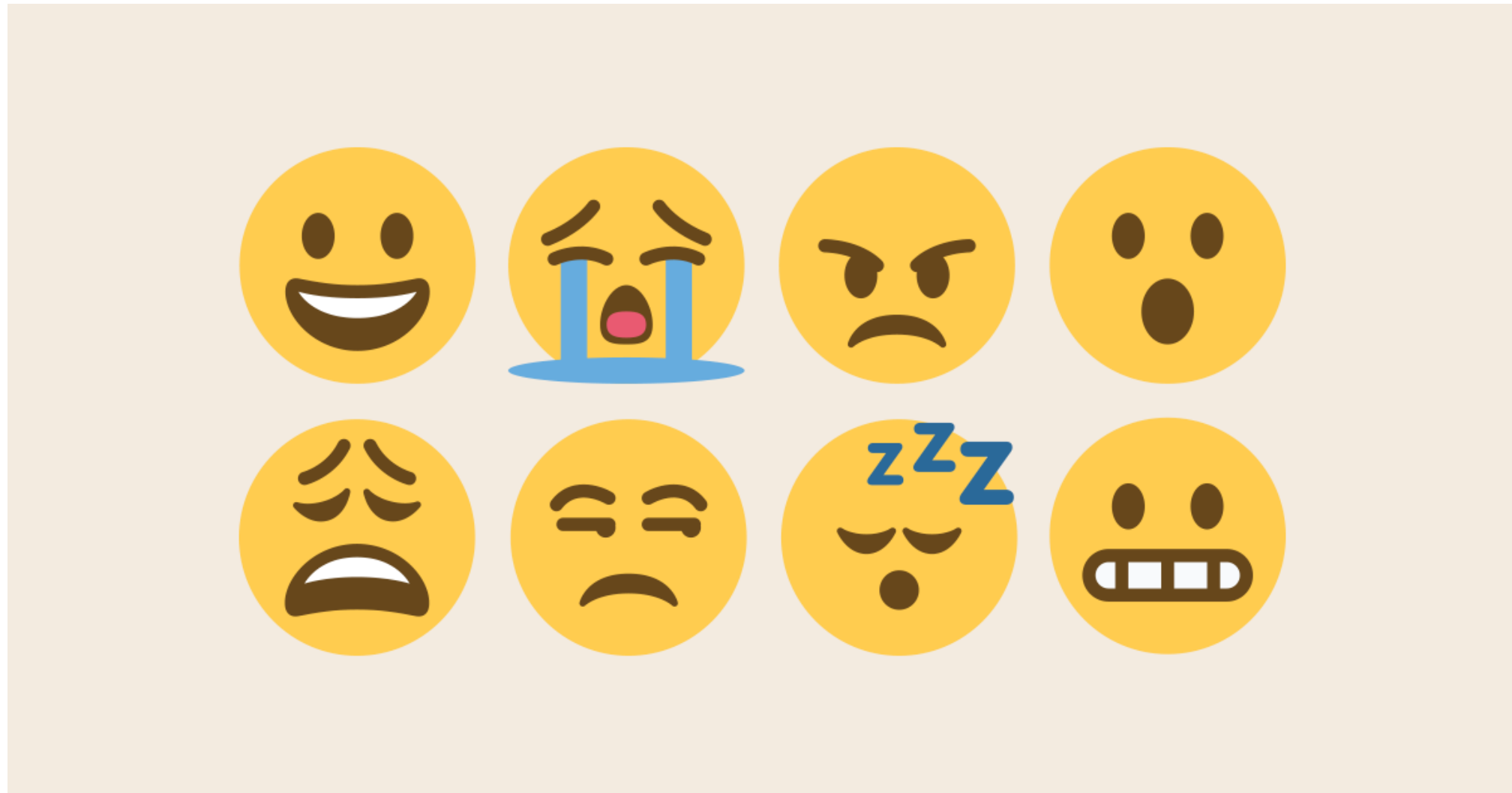


Lesson plan

- Starter: How are you feeling? (2 minutes)
- Discussion: What affects how you are feeling? (5 minutes)
- Task 1: Reading agony aunt letters and replies and reflecting on advice offered (15 minutes)
- Task 2: Read concerns and write your own letter in response to one of the concerns raised. (15-20 minutes)
- Plenary: Final reflections (3 minutes)

Starter:

How are you feeling today?



