



KS3 Fear and Anxiety - Guidance for Students Activities

The following activities can be used for home learning. You can decide if you keep the activities in line with what you are completing in school or you can set this as a mini topic to be enjoyed at home with your family.

This set of activities has been designed to be completed in a paper-based exercise book, although they can equally be typed up in a word document, if desired.

- 1) Write the heading “Fear” and underline it. Time yourself for one minute and write as many words and phrases as you can that you think of when you see or hear the word. Now do the same for the word “Anxiety”.
- 2) Look up the definition of the word “Fear” – you can use the internet or a dictionary for this task. Write out the definition in your book. Do the same for the word “Anxiety”.
- 3) Looking at the two definitions, try to explain how you think the two words are linked. Think about the emotions they create and what might be the cause of those feelings.
- 4) Consider the following events:
 - a. Seeing a spider in the bath
 - b. Making a trip to the dentist
 - c. Standing on the edge of a cliff overlooking the sea
 - d. Travelling in a lift
 - e. Flying in a plane
 - f. Swimming in the sea
 - g. Watching a programme about Coronavirus on TV
 - h. Taking a rollercoaster ride

Write out as a heading the one that makes you feel the most afraid. In three or more sentences explain why you feel the way you do.

- 5) Think about the following statement:

“A person who loves insects would not be afraid of seeing a spider in the bath.”

Create statements for three of the other events (b to h) that give suggestions as to why someone might not find their situation frightening. You can be as creative as you like! Write your ideas in your book making sure that you put the event you are describing as a heading.



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- 6) Coronavirus has been significant for everyone in this country and around the world and many people are feeling anxious and afraid because they don't know what's going to happen. This is a natural reaction.
- a) Consider how your life has changed recently. Under the heading "My Life Now", make a list of all the changes you have experienced
- b) Now write in continuous sentences, underneath your list, and explain how these changes have made you feel
- c) Write a short paragraph in your own words about why you think these changes have been necessary
- 7) Look at the phrases below: you may have heard some of them being used by friends and relatives; you may have seen some of them in newspapers or on social media; or you may have heard some of them on TV.
- Social distancing
 - Self-isolation
 - Panic buying
 - Lockdown

Take each phrase and write it as a heading. Write down what you think it means.

Thinking task:

Do you think some of these phrases might be seen as "problem solving"? Do you think some of the phrases are negative and make you feel frightened?

- 8) Write out the definition of the word "resilience".
- Under the definition, write out three examples of resilience. You may want to think about what is happening in the media at the moment; or you may wish to consider sport, or someone whom you admire – this could be a friend, family member or a celebrity.

Write a few sentences to explain about a time when you think you have shown resilience.

- 9) Here are some strategies for coping with anxiety and fear:
- Don't see the whole elephant! If a task seems overwhelming and difficult to start, try breaking it up into easier and more manageable chunks. Give yourself a pat on the back for completing them.
- Give yourself time to think about all the good things in your life. At the end of each day – take time to think about what went well.
- Go for 3! Try to think of 3 things you have that you are grateful for.



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Activate yourself! Be physically active – even a short brisk walk can get rid of at least some of your anxious energy.

Talk to someone! Trusted friends and family members can help when you're struggling.

Plan ahead. Planning and active preparation can be extremely reassuring and takes away some (maybe not all) of the “fear of the unknown”.

Inform yourself. It's easy to get frightened by what you see and hear – especially on the news or social media. At the moment, because the country is dealing with Coronavirus and nobody knows exactly what's going to happen, it's easy to believe everything you read.

Using a double page (you could Sellotape two pieces of paper together) design a poster which explains to people your own age how they can help themselves to be more resilient in coping with fear and anxiety.

You can use different coloured pens, post-it notes, drawings and diagrams (you could download images from the internet), make sure your writing is clear and big enough to be read from a distance – this is a poster!

10) Do you think there may be times when fear and anxiety could be considered to be positive emotions? Think about the statements below.

- Fear teaches and warns you not to do something
- Anxiety makes you prepare better for an event
- You are more alert when you are afraid
- If you worry about something, it shows you care

Can you explain one of the above statements in a positive way. You might be able to add to the positive list?

11) With resilience and good sources of information, big problems can be made to seem smaller. It's about taking control or feeling that you have at least some control over a situation that makes you feel better.

Give yourself ten minutes and show off your knowledge about how you can help to prevent the spread of Coronavirus. You could present your information as a spider diagram or as a list. Aim for six points and write them in your book, the first has been done for you:

- Keep 2m away from other people





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