


# In this lesson, "Little No Speak" helps young students cope with anxiety

 [lessonplanspage.com/ossartlittlenospeakschoolandsocialanxietyk3-htm/](http://lessonplanspage.com/ossartlittlenospeakschoolandsocialanxietyk3-htm/)

Title – Little No Speak: School and Social Anxiety

By – Tandy Braid

Primary Subject – Other

Secondary Subjects – Social Studies, Art

Grade Level – K-3

Materials Needed: *Little No Speak*, index cards, Guatemalan worry dolls (purchased from Oriental Trading), glue and poem written on board.

Read story aloud.

1. Why was Little No Speak unable to talk?
2. Have you ever been too scared to speak?
3. How does she overcome her fear?
4. When you have a problem why is it important to talk to a grownup about it?

Explain to the children that there is a legend among the Highland Indians villages of Guatemala that if you have a problem, then share it with a worry doll before going to bed. Tell the worry to the doll and put it underneath your pillow. While you sleep, the worry doll takes your worry away.

Have children begin by copying the poem from the board.

***"A worry doll to ease your heart,  
rub it and your worries will depart."***

Have them place the worry doll on the card to place under their pillow.

An Alternative Lesson plan to those on a budget:

Cut out an egg carton, with each of the egg holders being a "wart". Let the students use pipe cleaners, googly eyes, markers, etc. to construct their very own worry wart to take their worries away!

E-Mail Tandy Braid !

© Copyright 1996-2016 HotChalk Inc. All rights reserved.