



Harper Talks About ANXIOUS FEELINGS

How Best to Use This Video:

Time Needed: 20 Min

1. Explain to the class that you are going to be watching a short video about Harper, who helps others. If they aren't already familiar with TEAMology, explain that Harper has a super strength and, with the other TEAMmates, hang out at the TEAMology House.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Watch the video together.
4. Ask students what they think about the house theme song. You can prompt with questions such as "What was the song all about?", "What do you think you can learn from the song?", and "What message do you think the characters are trying to get across in the song?". You can re-watch the theme song part of the video, if needed. Allow time for answers.
5. Ask students what they learned about anxiety. Allow time for answers and discussion.
6. Ask students what some ways to deal with anxiety when you feel it were shared in the video.
7. Have students share other things they can do to feel better if they are anxious or nervous.
8. As a team, come up with a list of people both in school and at home they can talk to when they are feeling anxious. Write their answer on the board so everyone can see.
9. Additional Discussion Questions:
 - Why is it important to talk about your feelings when you are anxious?
 - What could happen if you keep your feelings to yourself and do nothing to help yourself feel better?
 - How could you help others who are struggling with anxiety?

Follow Up Activity: Coping Tools

Time Needed: 25 Min

1. Give every student a copy My Coping Tools.
2. Ask the class what anxiety feels like for them.
3. Have the class come up with as many ideas as they can for how they can help themselves feel better when they are feeling anxious. Write the whole list on the board for all to see.
4. Explain that all the ideas they came up with are all ways or tools to cope with anxiety.
5. Tell students to look over the list and think about each tool and decide which ones they think would work for them or that they would try if they were anxious. Then have students write their choice on their My Coping Tools handout.
6. Tell students to keep this paper in a place they can easily find it so they have the tools when they need them.

My Coping Tools

Write one coping skill in each tool that you can use to help yourself calm down if you are anxious, upset, or angry or to feel better if you are feeling down.

