
This activity encourages young people to think about practical ways to overcome problems.

What you will need: Worksheets

What to do:

• Hand out the worksheets to the class.

• Give the class 10 minutes to fill out the sheets with helpful suggestions on how to overcome the problems listed. Give them 10 minutes to do this.

• Collect the worksheets and read through and pick out the most interesting ones to discuss.

Learning outcome:

Pupils learn helpful ways of coping with common causes of stress.

HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a

“I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.”
Take 10 minutes to fill out this sheet with helpful suggestions on how to overcome the problems listed

**Part One**

‘I’m not sure how to talk about how I feel.’

**Suggestion:**

I don’t think anyone cares.’

**Suggestion:**

I don’t want to bother people with my problems.’

**Suggestion:**

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‘If I tell my friend he/she might think I’m weird.’

**Suggestion:**

‘I feel embarrassed to tell anyone how I feel.’

**Suggestion:**

‘I am worried about things at home.’

**Suggestion:**