



Chapter 8

Working Through Fear and Worry

Thoughts, Moods, Behaviours, and Physical Responses

Suggested Duration: 1 to 2 50 min. periods

Lesson Objectives

Students will learn to recognize that our thoughts, moods, behaviours and physical responses are all interrelated.

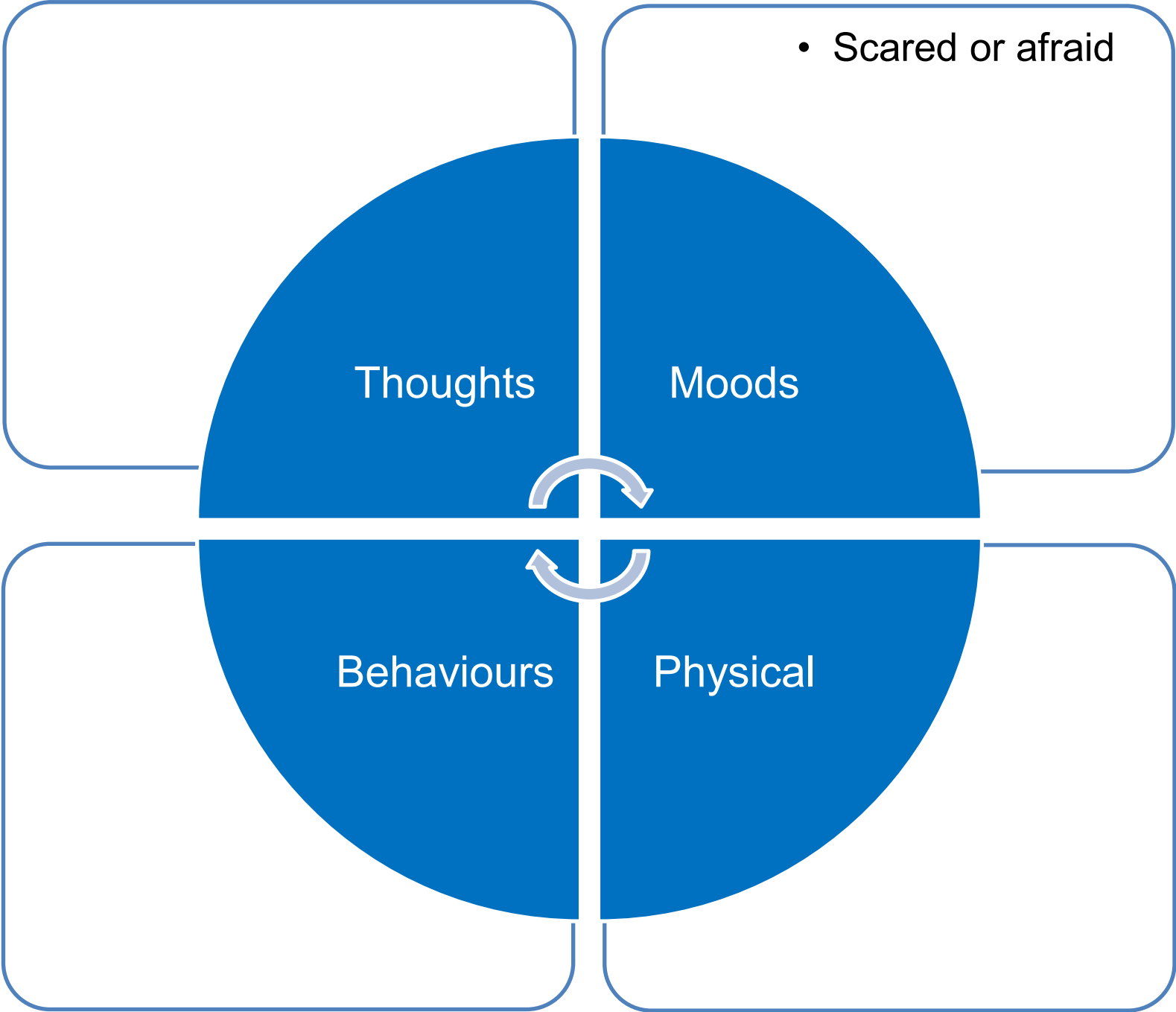
Summary of Tasks/Actions

Lesson Planning:

- 1) Draw the chart attached on a large Flip Chart Paper and post it at the front of the class.
- 2) Explain to the students that when we feel sad, our thoughts, behaviours and physical responses are also affected.
- 3) Provide each student with 3 Post-It Notes. On separate Post-It notes, have each student write:
 - One thought that we might have when we're feeling worries (i.e., "I'm never going to be able to do this!")
 - One behaviour we might exhibit when we're feeling worried (i.e., avoiding activities)
 - One physical reaction we might have if we're feeling worried (i.e., hyperventilating, sweating, upset stomach)
- 4) Invite the students to place their Post-It notes on the chart at the front of the class.
- 5) Once all of the Post-It notes have been affixed to the chart, review the completed chart together as a class to reinforce the concept that our thoughts, moods, behaviours and physical responses are, indeed, all connected.

Materials/Equipment:

- Worksheet Attached
- Flip Chart Paper
- Post-It notes



- Scared or afraid

Thoughts

Moods

Behaviours

Physical