The Worry Wheel



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.

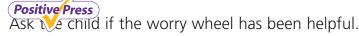
Put these in a bag or envelope.



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.





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...?



