

# *The Worries* learning activities

Printable activities to explore *The Worries* by Jion Sheibani.

## Age: 7–11

## CFE Second Level



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## About this resource

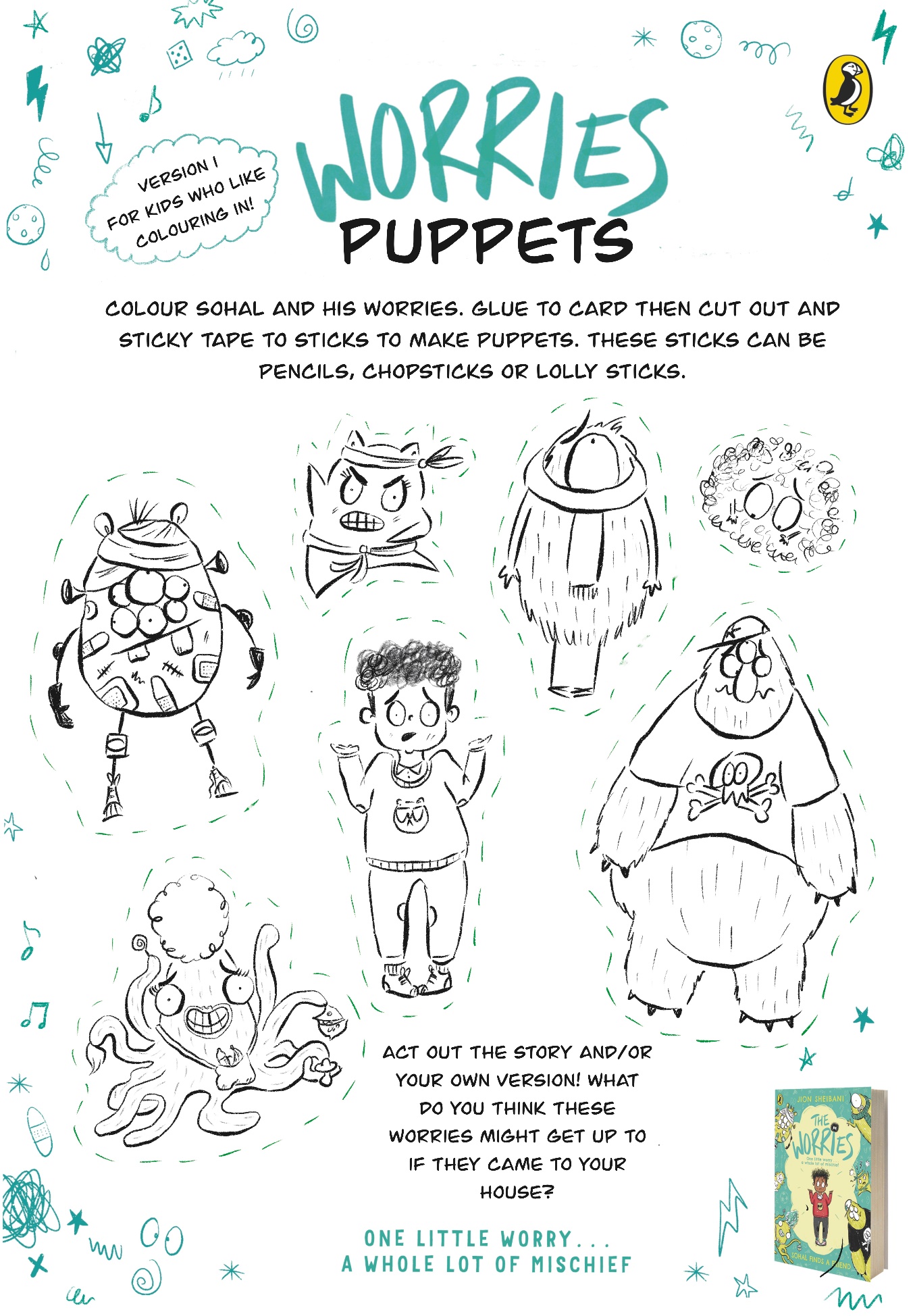
This resource collects printable activities you can use in your classroom to explore *The Worries*. Each page is labelled with a title, or you can use the contents to navigate.

