

Worries

All ages

25 mins

An activity that explores the impact of stress.

What you need:

- Plastic Cups
- Water
- 42 quotes (as individual cards)

Method:

- Teacher takes a plastic cup, half full of water, in her hand or invites nominated person/people in class to take a cup.
- They hold the cup for 5 minutes above their heads while the teacher reads out:

“How heavy is this glass of water?” (Invite students to call out suggestions)

“The absolute weight doesn’t matter. It depends on how long you hold it. If you hold it for a minute, it’s not a problem.

If you hold it for an hour, you’ll have an ache in your arm.

If you hold it for a day, your arm will feel numb and paralyzed.

In each case, the weight of the glass doesn't change, but the longer you hold it, the heavier it becomes."

"The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralysed – incapable of doing anything."

- Tell everyone they can now put the glass of water down. Reflect on this and invite any observations.
- Next, working in small groups, ask students to develop their own metaphor to demonstrate the impact of stress They could refer to the 42 quotes about anxiety for ideas
- After 10 minutes ask each group to share their ideas with the class.



