

Managing Worries

Key Stage 1+2

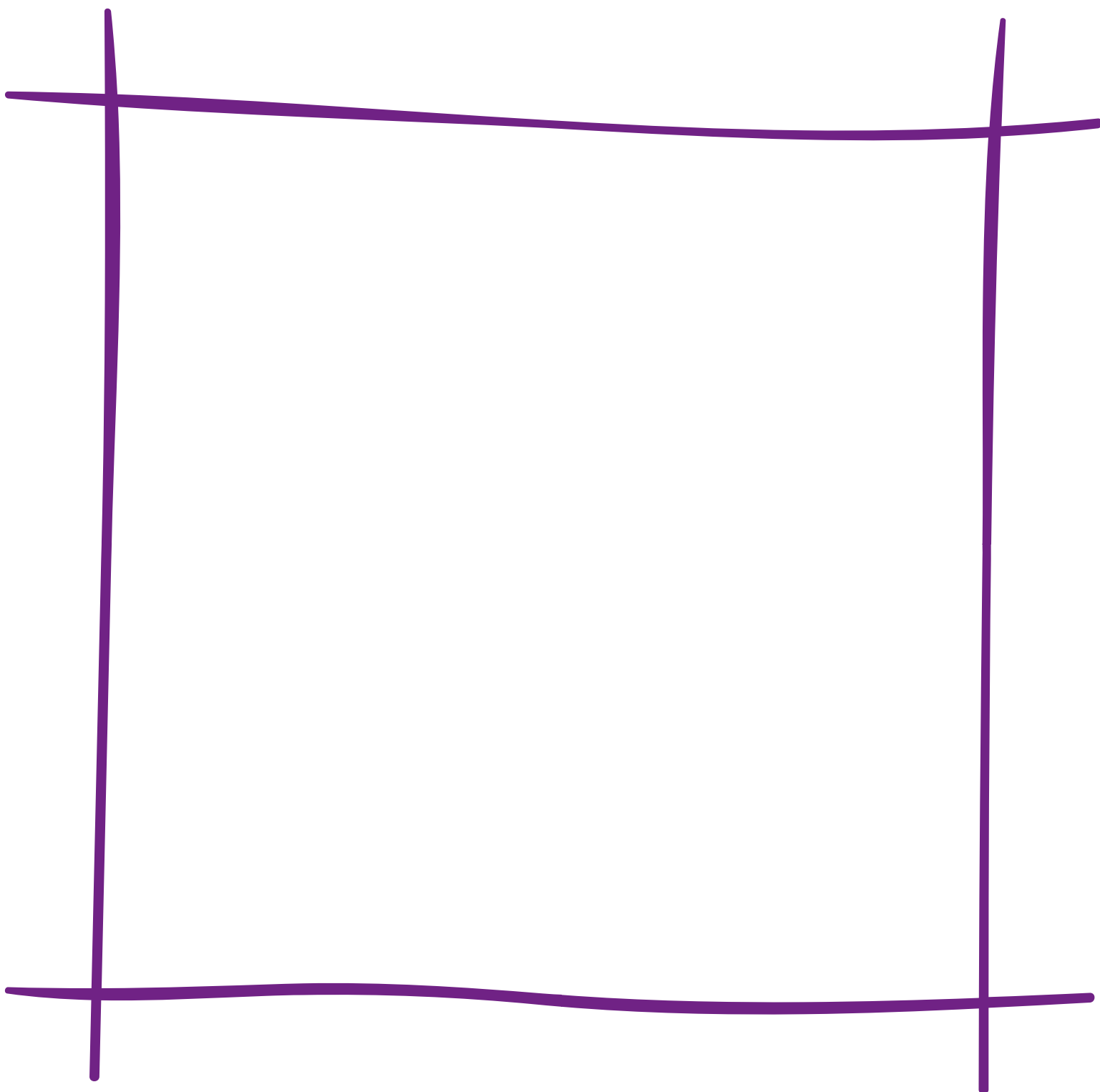
Time: 60 mins

Objective:

