



Title: People who help me and look after me:
When I have a question or a worry

Level: FIRST

Code: 1.7.2

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 1-45a	<ul style="list-style-type: none"> • Identify the meaning of “care” • Identify people who care for them, exploring both physical and emotional care.

About this activity

In the previous learning activity the children explored ideas of caring for and helping others, and considered people who help and care for them. In this activity the children consider who they might go to if they have a question or a worry or they are anxious. Learning at this level introduces the idea of talking about feelings and concerns and starts to build a consistent message across RSHP learning about *help-seeking* behaviours. For most children there will be a key adult or indeed several people in their family where they can go to for help or support, for some children your role as teacher/educator and helping professional will be key.

Resources to support this activity

- **The Huge Bag of Worries** by Virginia Ironside. The book can be bought as a larger ‘board’ book or as a Kindle book. It is an essential book for any class or school library.

Activity

1. Start by remembering the activity where children talked about what help or care people might need, and who helps and cares for them. If helpful, use a few of the slides and recap.
2. Explain that in this session the children will be thinking more about who can help and support them, especially if they have a question or a worry.
3. Start with a question: *So, if you have a question you want to ask about something important who do you go to?* As children share ideas, ask them why this person, finding out what makes them the kind of person to go to, for example, they are a good listener, they are smart and know stuff, they are fun, they helped before, they are available...
4. Explain that as well as having a question that a grown-up can help with, a child might also have a worry that they want to talk about. Explore these questions: *What kind of things can children worry*

about? Acknowledge that these worries can indeed be very worrying. And then: *Sometimes when a child has a worry they find it difficult to tell someone, why do you think that is?* Accept all views rather than 'correct' any responses.

5. Tell the children that today you will all be thinking about what a child can do if they have a big question or a worry, and maybe they are not sure what to do about it. Introduce the book *The Huge Bag of Worries*, explain that its about a girl called Jenny who had such a big worry she just didn't know what to do. Read the story together.
6. Take any immediate reactions from the children, explore Jenny's feelings and what her Gran helped her to do. Talk about how Jenny was feeling after her Gran helped her deal with her worries.
7. End with these remarks. Jenny had a lot of things she was worried about didn't she? But she felt better after talking to her Gran. Its always good to talk to someone if you have a worry. This could be someone in your family. Or you can talk to me.
8. The children might want to read the book again, or perhaps do this later in the day/next day.

Connecting with home

Some text is suggested in activity 1.7.1

Further learning activities are available that connect to this RSHP curriculum content

- 1.7.1 People who help me and look after me: People who are special to me
- 1.7.3 People who help me and look after me: Professional people

Practitioner Notes