



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



	<p><b>Main Activity</b></p> <ul style="list-style-type: none"><li>▶ Invite children to come and sit at the front of the classroom.</li><li>▶ Discuss how Charlotte struggled to express her worries with her peers.</li><li>▶ Explain to the pupils that they will be creating a class worry tree.</li><li>▶ As a class, design a template for a class worry tree using cardboard.</li><li>▶ Whilst doing this, discuss the various worries that people might place on the tree and why it is important to share them.</li><li>▶ 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.</li></ul> <p><b>Plenary</b></p> <ul style="list-style-type: none"><li>▶ Encourage the pupils to return to their desk and hand out the cut-out leaves.</li></ul>		<p>aware of the potential of sensitive issues arising.</p> <ul style="list-style-type: none"><li>▶ When encouraging pupils to 'pair and share' teachers may wish to differentiate the pupils into mixed or same ability pairs.</li></ul>
--	--	--	--



	<ul style="list-style-type: none"><li>▶ On the interactive whiteboard, bring up the short poem about the significance of the worry leaf, read this out to the class.</li><li>▶ 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.</li><li>▶ 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.</li></ul>		
--	---	--	--

**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.

*Author: Hannah Breen*