## Further resources

* Find more resources including a video of Jion Sheibani talking about *The Worries* on our [Mental health awareness school resources webpage](https://www.scottishbooktrust.com/learning-resources/mental-health-awareness-week-resources)
* Find your next read with our book lists: [12 books that help children explore emotions](https://www.scottishbooktrust.com/book-lists/12-books-that-help-children-explore-emotions), [children’s books exploring mental health and wellbeing](https://www.scottishbooktrust.com/book-lists/childrens-books-exploring-mental-health-and-wellbeing) or [mental wellbeing books for teens](https://www.scottishbooktrust.com/book-lists/mental-wellbeing-books-for-teens)
* Use our Authors Live on Demand catalogue to watch mental health events with [Tom Percival](https://www.scottishbooktrust.com/authors-live-on-demand/tom-percival) and [Mark Bradley](https://www.scottishbooktrust.com/authors-live-on-demand/mark-bradley)

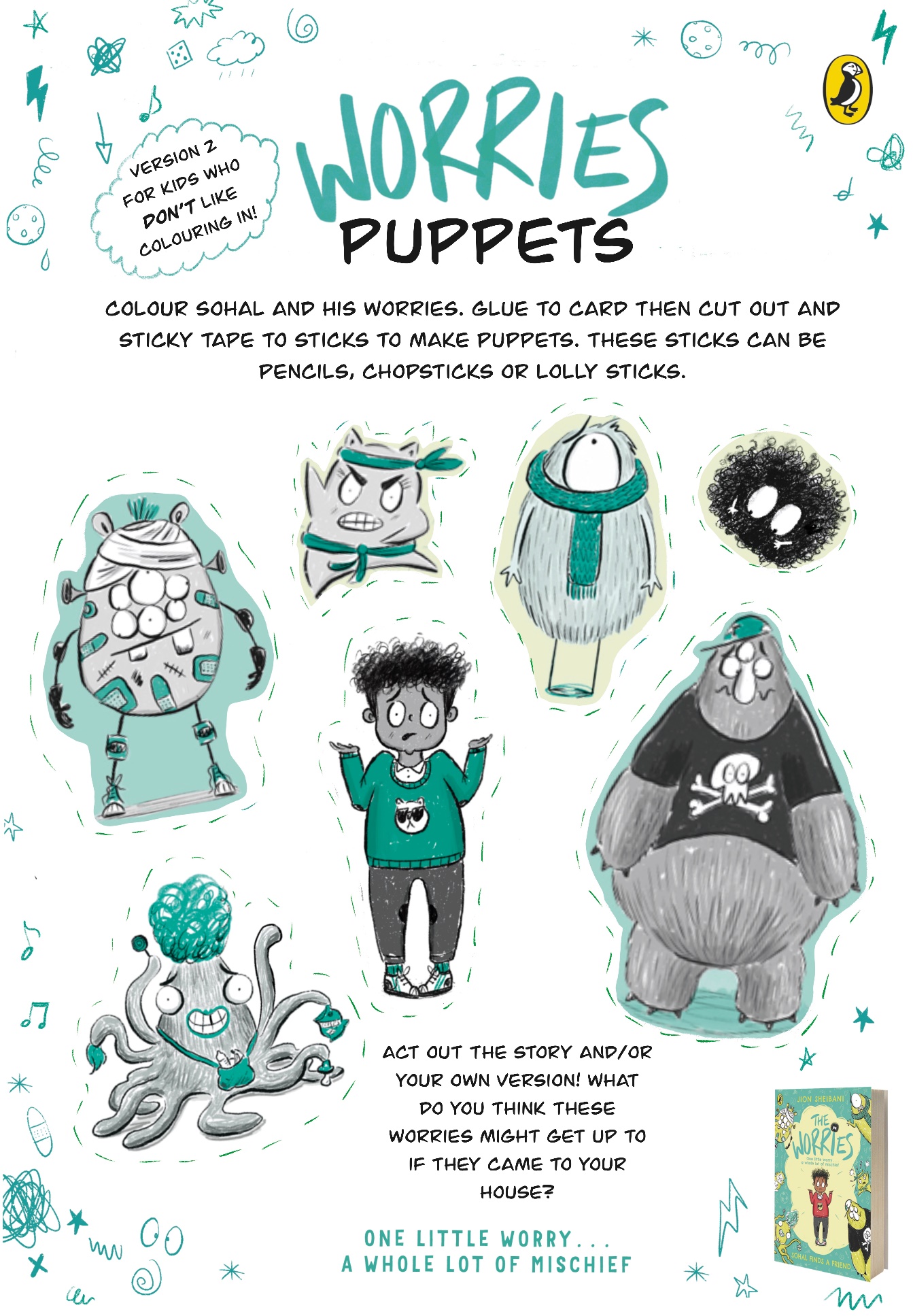
## Puppet template (black and white)

### Print this page



## Puppet template (colour)

### Print this page



## Worries wheel template

### Print this page

Worries wheel. Write the name of your worry in each segment of the spinner. Illustrate or colour if you want to. Glue to card then cut out the wheel and the Sohal spinner. Attach with a butterfly pin.
Spin Sohal and talk about the worry he lands on. Hoes does this worry make you feel?

## Worries busting wheel template

### Print this pageWorry busting wheel. In each segment write something that makes you feel less worried. E.g. hugs from your parents, joking with friends, ice cream sundaes... Glue to card then cut out the wheel and the Jaz spinner. Attach with a butterfly pin. When you're feeling worried, spin Jaz and do one of the things that makes you feel less worried (maybe not ice cream at bedtime though)