

# The Worry Wheel

## Focus

To learn that listening is important if we want to help.

## You will need

Make a worry wheel by cutting out a large circle of card. Divide the circle into eight segments. Find the middle and fix a strip of card to make the pointer. You can fix it with a split pin or a mapping pin so that it is able to move round and round.

Put a 'worry buster' on each one, like this:

- Get more sleep
- Keep it in your pencil case
- Work harder
- Put your name on it
- Take more exercise
- Tell them to go away
- Smile at her
- Tell them to go away

Make some cards of possible worries (keep to school worries). For example:

- My handwriting isn't very good
- I worry about playtime
- I worry about writing stories
- I worry that people will laugh at my hair
- I worry because I can't kick a ball straight
- I worry that other people think I am not very clever
- I worry that people will say my shoes are scruffy.


Put these in a bag or envelope.

## Opening

Introduce the 'worry wheel' by excitedly telling the children that you have made a wonderful new invention that will help them with their worries.

Invite a volunteer to come to the front and take a worry card out of the envelope/bag.

Read the 'worry' and ask the child to spin the wheel. Read out the 'worry buster' statement on which the pointer has stopped.

 Ask the child if the worry wheel has been helpful.

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Jenny Mosley and Ross Grogan

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Say: *No? Oh well, we can try it with another child.*

Try it a couple more times and then stop and look confused.

## *Development*

Tell the children that the worry wheel doesn't seem to be working very successfully. What could be wrong with it?

When children suggest a fault, ask them this question: *What could you do that the wheel doesn't seem to be able to do?*

For example, if the child says, 'The answers don't fit the worry', you could reply: *So you're saying that the worry wheel isn't listening properly? In other words, you have to be able to **listen** well to help someone with their worry.*

If the child says, 'The pointer spins round very quickly and just stops at random', you can reply: *So does that mean that the wheel isn't thinking before it decides on an answer? In other words, you need to **think** carefully before you give your advice.*

When you have enough answers, you can ask for a list of things that people can do that a worry wheel can't do, such as:

- Stop and listen carefully
- Ask more questions
- Get some background information
- Give thoughtful replies
- Give respectful replies

Say: *There seem to be a great many reasons why human beings are better at helping people with their worries – a worry wheel will never be as useful as a good friend.*

Thank the children for their wise contributions.

## *Reflection*

*Listen carefully to your friends when they are unhappy or anxious. By thinking about what they are saying and working with them to find a way out of their troubles, we can help them to find ways of being happier and more calm.*

Get the whole assembly to say together: *The best question to ask is always: Would it help if...?*