

What can they do?

Read the scenarios below. What advice would you give to the children?
How can you help them with their worries? What strategies could they use to feel less worried?



Scenario

Jamie has been set a piece of science homework, but he doesn't understand what he needs to do. The homework is due in two days.

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Scenario

Zakkia has arrived at school and realised she's left her PE kit at home. She is worried about getting in to trouble, as she has a PE lesson after lunch.

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Scenario

Katie's parents are arguing a lot and she is very worried.

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Scenario

Harley has just joined a new basketball team but he is worried that he will not be good enough.

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