

# FROM THE WELLBEING HUB:

## LESSON 5: WHAT ARE YOU WORRIED ABOUT?

THE KIDS HELPLINE HAVE RECORDED SOME VIDEOS WHERE COUNSELLORS ARE ANSWERING QUESTIONS STUDENTS HAVE ABOUT THE CURRENT SITUATION. BELOW ARE SOME OF THE MAIN QUESTIONS STUDENTS ARE ASKING.

*When we asked you about your worries, here's what you said.*

What are you most worried about?  
Someone that I'm close to (eg elder family) catching it and passing away

What are you most worried about?  
Everything. Especially how everyone is making it into a joke

What are you most worried about?  
Not knowing if I have it or just a cold

What are you most worried about?  
That we will be put into complete shut down and my grandparents dying

What are you most worried about?  
My family. Good health doesn't exactly run in the family

What are you most worried about?  
Running out of toilet paper!!! Like what do I use then?!

What are you most worried about?  
The fact that my gran or dad might catch it. My gran is sick and my dad has heart issues

What are you most worried about?  
Mostly the economic and panic side of things, other than that it's time off of school for me

What are you most worried about?  
Not knowing whether I have it or not, and possibly infecting others.

What are you most worried about?  
Shortage of food

What are you most worried about?  
That my school trip to Japan will be cancelled :(

What are you most worried about?  
Not really worried, more annoyed that #climatestrike events are canceled

What are you most worried about?  
Older people not having a strong enough immune system to fight it off

What are you most worried about?  
School being closed

What are you most worried about?  
Catching it

What are you most worried about?  
Anxiety sky-rocketing with routine changed and the amounts of panic buying.

What are you most worried about?  
Dying or getting the virus

What are you most worried about?  
Dying and or family dying

ACTIVITIES:

A. HAVING READ WHAT OTHERS ARE WORRIED ABOUT LIST THREE

WORRIES YOU HAVE AT THIS TIME. \_\_\_\_\_

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B. CHOOSE THREE OF THE WORRIES OF OTHERS SHOWN ABOVE. WHAT WOULD YOU SAY TO A FRIEND THAT WAS WORRIED ABOUT THIS? HOW WOULD YOU CALM THEIR WORRIES?

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