Or other?...Draw a face to represent how you feel

Living in the wider world

- Learning objectives:
- To consider what issues, global, national, local or even personal affect how you feel.
- To consider ways to deal with difficult emotions.

**What may affect how you
are feeling?**

**How do global issues make
you feel?**

**How do political issues
make you feel?**

**How do personal issues
make you feel?**

Task 1: Thinking about issues that may affect how we or others feel

- Read the letters written on the next slides and reflect on what advice could be offered.
- Then read the answers provided. What is the key advice given?

Read and consider what advice could be offered



To Sam / 14 April 2018

Afraid and scared of war

hi sam,

im really scared of war. all i see nowadays is headlines about the rising world tensions and it feels like i cant get away from it. i feel trapped; im unable to do anything to stop it, im scared for my life and the people around me's lives and im just really scared.

if you have any advice please help as i cant seem to find any good advice anywhere.

thanks

Extra task: Correct the grammar!

Read and reflect - what is the key advice?



Sam / 17 April 2018

Hi there,

Watching the news can make it feel like only bad things are happening in the world. Whilst lots of upsetting and worrying things are happening every day, it's important not to be overwhelmed by it. Worrying about things that are out of our control can be difficult to cope with. Every now and then you should switch off from what's happening in the world and try to focus on positive things closer to home.

A war that would directly affect life here in the UK is very unlikely to happen. We're involved in wars in other parts of the world, which can affect you if you have family or friends in the military. You might know people who live in countries that are affected by war which can be very worrying. No matter what, it can still be hard to think about people suffering in other countries, even if it doesn't affect you directly.

When we have worries about the world they can quickly start to affect our day to day lives and can make us feel trapped or helpless. When this happens it's important to talk about worries with those around you. Family and friends can be a good place to start, such as talking to an adult you trust - or you can chat to a Childline counsellor. Letting feelings out is an important step to take when learning to cope with them.

Thoughts play a big part in our feelings. When you're thinking about things like wars and tragedy, it will have an effect on how you feel. If you're watching the news a lot or reading things on social media all the time, it's difficult to turn your thoughts away from all of the bad news in the world. You could try having regular times when you don't have any outside influence on your thoughts. Perhaps a couple of days each week you can have a "no news day" where you focus just on you and the people you care about. You could use this day to take care of yourself and learn ways to feel calmer.

It might be a good idea to think about how you can cope with anxiety and see if other people on the message boards have good tips on how they cope with worrying about the world.

Thank you for sending me this letter, I hope it's helped.

Take care.

Sam

Read and consider what advice could be offered



To Sam / 23 October 2012

Death

My uncle died in july and my whole family was so upset by it. I don't live with my dad so it's like my mom has to go through it alone. My brother is anoying and sometimes i love him or dont like him. My emotions are mixed and my mates dont understand why i feel like this and just call me moody. Should i just fake being happy at school? No one understands me and i just want to stay in a small room and read. But i know i can't do that. What should i do?



Sam / 23 October 2012

Hi there,

Thank you for writing to me. It takes courage to speak out and tell someone how you feel and I can hear you feel confused about how to cope and what to do with these feelings.

It is normal to feel sad when someone close to us dies and other worries like those at home, such as being worried about your mom and sometimes getting annoyed at your brother, are still there too. I can hear this is making you feel mixed up and not like your normal self. It can be really hard when it feels like no one understands what you're going through and you can't talk to anyone. In these circumstances it can be really helpful to talk to people that aren't involved in the situation, like a counsellor at ChildLine or a trusted adult, maybe a teacher. That way they can really try and understand what things are like for you and you can get stuff off your chest without feeling guilty or bad about having those feelings.

Read and reflect - what is the key advice?

People experience loss through death in lots of different ways and it can affect how you feel in general, not just when you think of that person. People can be left feeling confused, sad and depressed, angry, tired and much more and it's okay to feel like this. Sometimes it can be difficult to know where these feelings have come from or why they are there.

It sounds like you have not really had chance to talk through how your uncle's death has made you feel or how it's affected other people in your family. Perhaps it would also help to be able to talk about stuff in general too. You have been really courageous telling me how things are for you and perhaps you could continue this really good work by talking to a ChildLine counsellor. Sometimes just talking about those thoughts and feelings with someone can be a big relief and can make you feel less isolated.

You can make contact by calling us for free on 0800 1111 or through online 1-2-1 chat anytime.

