



Foundational Lessons

WHAT IS A WORRY?

Week 3

SEL Competencies: Self Awareness (Identifying Emotions)
Responsible Decision Making (Reflecting)

Preparations:

- Write student names on clothes pins and clip at the top of the worry board
 - Bring a set of blocks to Miss Kendra Time
 - Option: Having a set of different shapes and sizes may be a nice way to represent different kinds of worries
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Opening Ritual:

- “Who knows what time it is?” “Miss Kendra Time!”
- Go through Miss Kendra’s List, having the class repeat after you with actions for each item.

Introduction: *“We have been learning about Miss Kendra, her list, and all the ways that she helped children with their worries. But I wonder:*

- What is a **Worry**?
 - A worry is a thought about something that gets stuck in your head and is usually about something bad that you think is going to happen.
 - A worried thought also usually comes with a feeling. Like butterflies in your tummy, or a heavy feeling in your heart, a wiggle in your fingers or your toes, or feeling like you can’t sit still!
- What is an **Everyday Worry** versus a **Miss Kendra Worry**?
 - An everyday worry is something that you are thinking about, but where you aren’t in danger. (e.g. wondering who is going to pick you up from school today?)
 - A Miss Kendra worry is a worry where you or your family might be in danger. Like getting hit, or not having food, or seeing other people getting hurt.

“So, today we are going to talk about what happens when we keep big, Miss Kendra worries inside, and why it is so important for us to learn to share our worries together.”

Activity: Worry Blocks

Instructions:

- 1) Take out your set of blocks, calling them “Worry Blocks”.

- 2) One by one, invite students to come to the front of the class and place the blocks to create a “Tower of Worries”, piling them high up on top of one another.
- 3) Each time a new block is placed, ask them to explain what happens to the “Tower of Worries”.
 - Is it standing strong?
 - Is it getting wobbly?
 - What happens as more and more worries are piled up?
- 4) Continue building the worry tower until it tumbles over.

Discussion Questions:

- What happened to the Tower of Worries?
- What does it mean when we have too many worries?
- If you had a worry tower, how high would yours be?
 - None? A little? A lot?
- Would anyone like to share a worry they have?



TIP: Pre-screen students by asking them to share one sentence about their worry. After listening to a couple students, select one who has a good example of a “Miss Kendra Worry” to come to the front of the class and share.

Closing - Have Students Check In On The Worry Board

1. **Reference to Tower:** *“Just like our “Worry Tower” broke down when there were too many blocks, sometimes we break down when our worries are built up inside. That is why it is important for us to be able to share our worries during Miss Kendra Time.*
2. **Introduce Worry Board:** *“One of the neat things that Miss Kendra sent us is called a “Worry Board”, and it is a way for you to let me know in the morning, right away, whether or not you have any worries as you are starting your day at school. So, today to end our Miss Kendra Time, we are going to finish with our “Worry Board.”*
3. **Spot Your Name:** *“What do you notice about the clips on the Worry Board? That’s right, they have your names! Can you find your name?”*
4. **Explain the Rules:** *“If you have no worries, like when there were no blocks on the table, you put your clip here at the top on “No Worries”. If you have a couple worries, like when we have a couple blocks stacked up, but they were still standing strong, put your clip here, on “Some Worries”. And if you have a lot of worries, like when the tower was built up high, wobbly, and falling over, put your clip at the bottom, on “A Lot of Worries.”*
5. **Ending:** *“When you finish moving your clip, take a big breath and say “I am strong!”*