



## Theme: Being anxious

### Book: I'm not Scared by Jonathan Allen

#### Reflection on last week's faith in action, with the families.

**What** was last week's action?

**How** did that make you feel?

**Why** did that make a difference?



#### Prayer time

Lord God, sometimes we feel anxious. Help us to know that you are with us and watching over us even in times when we feel this way. Amen

#### Inspiration ...

##### Biblical References:

##### 1 Thessalonians 5:11

"Therefore encourage one another and build each other up, just as in fact you are doing."

##### John 14:27

"Peace I leave with you; my peace I give to you."

##### • SNACK TIME

Some different fruit or veg  
e.g. Kiwi, dragon fruit,  
sugar snap peas

##### • SONGS

Use musical instruments  
Incy Wincy Spider

##### Additional resources:

A re-telling of the story on Youtube  
 [https://youtu.be/oH\\_6x31zY30](https://youtu.be/oH_6x31zY30)

#### Theme Introduction:

Life can be full of anxiety making situations for adults as well as children e.g. starting school or going to hospital. The children who attend our groups are often trying and learning new things, it's not surprising that they get anxious sometimes.

Children will pick up on adult emotions, so if parents are worried or anxious about something, that is likely to be passed onto their children.

Encouraging children to talk about what they are feeling is important and adults should acknowledge these feelings. Avoid telling them that 'they are silly' or 'that it will be fine'.

Are there ways in your setting that you can help parents to do this?

#### Theme exploration:

Owl took Owly for a stroll, he kept saying that he wasn't scared, but I wonder if he was scared really. His Dad says it's ok to be scared. I wonder what you think.

#### Free play suggestion:

##### Link to theme:

- An assault course to include a tunnel.

I wonder if people are anxious of being in a dark place  
– like the tunnel.



- Feely Bags/boxes – put items in bags or boxes for the children to 'feel' but not see what they are. e.g. Nail brush, ball of wool, chenille wire.



I wonder what is in the bags.

I wonder what you would put into a 'feely' bag.

I wonder if an adult would put their hand in.

#### Craft ideas:

##### Link to theme:

- Playdough – make something you are anxious about or don't like.



I wonder why you made that.

I wonder do you know why you are anxious about it.

I wonder, what other people are anxious about.

**Faith in action:** When you feel anxious or scared this week ask God to help you and talk about how you feel with a grown up.