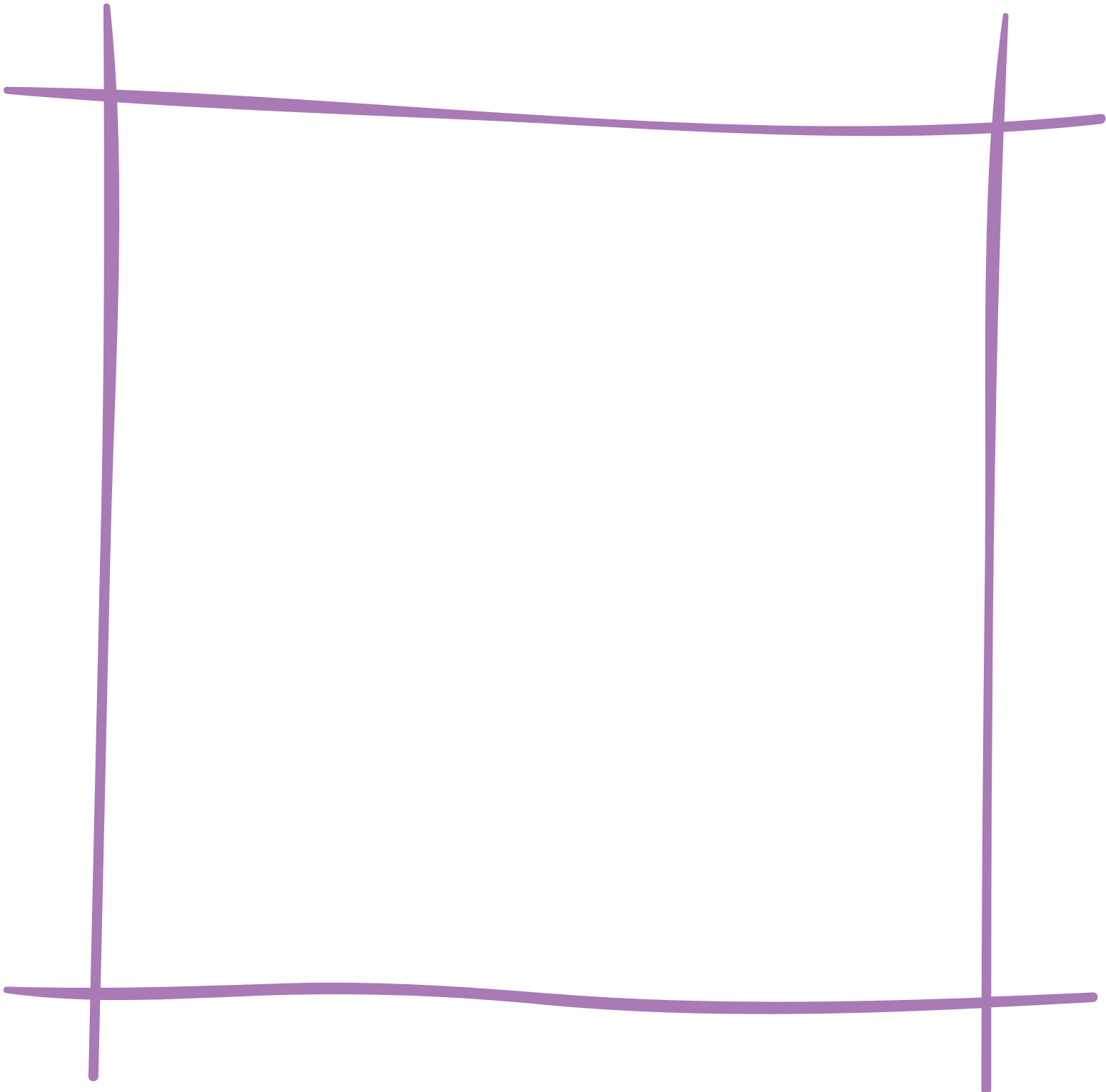
To look at defining and managing our worries.



