A lesson about worries
From Andrew Moffatt

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| **Good To Be Me** | **Read:** The picture book “Silly Billy”.  
**Discussion:** Talk about Billy. He worries about all sorts of things. What does Billy worry about? What happens to Billy when he gets worried? (Can’t sleep) What does he do when he feels worried? (Tells Grandma). What does Grandma say Billy should do? Does it work? Why do you think the worry dolls work? Does everyone get worried sometimes? Of course! Tell the children about a recent time you were worried and what you did about it (say you talked to someone).  
**Role play:** Show the children a toy stuffed animal or a doll. Place it in the centre of the circle. Explain that if Billy was in our class he could talk to this animal/doll. Recap in the story some of the things Billy worried about. Now ask the children one at a time to approach the animal/doll and share one of Billy’s worries by whispering in the doll’s ear. Show the children what to do by doing it yourself first.  
**Activity:** It would be great to make some worry dolls with the children. You could make it a mini project (D &T?) over the next few weeks involving sewing and stuffing. Of you could cut out and colour a cardboard doll for just this lesson. The aim is to for the children to create something to hold and ‘talk to’.  
**Plenary:** How did Billy feel before he told grandma about his worries? He felt a bit silly. What did Grandma say when he told her about his worries? (“You’re not silly”). Do you think Billy did the right thing telling Grandma about his worries? Why? Is it better to tell your worry dolls or to tell a grown up about your worries? Why is it better to tell a grown up? Who can you talk to if you are worried about something? Tell the children they can always talk to you if they are worried about something. They could practice by telling the doll first.  
| **Silly Billy** | **By** Anthony Browne |

Put the animal/doll somewhere in the room so that children can use it ‘to practice talking about their worries’ if they need to.