



Who is Fitzy Fox?

Social & Emotional Learning Worksheets for
Teachers/Counsellors

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Dealing with Worries

(For this activity sheet you will need a balloon for each child)

It is normal to have worries, fears or anxieties. But it isn't healthy if these worries cause us too much stress or if they stop us from enjoying things or doing things. If this happens it is time to make a change!!

Ask the class 'What were some of Fitzy Fox's worries?'

Answers may include

- Didn't know who/what he was
- Kept getting different answers from different people/different places
- Flying in a plane (his face looks concerned in the illustration!)

Sometimes you may hear worries being described as bad things, things you need to get out of your head, things you need to stop dwelling on. It could be more helpful instead to think about worries as things that are a part of you but not permanently attached, things that need some help from you to become free.

One of the biggest things Fitzy Fox learned at the end of his search for his true identity was this: If you are worried about something, share it with someone who cares about you. When Fitzy shared his worry, about not knowing who he was, with his Mummy she told him the answer straight away and of course Fitzy Fox was delighted. "Suddenly everything was perfectly clear. A huge smile came to Fitzy Fox's face ... now he knew who he was."

Sharing a worry doesn't necessarily take it away but it certainly gets the process started. By telling someone you trust helps you to state openly what the worry is. The worry is being forced ever so gently to lose its hold on you. And with every next step this worry is detaching from you and you from it and eventually your worry will be ready to float away or simply pop.

Students now complete the *Dealing with Worries Worksheet*.

To conclude, the students can blow up a balloon, silently blowing their worry into it with each big breath. Then they can say goodbye to their worry by letting go of the balloon.