

Who can help me with my worries?

Learning outcome

Students will be able to identify strategies, people, and agencies in their community who they can talk to when they feel worried.

Suggested time allocation

45 minutes

Resources

- *Jack's Worry* by Sam Zuppardi or *managing worry*
- *0800 What's Up?* and *Kidsline*
- *Handy helpers contact book (Appendix 32)*, enough copies to allow all students' contributions

CURRICULUM LINKS

Underlying concepts

- **Health promotion:** identifying who can help and support them in their community; developing skills and strategies to manage feeling worried.

Key competencies

- **Relating to others**
- **Participating and contributing**

LEARNING SEQUENCE

Getting started

As a class, watch *Jack's Worry* by Sam Zuppardi or *managing worry*. Discuss the story using these questions as conversation starters:

- What do you worry about?
- How do you act when you feel worried?
- How can you deal with worries? What strategies are suggested in the story?
- Why does it help to talk about our worries with people who we trust?
- Next time you are worried what do you think you could do?

There is a possibility that this activity could prompt a student to disclose that they are being abused. Make sure that you are aware of what to do if this happens. Check out your school policies on abuse and disclosure. This [webpage](#) from Child Matters offers advice on dealing with disclosures of abuse.

Development

Emphasise to students that everybody has worries sometimes and that it is okay to have them. Explain that we can ask for help from others to help us deal with our worries or if we struggle to find words, we can draw a picture of our worry to share.