

Let's talk about anxiety: lesson overview

Resource information



- **Age group:** 11 - 13
- **Timings:** 50 - 60 minutes
- **Key words:** anxiety, mental wellbeing, healthy habits, coping skills

Resources



1. Let's talk about anxiety PowerPoint
2. Let's talk about anxiety animation
3. Let's talk about anxiety worksheet
4. Healthy coping skills cards

Ground rules

We recommend that you establish ground rules around respectful listening and confidentiality, as normally used in PSHE lessons.

At the start of this lesson, outline any support available in your school, including people that students can speak to. You should also provide signposting to any further support at the end of the lesson.

If any concerns arise during the session about a student's safety or wellbeing, you should follow your school's safeguarding policy and procedures.

Learning outcomes



Students will be able to:

understand the biological basis and purpose of anxiety, and how it might affect someone's thoughts, feelings, body and behaviour

discuss anxious feelings with confidence, using a range of words to accurately describe different feelings related to anxiety

use a range of strategies and coping skills to help manage anxious feelings, and to consider which might work best in different situations.

Teacher guidance

All the content for delivering this lesson is available in the notes on the PowerPoint. It is also available in the lesson plan. You may prefer to print the lesson plan and use it in the classroom.

Check that you are able to play the animation before the lesson. You can access the animation by clicking play on slide 10 of the PowerPoint. Alternative links are available in the PowerPoint notes.

We also recommend that you fill out slide 29 with information about where students can find further support in your setting.

Distribute the Let's talk about anxiety worksheet at the beginning of the lesson.

Lesson outline



Anxious feelings (10 - 15 mins)

Discuss the definition of anxiety and related feelings.

Anxiety and the body (5 mins)

Explain the biological basis of anxiety and introduce the image of the anxiety alarm.

Let's talk about anxiety - animation and discussion (10 - 15 mins)

Watch and discuss the Let's talk about anxiety animation. Use the slides to guide discussion about the different causes, effects and strategies for responding to anxious feelings.

Healthy coping skills (10 mins)

Learn, practise and reflect on the healthy coping skills, drawing on ideas from the animation.

Anxiety alarm scenarios (10 mins)

Apply what students have learned through discussion of different scenarios that might make people feel anxious.

Plenary (5 mins)

Reflect on lesson content and signpost students to further support.