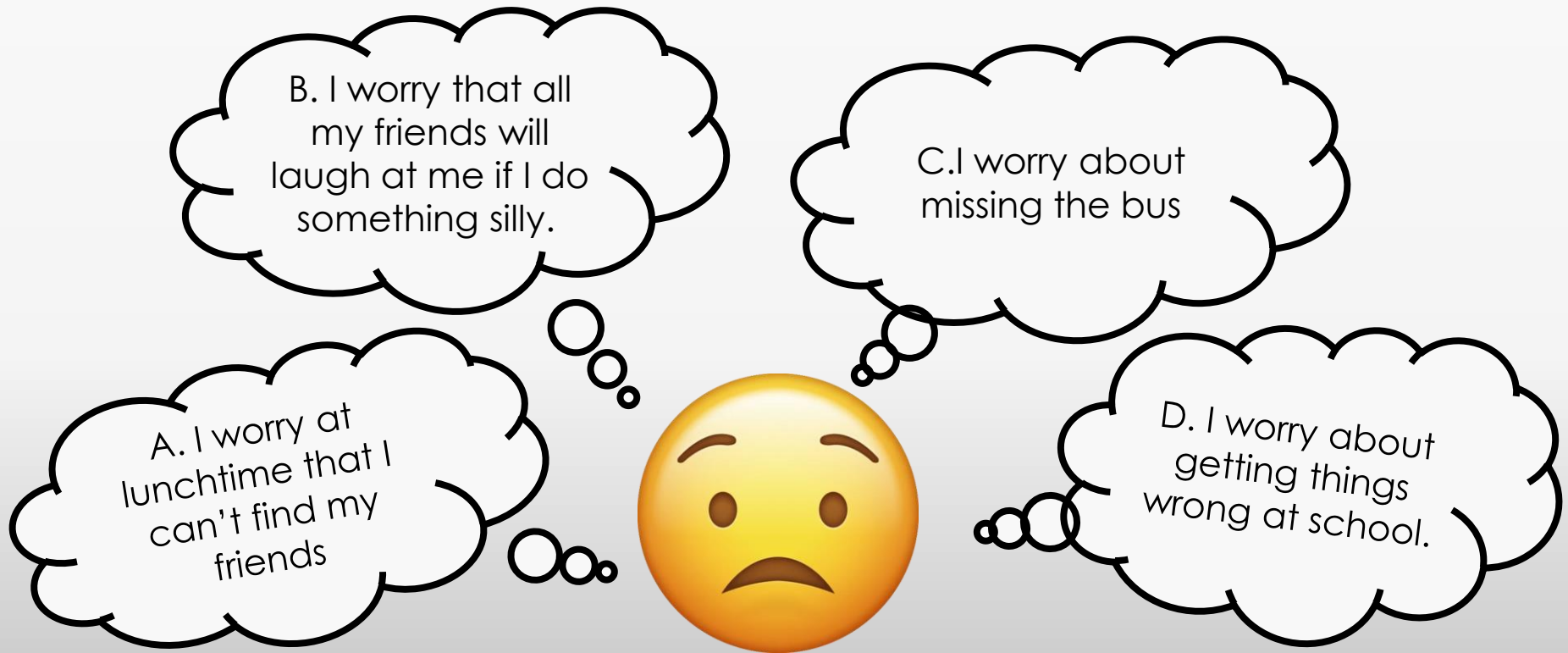
1. What is a worry?
2. What does worrying mean?
3. What do you most worry about?
Name your top three



Worry 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? Write down some things on your whiteboard





“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 overall style is simple and modern.

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?

?

