

Understanding me

DFE statutory guidance
Physical health and mental
wellbeing

Topic 1: Mental wellbeing
Bullet point 2, 3, 7, 9

Talking Point 10 – What does worry feel like?



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Talking Point 10 – Pre assessment

What makes you worried and how do you deal with it? – you have 5 minutes.

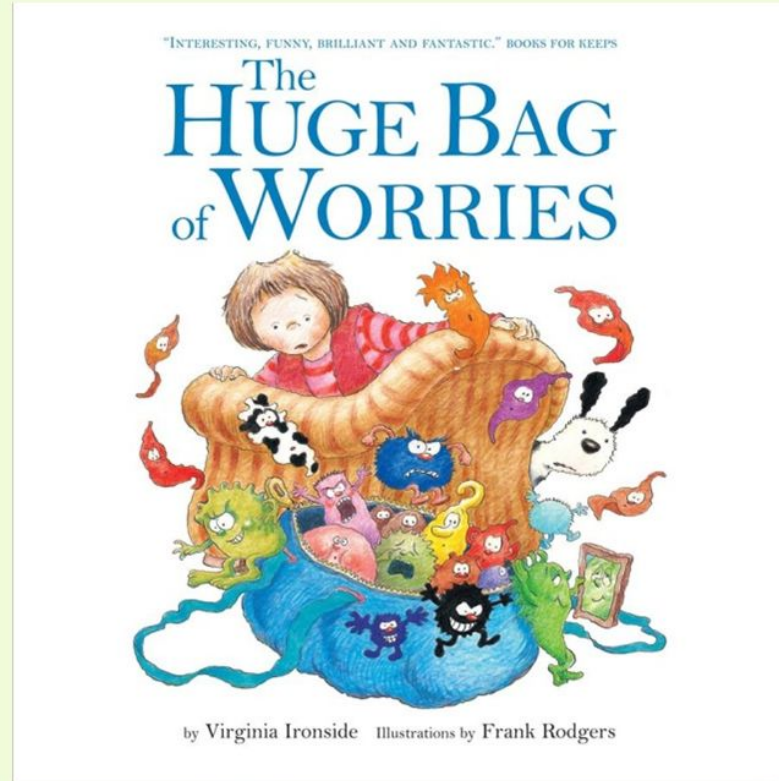
Look at the question in the blue box. Draw or jot down your first thoughts in your home learning book. This is a quick 5 minute job to switch your 'Talking Points' brains on.



Talking Point 10

Today's 'Talking Points' book is called 'The Huge Bag of Worries' by Virginia Ironside.

On the next slide watch and listen as it is read aloud.



THE HUGE BAG OF WORRIES



By Virginia Ironside
Illustrations by Frank Rodgers

Talking Point 10 – Questions

Read each question and then talk to your grown up about your answers.

No need to write them down. This is a talking exercise.

1	Is the bag real and what does it mean?
2	Why did the worries grow and grow?
3	How did the worries make Jenny feel?
4	What happened when Jenny ignored the worries?
5	Who could you tell about your worries?
6	Why is it important to tell people your worries?



Talking Point 10 – Challenge by Choice Questions

	Question
1	What makes me worried?
2	What does worry feel like inside of me?
3	How can I help others who might be worried?
4	What do you think the saying 'a worry shared is a worry halved' means?



Talking Point 10 – Post assessment

What makes you worried and how do you deal with it? –

Revisit your initial ideas in the pre assessment and build on them now with your post assessment. Draw or write in your home learning book looking at the 4 specific boxes below.

Worries

Feels like

Looks like

What can I do?

