



Worry Worms 25 Minutes

Introduce this activity by talking with students in a group about worries.

Example Script:

We all have worries! I know teachers worry a lot. We worry if we are doing a good job, we worry whether our students are learning everything they are supposed to, and we worry about our students' happiness. Sometimes these worries will even keep me up at night. When I start to worry I can feel it (name where you feel your worry in your body). Then, I try to take some mindful breaths to let my mind focus on what is happening here and now and let go of my worries.

Can you help me think about what children worry about? I'll write some of these worries on the board.

Pass out Worry Worm activity sheet. Now let's take some time to write or draw on your Worry Worm what most worries you about 1st grade. Once completed, students can cut out and color their worry worms.

Script

Now that we have talked about what we worry about, we are going to practice a mini-meditation that can help us let our worries go. When we let our worries go it can help us concentrate on our school work and even respond to our worries in a calm way. SO let's practice wiggling our worries away!

Start by closing your eyes and taking a few deep breaths. Breathe in through your nose and breathe out through your mouth. Repeat two more times. Now I would like for you to imagine your worry worm wiggling down a tree branch, away from you. As your worry worm is wiggling away, notice your worries going away with it. How does that feel? Do you feel better, more calm and relaxed? Breathe in through your nose and breathe out through your mouth. Repeat two more times. Wave good bye to your worry worm and notice your good feelings. Imagine that you are now playing with a favorite friend or toy. Enjoy these happy and relaxed feelings.

Take a few more deep breaths, in and out slowly, noticing where you feel your breath. Do you feel it more in your nose, your throat, your chest or your belly? Wherever you feel it, that is fine. When you are ready, open your eyes and bring your attention back to the room and your surroundings.

Name _____

Worry Worm