Take care,

Sam

Read and consider what advice could be offered



To Sam / 7 February 2017

Internet safety

Hello sam

I would really love some help and support.. My friend recommended a website. It's called [REDACTED]. at first I didn't know what it was. It was actually full of abuse and , inappropriate images. full of scary abusive language. It filled me with sadness and I'm frightened. It really scared me. Someone said they knew where I lived. It's freaking me out and making me stressed. Please help.

Read and reflect - what is the key advice?



Sam / 10 February 2017

Hi there,

The internet is full of great things to see and have fun with, but there is also a lot of stuff that's dangerous or unpleasant. Knowing how to spot the warning signs and keep yourself safe is an important skill - and one that is mostly down to your own judgement.

How safe a website is can depend on a few different things.

If it's a website which doesn't change too often, like the Thinkuknow website for example, you can usually work out quite quickly if it's right for you. You'll probably know whether it's a safe website to be on from its look and feel. If you're ever unsure, it's best to be safe and close it. With a site like [redacted] however, it is much harder to know because you are dealing with real people, who may or may not be nice - and can be unpredictable.

Not all websites that let you talk to other people are bad. But they can be much more dangerous. It's not easy to predict how other people are going to behave and so your safety comes down to the safety features of that website. Both [redacted] and Childline let you talk to other people online, but because we have lots of safety features in place, you can feel confident knowing you're safe here.

Childline's message boards let you talk to other people, a bit like [redacted] does, but we check every message before it's posted to make sure it's safe - whereas [redacted] doesn't.

Making a judgement about a website comes down to checking how a website works before you start to use it. One way of doing that is checking to see if the NSPCC has information about it on their Net Aware website.

Getting your parents to set some controls on your phone or computer can also be a good way to stop you accidentally seeing things you don't want to see. You can show them this page if they need help setting it up. You or your parents are also able to talk to the NSPCC-O2 Online Safety Helpline on 0808 800 5002 if you'd like more advice on staying safe, as well as being able to talk to a counsellor at Childline.

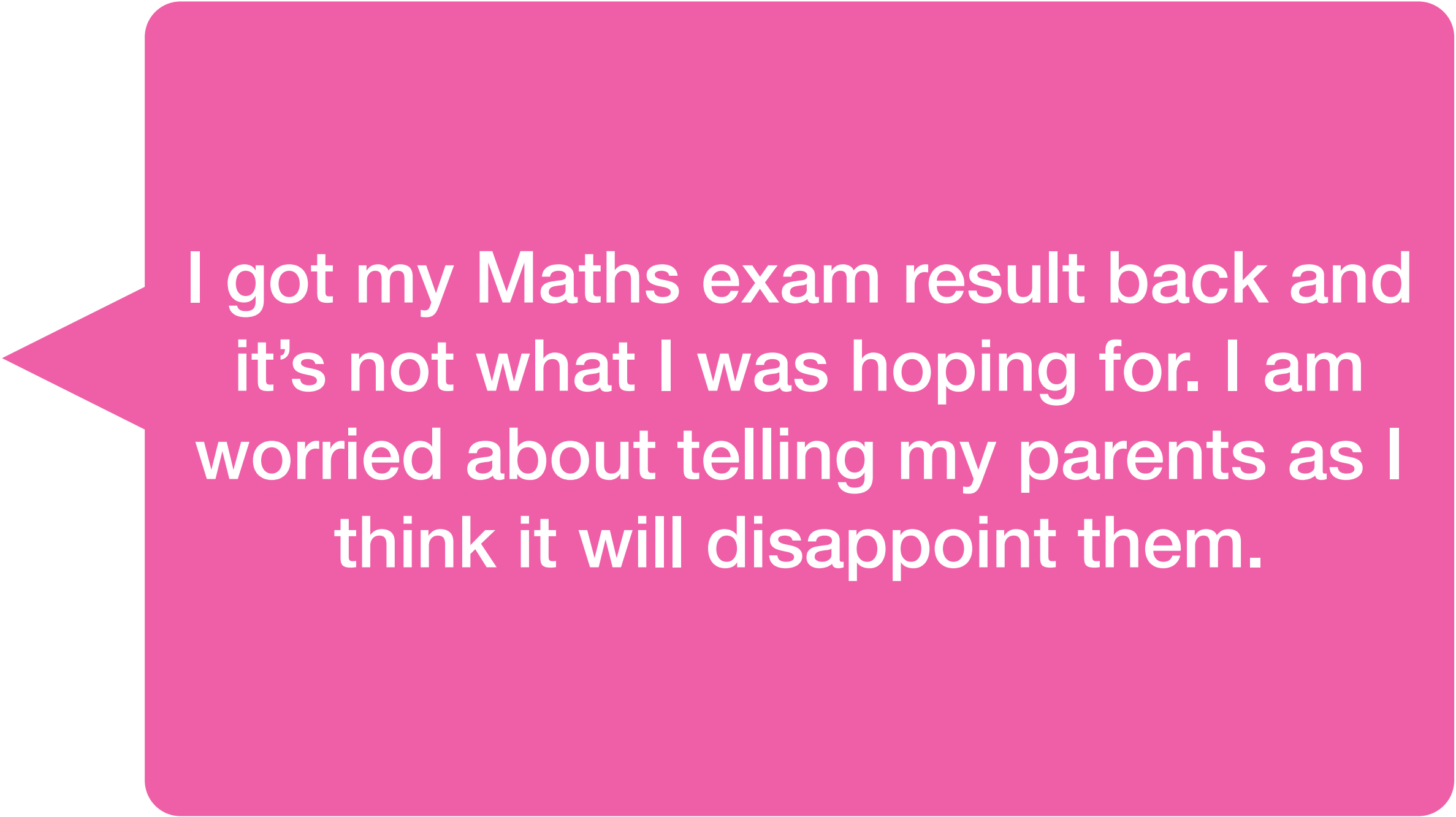
I hope that helps.

