

## Social Anxiety

This may be a resource to use when students are getting ready to return to school after a long break. Thinking about joining activities again can be tough, particularly, for children with anxiety. Social Anxiety is often seen in students in misbehaviour. Our video here shows a common problem: not wanting to join into a phys ed class. The resources focus on other areas where we can learn to be a bit more confident. This resource goes well when used after coaching as the two ideas go so well together. In addition, there is a focus on empathy. Being able to understand feelings and emotions in other people boosts the ability to understand emotions that are self generated.

### Activity

#### Early Primary

Watch the Video provided by **M.I. Understanding**. Can you think of a time when someone else was worried about doing something? What did you say to them to help them get started?

Watch the video - [Too Shy For Show and Tell](#) - Available on You tube

Sam notices that no one does a perfect job at Show and Tell. Taking a chance on something new is hard for everyone. Think of things you do well. Doing well doesn't mean being the best or being perfect, but it does mean trying.

#### Homework Activity

For the next day, write or draw in your journal that someone else did well. If you can, write or draw about something you do well at home or school.

#### Primary/ Junior

After watching the video, ask students to write about a time they noticed someone else worried about doing an activity. Maybe it was a new student, or even one of their siblings going to swimming lessons. How did you help them feel better about giving something new a try? How can you welcome someone new into an activity?

Follow up book: [After the Fall](#) by Dan Santat

#### Homework Activity:

Write Humpty Dumpty a letter that encourages him to try and get on the wall again or write to Gully and tell him how proud you are that he joined back into gym class. When we help others take part in our world, we help ourselves understand how important it is to participate ourselves. Trying again to do an activity or join in a group takes some courage. Be proud of even little steps!