



# Let's Talk Anxiety Lesson Plan

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**Subject: PSHE/Citizenship**

**Notes: See Guidance Notes for further information**

**Topic: Let's Talk Anxiety**

## LEARNING OBJECTIVES: KNOWLEDGE BASED

**ALL:** Students should be able to identify what anxiety is and to understand at least one method which could be used to help when they are feeling worried.

**MOST:** Students should be able to explain the things which might cause anxiety and the effects that this might have on them physically.

**SOME:** Students should be able to recognise the cognitive process which is causing anxiety and explore a range of methods used to control anxiety and reflect on which might work best for them.

## SKILLS / PLTS / COMPETENCY BASED OBJECTIVES

Students should develop their ability to control their own breathing to calm their bodies.

Students should develop communication skills including speaking, listening and giving feedback.

Students should be able to work individually and in small groups effectively.

## DIFFERENTIATION:

This lesson can be delivered to KS3 or KS4 classes, but there will need to be consideration of the level of detail which is explored in relation to how the brain works if delivering to KS3. Also be aware of the pastoral needs of the class before delivering the lesson.

## DELIVERY:

This plan is for a 1-hour lesson, but it can be delivered across 2 lessons if you would like to go into more depth and allow more time for reflection.

The breathing techniques can be moved into a second lesson and other coping strategies can be introduced to provide an anxiety toolkit.

| ACTIVITY  | TIME   | RESOURCES |
|---|--------|-----------|
| <b>STARTER</b><br><br>Using the 4 questions on the grid, get the students to discuss their answers in pairs and then feedback to the class. | 5 mins | PPT       |



|   |            |                    |
|---|------------|--------------------|
| <b>INTRODUCTION</b> – Recap, context, objectives<br>Introduce the video by asking students to look out for what is happening in the boy's body. Watch the 'Let's Talk Anxiety' film.<br><br>Use the A3 person template (or draw in books) to identify in groups the things that happen to the body when feeling anxious. Quick feedback   | 5 mins     | PPT, film clip     |
|   | 6 mins     | PPT, Body Template |
| <b>MAIN ACTIVITIES (CONTINUATION, LESSON CONTENT)</b><br>Pose the question 'why do these physical things happen to your body?' Invite feedback. Feed in 'what is fight or flight?' to see what students already know.<br><br>Use the next 3 slides to explain fight/ flight<br><br>Ask the class to raise their hand if they have ever felt worried (raise your own hand here too) and use the next slide to re-iterate that a little worry is completely normal.<br><br>Talk through the first "Power of Thoughts" slide to show how anxiety is triggered. Question: What do you think were some of the things the boy in the video worried about? Quick class discussion<br><br>Using the example phrases from the video, ask students what emotions these would trigger. Discuss in pairs and feedback.<br><br>Introduce flowchart with example on the ppt slide, then get students to complete their own flowcharts using one of the suggested scenarios.<br><br>Try out the 2 breathing techniques to calm anxiety, and use brain slide to explain why these techniques work<br><br>Return to the flowchart and annotate to show how you could change the outcome, so that anxiety does not cause so many problems | 3 mins     | PPT                |
|   | 5 mins     | PPT                |
|   | 2 mins     | PPT                |
|   | 3 minutes  | PPT                |
|   | 5 minutes  | PPT                |
|   | 6 minutes  | PPT, flowchart     |
|   | 12 minutes | PPT                |
|   | 5 minutes  | PPT, flowchart     |
| <b>PLENARY</b><br>Make a pledge of something active that you will try if you are feeling worried or anxious.  | 3 min      | PPT                |

**Dont forget to complete the feedback forms following delivery of this lesson.**