

# Anxiety

## Tools Required

Students will be viewing the **M.I. Understanding** Video on Anxiety. At home, they will require access to crayons and paper for primary students and journals for older students as the video can be used for a writing prompt.

## Activity One

Before asking students to watch the video, on day one, you may wish to ask students to think of a time they were afraid of something. Give them an example of something that has scared you: spiders or bad roads, whatever may suit. For homework, have them [watch the video](#). Younger students can draw a picture, and older students can write about it.

## Activity Two

As a follow up, students can answer the following questions:

1. How did we know Gully was afraid of thunderstorms? What did his body language show us?
2. At first, Emmett was not a good friend. How do you help a friend when they are worried or afraid?
3. What helped Gully feel better about the storm?
4. Try taking some deep breaths at home when you are worried. Does it help?

## Activity Three

Ask students to watch the video [Thunder Cake](#) - (you tube link)

- What ingredients would you put in a cake for someone afraid of the dark?
- What might go into it? (Get them started with what colour would it be - yellow for sunshine, etc...) They can draw this or it can be a writing activity.

## Additional Resources

### Early Primary:

1. [The Little Old Lady that Wasn't Afraid of Anything](#) (You tube Read Aloud) - how to turn your worry into something good
2. [Franklin In the Dark](#) (You Tube Read Aloud)- Everyone is afraid of something and how you solve a problem
3. [The Don't Worry Book](#) by Todd Parr (You tube) - great strategies

### Late Primary/ Junior

1. [The Don't Worry Book](#) by Todd Parr (You Tube) here are some funny bits in here that older kids would like
2. [Fight, Flight or Freeze](#) - Anxiety Canada (You Tube) Very good for older students so they begin to understand their body's response to anxiety. This would be a good next step or next lesson for grades 4 and up.