Take care,

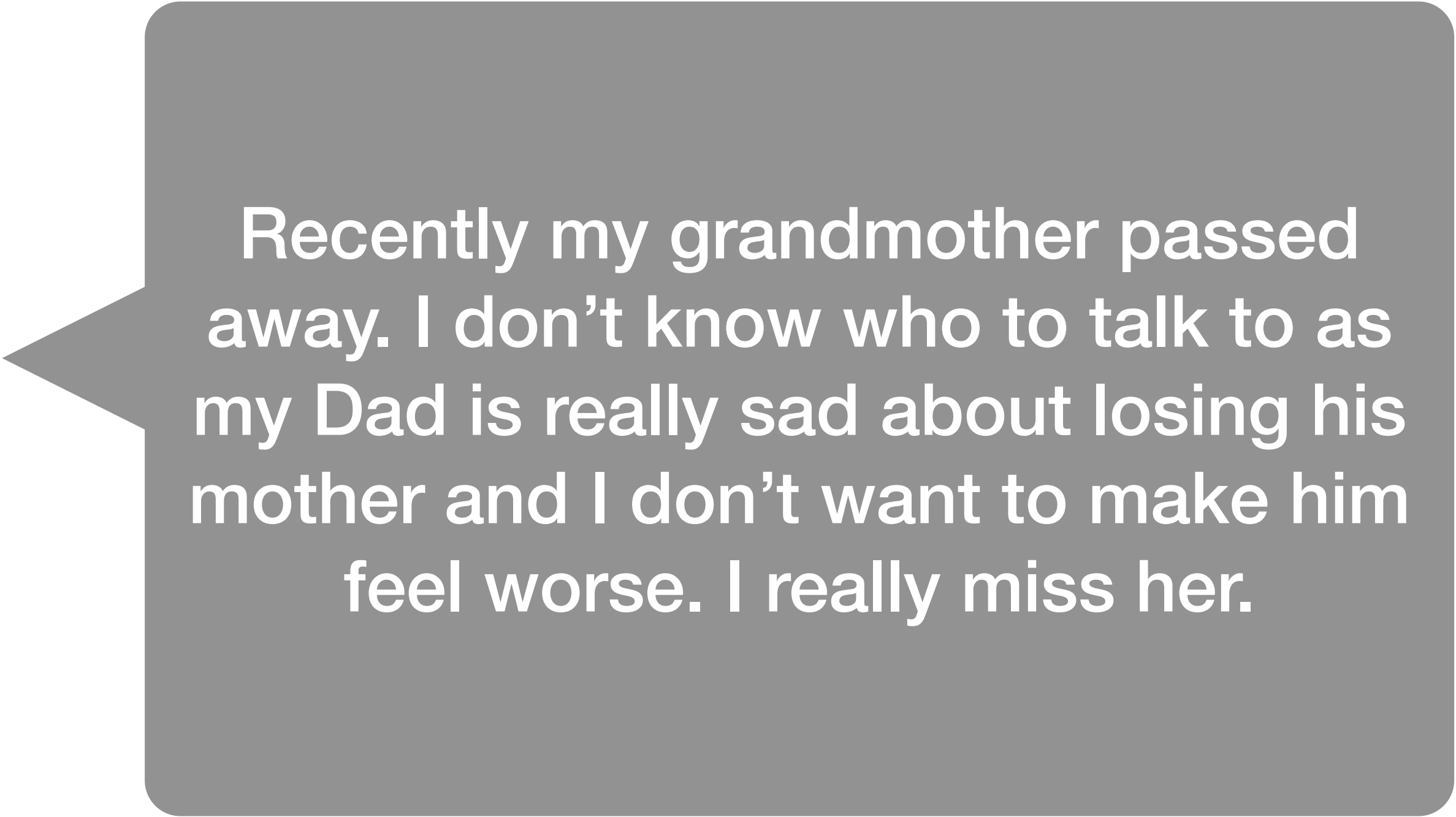
Sam

Task 2: What advice could you offer?

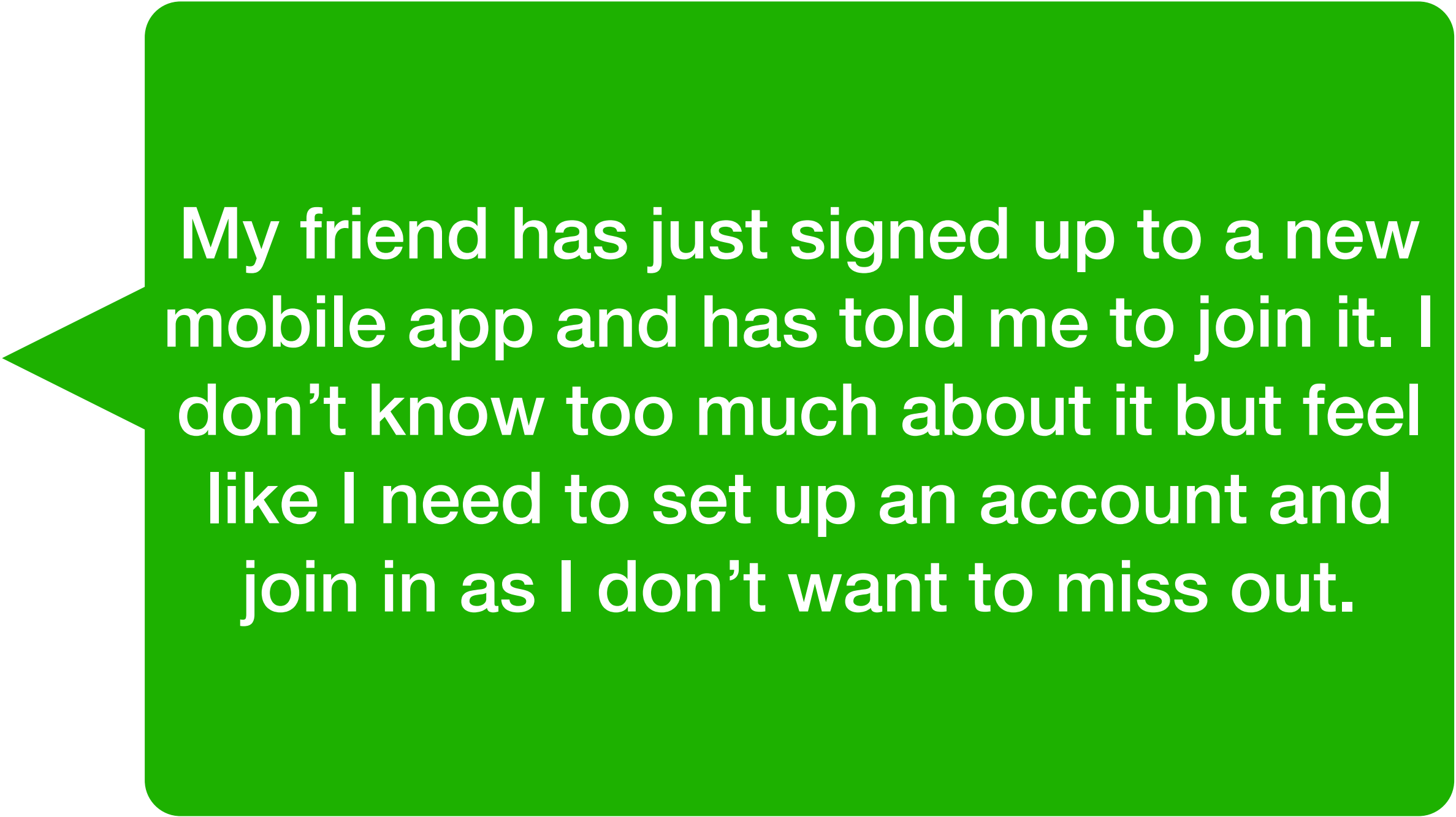
- Read the statements written on the next slides and reflect on what advice could be offered.
- Choose one to write a reply to. You can use the 'Ask Sam' part of the Childline website to help you. (<https://www.childline.org.uk/get-support/ask-sam/>)

