



***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](#)
- Find your next read with our book lists: [12 books that help children explore emotions](#), [children's books exploring mental health and wellbeing](#) or [mental wellbeing books for teens](#)
- Use our Authors Live on Demand catalogue to watch mental health events with [Tom Percival](#) and [Mark Bradley](#)

Puppet template (black and white)

Print this page



COLOUR SOHAL AND HIS WORRIES. GLUE TO CARD THEN CUT OUT AND STICKY TAPE TO STICKS TO MAKE PUPPETS. THESE STICKS CAN BE PENCILS, CHOPSTICKS OR LOLLY STICKS.



ACT OUT THE STORY AND/OR YOUR OWN VERSION! WHAT DO YOU THINK THESE WORRIES MIGHT GET UP TO IF THEY CAME TO YOUR HOUSE?

ONE LITTLE WORRY...
A WHOLE LOT OF MISCHIEF

Puppet template (colour)

Print this page



COLOUR SOHAL AND HIS WORRIES. GLUE TO CARD THEN CUT OUT AND STICKY TAPE TO STICKS TO MAKE PUPPETS. THESE STICKS CAN BE PENCILS, CHOPSTICKS OR LOLLY STICKS.



Worries wheel template

Print this page



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. HOW DOES
THIS WORRY MAKE YOU FEEL?

ONE LITTLE WORRY...
A WHOLE LOT OF MISCHIEF

Worries busting wheel template

Print this page



IN EACH SEGMENT WRITE SOMETHING THAT MAKES YOU FEEL LESS WORRIED
EG 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)

ONE LITTLE WORRY...
A WHOLE LOT OF MISCHIEF

