



Raising Resilient Kids

Part 1: Understanding Anxiety and
Mental Health

A Two-Part Resource for Students, Teachers and Parents

Introduction

Raising Resilient Kids - Part 1

In an ever changing world, uncertainty about what's next creates a perfect storm that can fuel anxiety.

While our own anxious feelings are understandable, it's important to be aware of how anxiety is impacting children.

Knowing how to respond to anxious feelings will help keep students calm and safe.

This two-part resource contains activities that can be completed in class and at home, to help young people understand and manage their mental health and well-being. This includes:

- Classroom lessons paired with differentiated multimedia content.
- Print-ready worksheets to build resiliency skills in students at different levels.

- Activities and resources for students and their families to practice and reinforce mindfulness at home.

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In Class

Understanding Anxiety

This lesson is designed to help children understand what mental health and anxiety mean and their importance.

It aims to introduce young people to the practice of reflecting on their emotions and being mindful of their mental state. They will become aware of mental health terminology, have discussions and understand what it means to "reflect" on their feelings.

Subject	Mental Health
Level	Middle
Duration	3-4 Class Periods of 45 minutes
Materials	<ul style="list-style-type: none">• Internet Connection• Various Worksheets (included)

Lesson Objectives

- Identify the meaning of mental health and anxiety.
- Recognise and label the emotions and feelings you experience during stressful situations.
- Understand the importance of mental health and why we need to raise awareness.

Vocabulary

- Anxiety
- Behavioural
- Emotional
- Mental Health
- Mindfulness
- Psychological



This resource uses articles and media taken from **Britannica School**, the go-to site for safe, comprehensive student research. Contact your librarian to find out if your school already has access. **Visit elearn.eb.com to learn more about Britannica School or set up a free trial.**

Lesson Tasks

1. Reflection

Taking time to reflect on your mood and check-in with your feelings throughout the day is important. We don't want to ignore our uncomfortable feelings, which may turn into something more serious.

Using the *Mood Check-In* worksheet, map how you are feeling today on the *Emotion Chart*. This will make you more aware of your current mindset.

Explain why you are feeling this way.

Mood Check-In
Circle how you are feeling today on the emotion chart below. You can give an explanation as to why you feel like this if you want.

Explain why you are feeling this way today:

The Emotion Chart is a circular wheel divided into 24 segments, each representing an emotion. The segments are: MAD, SCARED, JOYFUL, POWERFUL, PEACEFUL, SAD, TENSE, ANGRY, SELFISH, CRITICAL, CONFUSED, HELPLESS, SUBMISSIVE, INSECURE, ANXIOUS, EXCITED, AMUSED, ENERGETIC, CHEERFUL, CREATIVE, HOPEFUL, WIMPY, OUBTER, GLOOMY, IMPASSIONED, APPRECIATIVE, TRUSTING, LONING, THOUGHTFUL, CONTENT, TIRED, BORED, LONELY, DEJECTED, QUIET, ENLIVENED, and MILD.

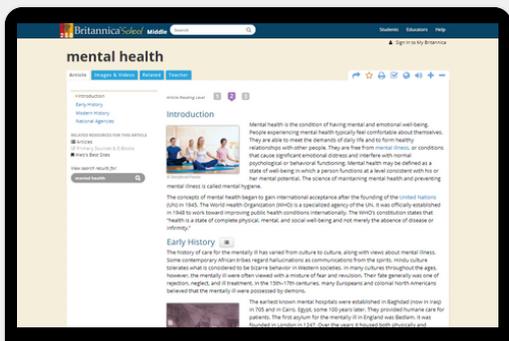
2. Discussion

What would your reaction be if you were in physical pain? What about if you were in mental pain? How do the two types of pain compare?

What would you do if you broke a bone? Describe how you would think and feel.

Now think about what you would do and how you would feel if you had issues with your mental health e.g. if you felt really stressed.

Learn the facts about **Mental Health** using Britannica School.



3. Reflection

Using the *What does a Bad Day Look Like?* worksheet, reflect on your own mental health.

Describe what could cause a *bad day* for you and three things that would make you happy when these days occur.