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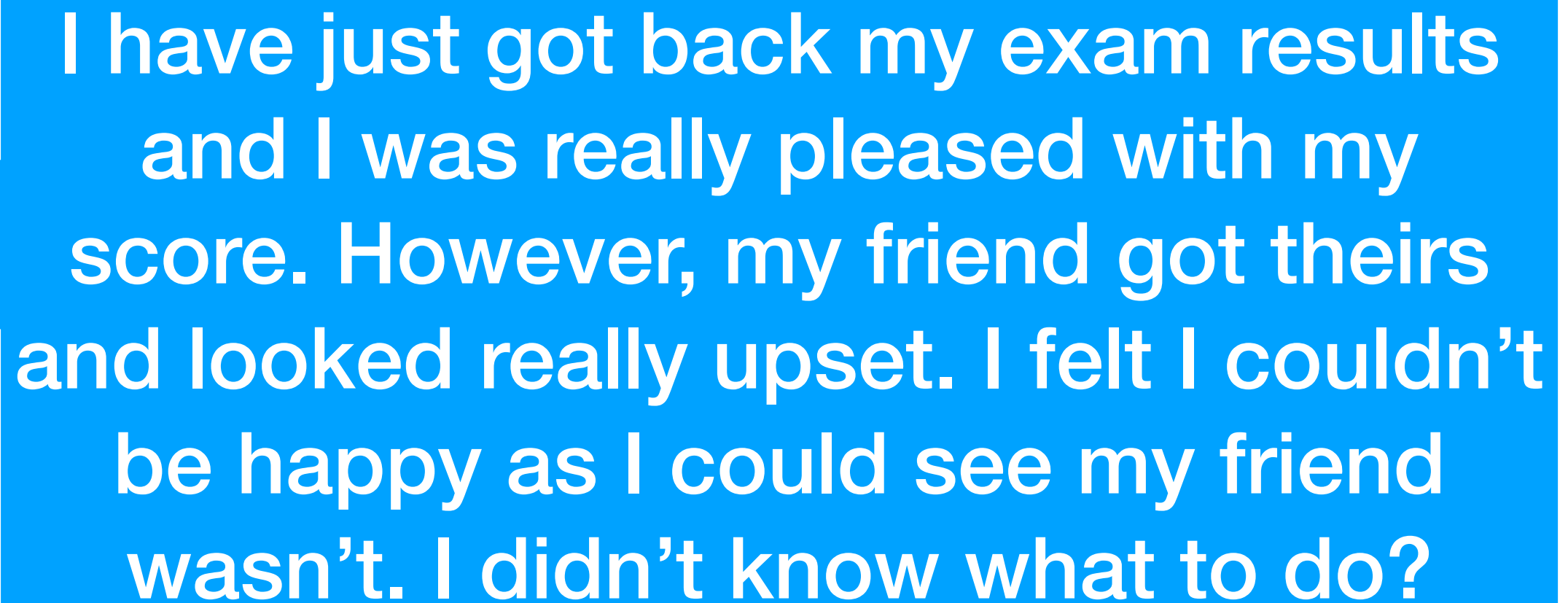
I got my Maths exam result back and it's not what I was hoping for. I am worried about telling my parents as I think it will disappoint them.