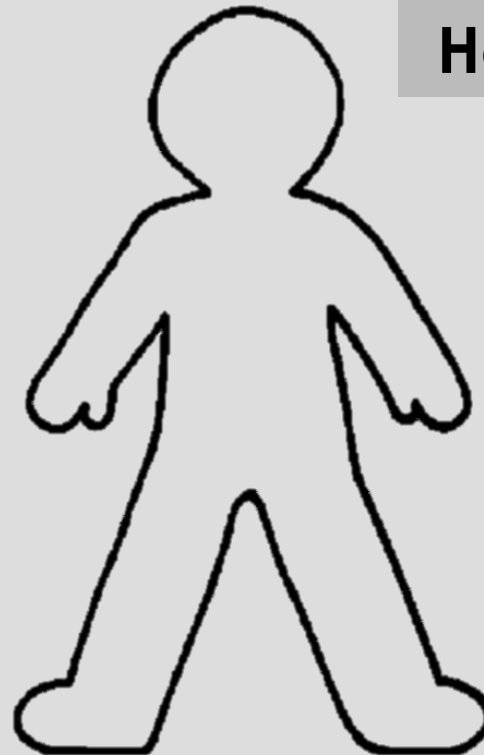
**How might
this worry
snowball
Develop?**
What comes
next?

What does 'worry' feel like in our bodies?

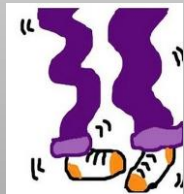
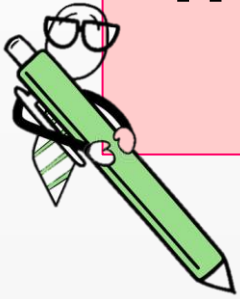
Draw a body
outline then
around the
outline list
physical signs
you notice if you
are worrying



Headaches



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



Headache



Dry mouth

Dizzy



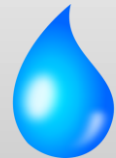
Fast breathing

Fast heart beat



Tense muscles

Sweaty



Feeling shaky

Tummy ache or feeling sick





After watching the film discuss with a partner why worrying is actually a healthy, normal thing and when it can be really useful in our lives

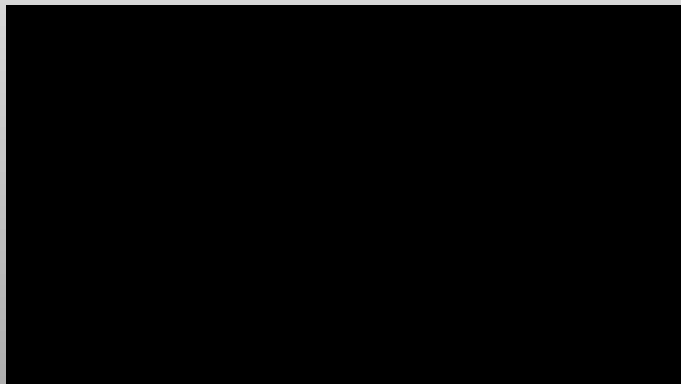
Tools I use to help manage worries: Copy the subheading then list things you do to help distract yourself from worries

Get out into nature



Talk to a friend
or trusted adult

Dance to a
favourite tune



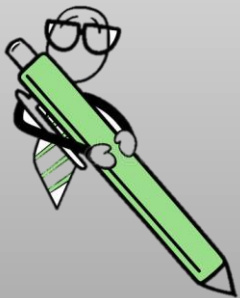
Helpful things to tell yourself...



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.



When do worries become something else?

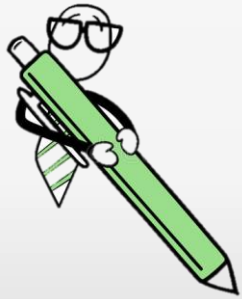
When should we seek help ?



