

PSHE



LO: Explore the feeling worry.

Watch this link then answer the two questions below.

https://www.youtube.com/watch?v=KxfvA75zSz0&feature=emb_logo

Task 1

- 1) Who helped Jenny in the story and what did they do to help?
- 2) What happens if we don't listen to our feelings?

Although some feelings are really 'big', uncomfortable, difficult or unpleasant; there is no such thing as a bad feeling. They all 'tell us' something and need to be listened to.

Task 2

My Worries

Close your eyes and think about your worries.

- What do they look like?
- What do they sound like?
- What do they feel like?

The little girl in the book had worries that looked like little monsters.

On a piece of paper, **first** draw a bag to put your worries in. It should take up all the space on your page. Leave room inside the bag for the next step.

Next, draw pictures of your worries or write words to describe your worries inside your bag.



