

A very warm welcome to the 2 sessions and resources for year 6 to help them manage worries, particular thinking about their transition up to High School this September, delivered by the Emotional Health and Wellbeing Service , North West Boroughs.

The sessions were written and developed based on Cognitive Behavioural Therapy Techniques, (CBT), which has a very strong evidence base for supporting children and young people to manage anxiety/worry. The sessions have been in use for 3 to 4 years now, and have been thoroughly evaluated by previous year 6 pupils, who have really enjoyed them.

I would recommend that the person who will be supporting the class whilst they are watching the films, familiarise themselves with the content of the films and the resources before they show the year 6 children the video. The narrator in the films will let the class adult know when to stop the film, so that the year 6 children can interact with their worksheets, and the narrator explains fully how to complete the worksheets prior to the film pausing.

Session 1 looks at normalising worry, encouraging the children to know that we all worry, and we all worry about different things, which is ok. We then go onto to look at the function of worry, and how it keeps us safe and motivated. The narrator then encourages the children to think how worry manifests in their bodies, what physical symptoms do they recognise when worry is around. We look at and practice some strategies here, and the narrator encourages the children to join in, in the classroom. We then look at what children do already to help them relax when worry is bothering them, and we think about the concept of developing an emotional toolkit to help manage some of the physical signals that worry gives us, and we start to think about a portable toolkit, one that the young person has in their memory to help them manage worry, such as finger breathing. We finish session 1 by asking the young people to practise some of the strategies over the week before we show the next session.

Session 2 Session 2 starts with a welcome back and recap of session 1, we then go into a guided visualisation, another skill for their portable toolkits, and an exercise called 54321. Session 2 looks at the concept of spotting worry thoughts and consciously working to balance them out, by using a positive quote or saying, the young people are asked to think of their own positive thought that is meaningful to them, and write it on a piece of card to take home and keep.

We then look at building resilience, through young people identifying who is around that they can talk to if they have a worry, they fill in a “circles of support” sheet for this next activity. We look at managing worries and containing them, by writing them out, helping young people to get worries out of their heads and ask themselves is this really my worry, or does it belong to someone else. This helps with problem solving.

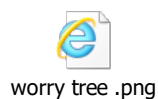
Finally session 2 finishes with some practical tips and routines to start to embed so that they are helpful when starting year 7, and it also identifies other agencies that can support young people as well, such as KOOTH, ChildLine, Young minds, school nurses, teachers and mentors.

Catherine Brindle, EHWP Specialist Nurse, Northwest Boroughs, June 2020

Lesson 1 - https://www.youtube.com/watch?v=FM3HBTU_3O8

Lesson 2 - <https://www.youtube.com/watch?v=97OcfdB-gwg>

Work Sheets



Please also provide each child with a credit card size piece of card for them to write their motivational statement on.

If you require any support with these sessions please contact your School Link Nurse.



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