Activity One - Draw your own warrior

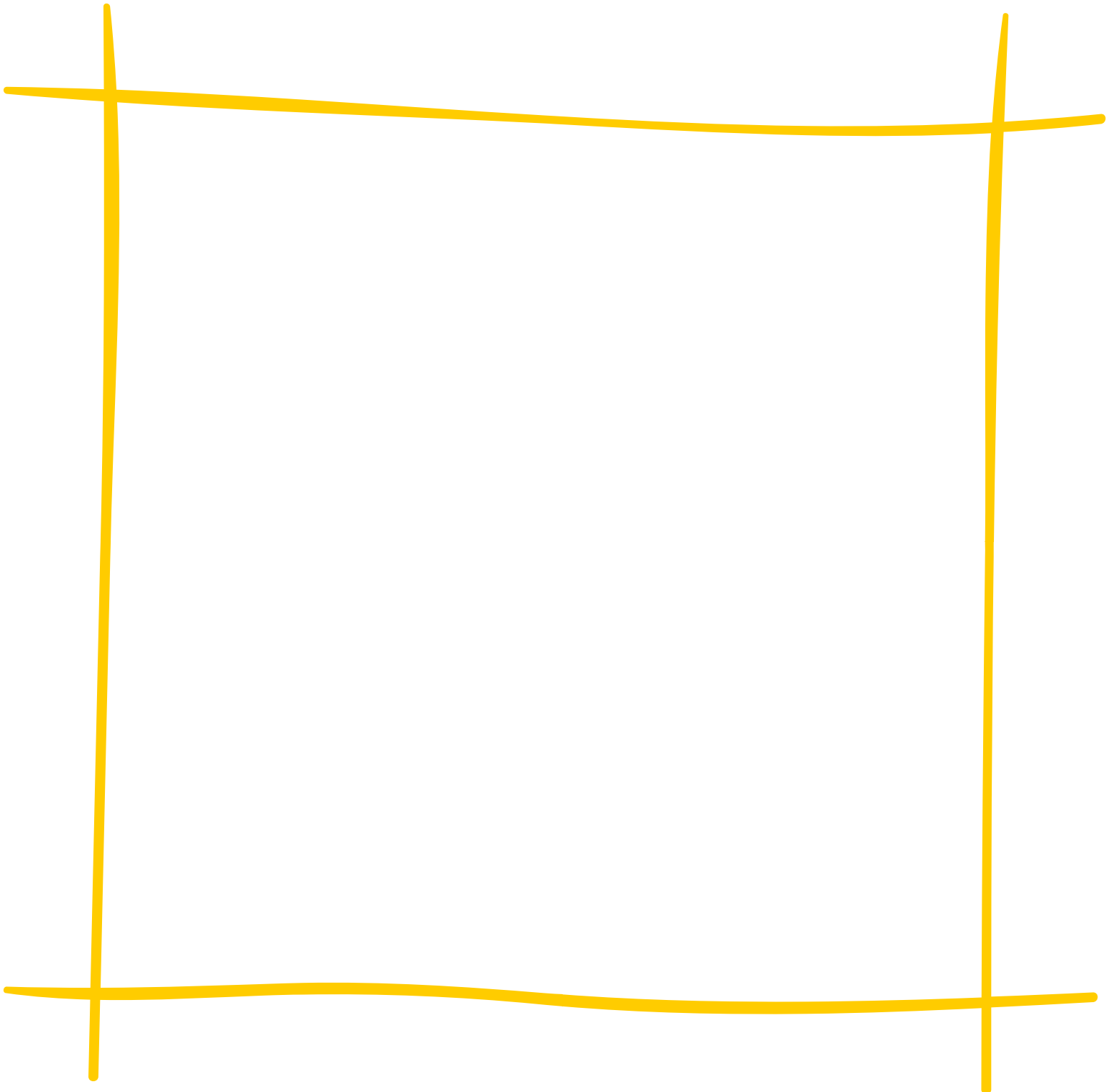


Activity Two - Growing your worries



Activity Three - Write your story

Activity Four - Imaginary worry boxes and balloons





Thank you for completing the Key
Stage 3+ webinar workbook on
managing worries

Check out loads more resources at
cwmind.org.uk