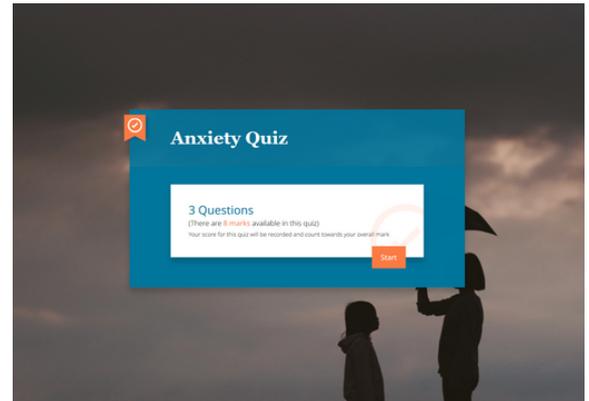
What Does a "Bad Day" Look Like for You?
Reflect on what could cause a "bad day" for you and what these things make you happy when these days occur.

The worksheet includes a large blue box labeled "Causes of a Bad Day" and three smaller boxes labeled "What Helps: One", "What Helps: Two", and "What Helps: Three".

4. Take a Quiz

Have you ever felt a strange sense of worry and fear, like your stomach was turning upside down? What is anxiety? What causes anxiety?

After thinking about these questions, take the **Anxiety Quiz**.



Assessment

- Responses during reflection and discussion times
- Anxiety Quiz responses
- Annotated work samples



Resources

Support this lesson with differentiated multimedia using Britannica School resource packs.

→ Open Primary School pack

→ Open Middle School pack

At Home

Beginning Mindfulness Practices for Families

Mindfulness is a calming practice that can help both you and your child, especially during times of stress.

There are several benefits to mindfulness practice. For example, it allows you and your child to focus on the present moment, while acknowledging feelings, thoughts and bodily sensations.

Focusing attention can be especially important for children, as they are still learning about themselves and their world. It also helps you and your child experience feelings without judgement, regardless of what's going on around you.

In time, mindfulness practice can help to achieve a quiet, still mind. The practice helps develop mental strength for you as well as your child's growing brain.



Mindfulness Practices with Your Child

Here are some suggestions for beginning mindfulness practices that you can try with your child. The focus of these practices is on relaxing the body, breathing calmly and quietening the mind.

1

Find a comfortable, quiet and peaceful place e.g. garden. Sit in a comfortable upright position, with your spine straight and your legs crossed or straight out. Fold your hands in your lap or place them on your knees. Use a cushion or yoga mat for added comfort.

2

Model for your child how to relax and loosen your body, starting with your forehead, then your jaw and mouth. Move down to your shoulders, relaxing your arms, then your belly, hips and legs.

3

Take slow deep breaths. Focus on breathing in and breathing out. Count to three on each inhale, hold for another three seconds, then exhale out for three seconds. Demonstrate for your child and then try breathing together.

4

Pay quiet attention to each of your senses. After a few deep breath cycles, ask: "What can you hear at this moment? Can you smell anything? What can you taste?"

5

Acknowledge each passing thought and then let the thought go. Encourage your child to watch the thoughts passing through their mind, like watching from a distance as cars pass by on a busy street.

Task: Scenarios

Read the following scenarios and answer the questions that follow:

Scenario 1

Brian just found out that he failed his test. He slams his books on the floor and yells at his friend who asked if he was okay.

Scenario 2

Julie accidentally shared her best friend's secret with another friend. She begins crying, beats herself up and won't forgive herself for days.

Scenario 3

Shaun doesn't like science class because he feels his teacher dislikes him because his marks are low, so he caves in his chair each lesson, making sure not to participate in class and sometimes doesn't show up to class.

1. Do you think any of these people managed their emotions in a healthy way? Explain your answer.

2. If you were to meet each of these people, describe a healthy solution you could share with them that will better help them manage their emotions.

Date: _____

Name: _____



Have questions?

To learn more about Britannica's resources and how we can support you, please email contact@eb.com.au or visit <https://elearn.eb.com>