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
These are the signs you may be suffering from anxiety



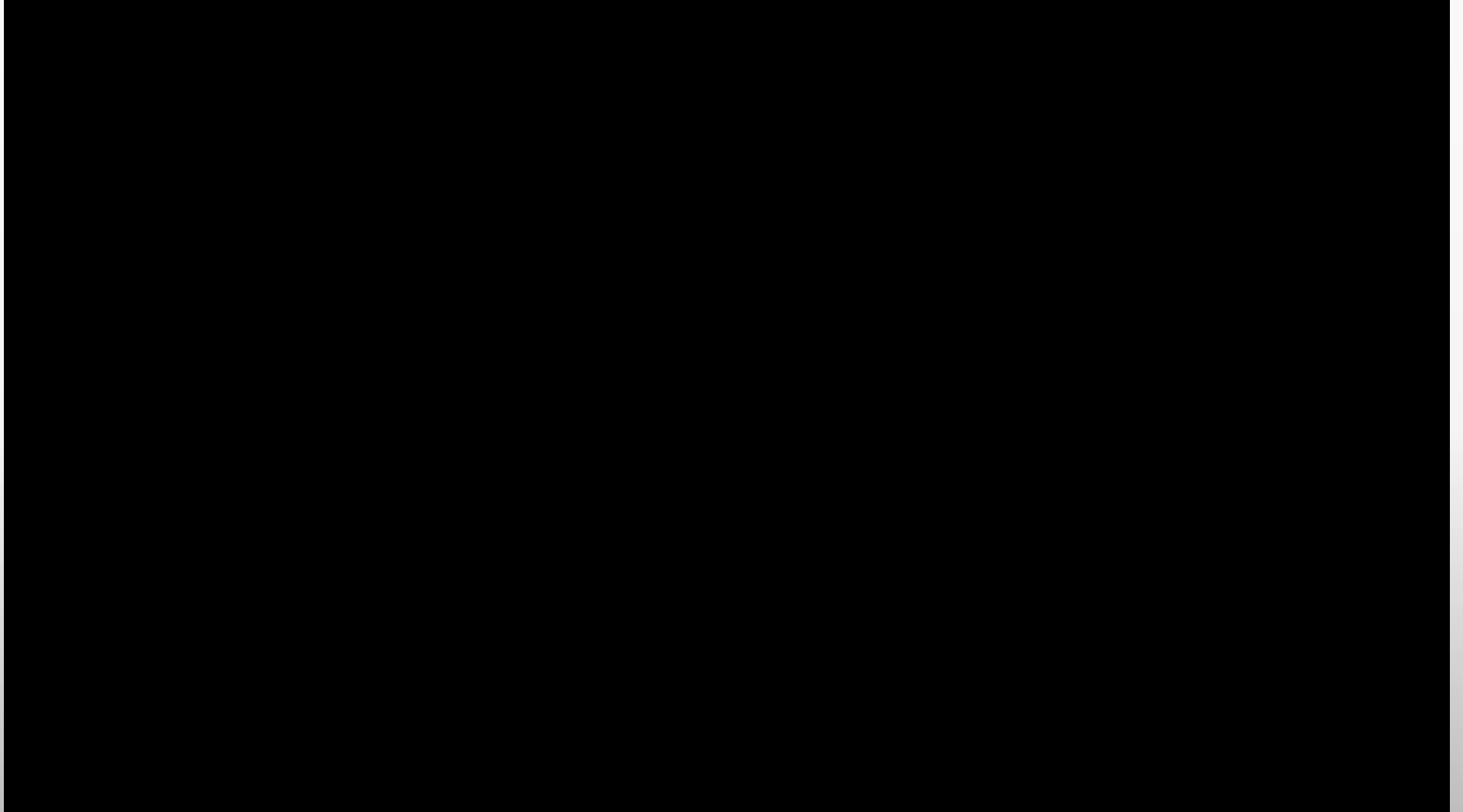
Worries get 'heavier' if we keep them to ourselves so...



**talk to someone you trust about
your worry**



Living with Severe Anxiety



How to use our service

You can..

- Tell a trusted member of staff or speak to a member of the pastoral team
- Talk to parents who can complete a referral form for you



Exit assessment- being honest, now complete the **after** section

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