



L5. COPING SKILLS

LESSON 5 QUESTION:

Do I know how to feel better and help others feel better when they are worried?

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



YOU WILL NEED:

Paper; pens; a jar or something similar; small pieces of card to fit in the jar.



DIRECT TEACHING INPUT:

- > Explain that you are going to talk about worries in a positive way in order to help children deal with them.
- > Explain to the children that they can talk about any concerns and worries in a positive way. Ask them for examples of things they are worried about and write them on a card and put them in the worry jar.
- > Explain that talking about concerns or worries is really good as it gets them out in the open and helps people feel better.
- > Put as many concerns as you can in the worry jar.
- > One at a time, pull them out and ask if others recognise that worry and if they can help each other understand how to deal with it.
- > Stick each worry card on a piece of paper and ask the children for solutions. Draw or write these around the outside.
- > Once you have modelled a couple of these, ask the children to work in pairs or groups on other worries from the jar.
- > Invite others in to see your display and ask children to talk through their worries and solutions with other children.



REFLECTION/BRINGING THE SESSION TOGETHER:

- > Bring all of the worries and solution sheets together and encourage the children to share their work.
- > Ask the class if they can think of any other solutions to each worry.
- > Encourage the children to realise that there are many solutions and people who can help with different challenges.
- > Give out award leaves for having a great understanding of coping skills, for challenges now and in the future.

TEACHER NOTES:

> POSSIBLE RELATED VOCABULARY TO TEACH:

Good feelings, Not so good feelings, Happy, Sad, Worried, Confused, Excited, Calm, Upset, Facial expression, Body language, Comfort, Friendships, Help, Happy, Coping, Persevere, Positive, Can do, Have a go, Brave, Challenge, Smile

> DIFFERENTIATION AND EXTENSION:

You may like to read the children a related book, such as The Huge Bag Of Worries by Virginia Ironside.

You may also like to write to tell parents about the worry jar at school. With their child, parents could set up a worry jar at home and work through solutions to concerns.

> TEACHER'S ANNOTATIONS:

> WHAT WENT WELL?

> WHAT MAY BE EVEN BETTER NEXT TIME?

> OTHER IDEAS...