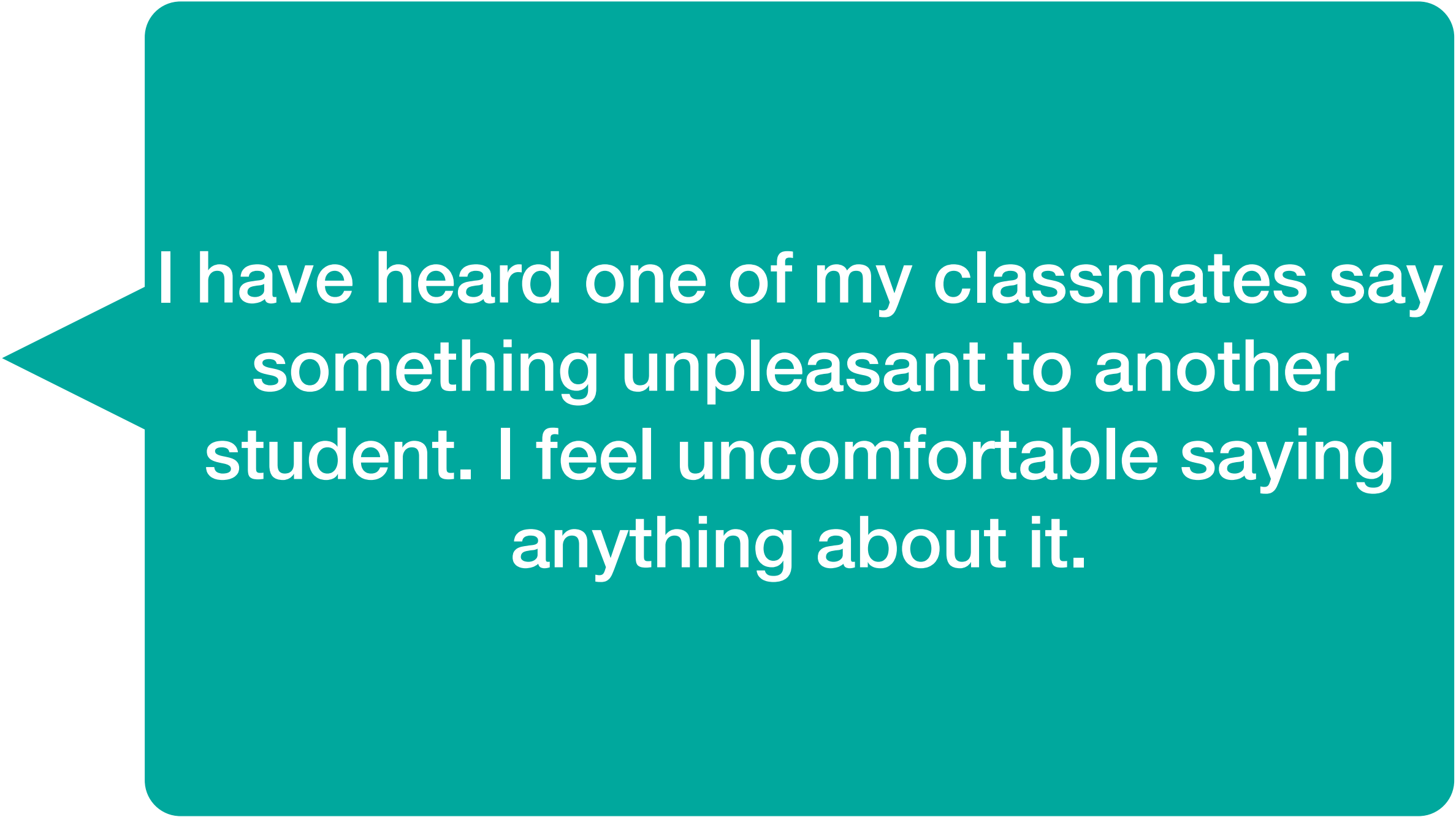
Recently my grandmother passed away. I don't know who to talk to as my Dad is really sad about losing his mother and I don't want to make him feel worse. I really miss her.



My friend has just signed up to a new mobile app and has told me to join it. I don't know too much about it but feel like I need to set up an account and join in as I don't want to miss out.



I have just got back my exam results and I was really pleased with my score. However, my friend got theirs and looked really upset. I felt I couldn't be happy as I could see my friend wasn't. I didn't know what to do?

A teal speech bubble with a white border, pointing to the left. It contains white text.

I have heard one of my classmates say something unpleasant to another student. I feel uncomfortable saying anything about it.

A large yellow speech bubble with a white outline, pointing to the left. It contains the text '???' and 'Make up your own concern...'.

???

Make up your own concern...

Plenary:
**What is the best way to support
how you or others' feel?**

