



Zoomanji Activity Pack: Lesson 8

Lesson Title: Worry Trees

Description: A lesson that aims to encourage pupils to share their worries and recognise what they can do if they are feeling worried.

Learning Intentions	Activity	Resources	Points to Note
<p>Pupils will:</p> <ul style="list-style-type: none"> ▶ Be able to actively listen to one another and share their own opinions. ▶ Understand the importance of sharing their worries and how they are feeling. ▶ Be able to organise and plan how to go about a task. 	<p>Introduction</p> <ul style="list-style-type: none"> ▶ Begin by encouraging the pupils to think about what it means to worry. ▶ Play the audio entitled 'Lesson 8, Audio 1' in which, Charlotte's mum talks about her concerns with her daughters worries. ▶ After the video, encourage children to 'pair and share' what they think it means to worry. ▶ Use these responses to generate class discussion based on what the pupils believe a worry is and encourage them to think about why people might feel worried. 	<ul style="list-style-type: none"> ▶ Charlotte's mum video 1: Video and transcript. ▶ Charlotte's mum video 2: Video and transcript. ▶ Cardboard. ▶ Colouring pencils, felt tips, scissors and glue. ▶ Pre-cut leaves. 	<ul style="list-style-type: none"> ▶ Cross-Curricular links –Literacy (talking and listening), PDMU and technology. ▶ Drama character link – Charlotte. ▶ Instead of playing the audios, teacher may wish to read 'as Charlotte's mum'- if so, transcripts are provided. ▶ Teacher should be



	<p>Main Activity</p> <ul style="list-style-type: none">▶ Invite children to come and sit at the front of the classroom.▶ Discuss how Charlotte struggled to express her worries with her peers.▶ Explain to the pupils that they will be creating a class worry tree.▶ As a class, design a template for a class worry tree using cardboard.▶ Whilst doing this, discuss the various worries that people might place on the tree and why it is important to share them.▶ Once the worry tree outline has been designed, the teacher can then cut it out and place it in a key area of the classroom available to all pupils. <p>Plenary</p> <ul style="list-style-type: none">▶ Encourage the pupils to return to their desk and hand out the cut-out leaves.		<p>aware of the potential of sensitive issues arising.</p> <ul style="list-style-type: none">▶ When encouraging pupils to 'pair and share' teachers may wish to differentiate the pupils into mixed or same ability pairs.
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	<ul style="list-style-type: none">▶ On the interactive whiteboard, bring up the short poem about the significance of the worry leaf, read this out to the class.▶ Explain to pupils that they should write down a worry that they might have (pupils may do this anonymously if they wish) and place this on the worry tree.▶ Play the audio entitled 'Lesson 8, Audio 2' in which, Charlotte's mum reads out some of her own worries why she found it so helpful to share these.		
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Extension Idea: Encourage the pupils to make a 'Helping Tree' which outlines suggestions that can be used if someone is feeling worried. These may include, talking to someone, writing your feelings down or doing something that you enjoy.

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