

Abundant Life

TRANQUILITY

Leaders Guide



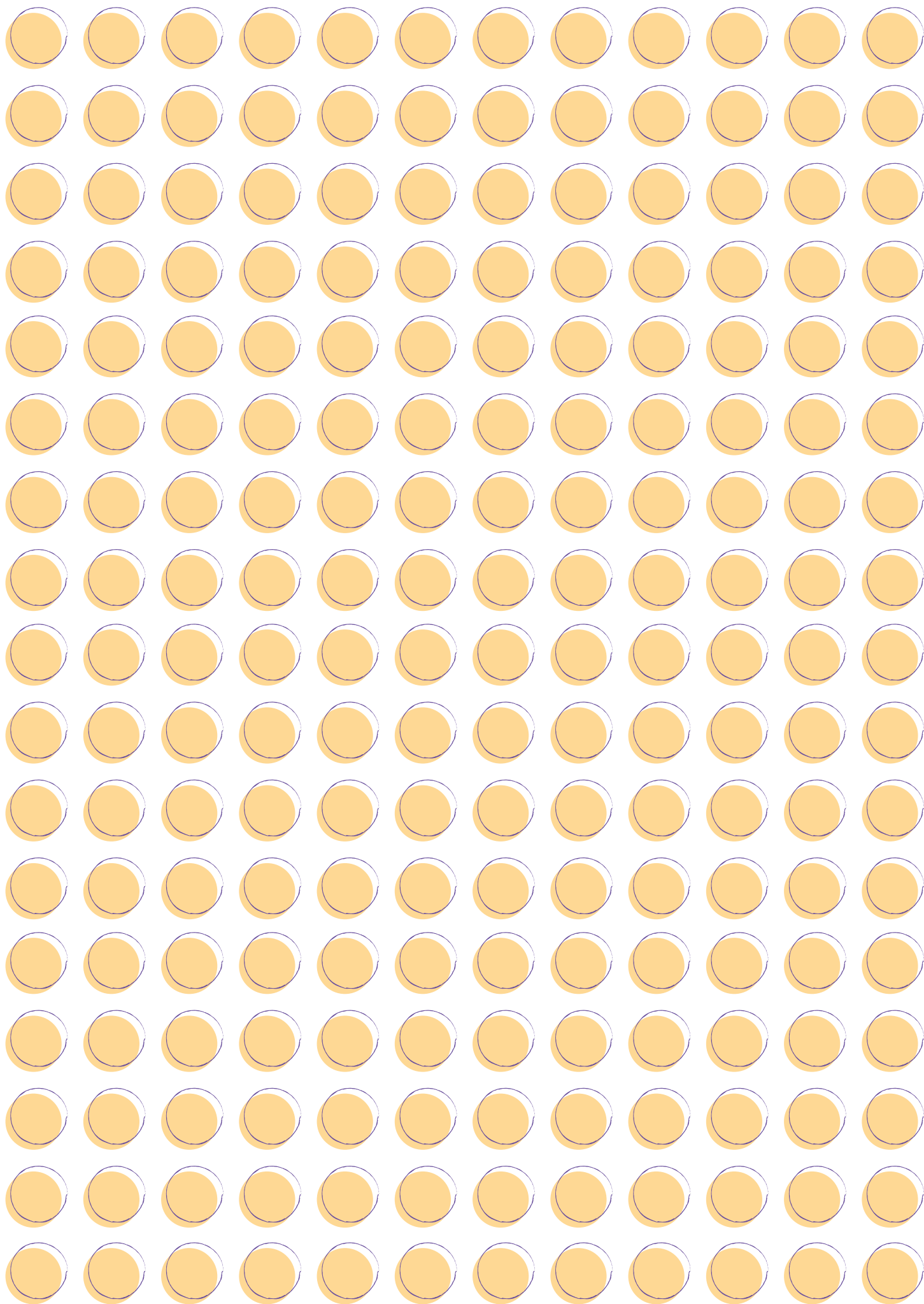
TRANQUILITY

An Anxiety Course

Reality

Version 2.2

Last Reviewed 8/8/2024



INTRO

THE COURSE

This course is designed to be delivered to students from year 5 onwards in a small group setting of no more than 10 students over a period of six sessions of between 50 minutes – 60 minutes per session.

The course is designed to be accessible to students with varying learning abilities and learning styles. It is a discussion based group where students can talk honestly and openly about how they feel and be given practical support and encouragement not only by group leaders but also by each other. Our primary role is to listen and offer advice and support where we can.

AIM

Tranquillity is a 6 week course to help students suffering with any type of anxiety to understand and identify their anxiety and learn to deal with it in the short, medium and long term. We will help students put strategies into place helping them to discover hope instead of despair, to find peace instead of fear and to experience joy instead of sadness.

THE SESSIONS

As you will see from the notes below each session follows a similar pattern. Each session lists the materials you will need and activities that can be used to suit the different learning styles of your group. There are options to work individually, in pairs, in a small group and as part of one large group. There is a worksheet to accompany each week. Give time for preparation and make sure that you have everything you need in advance of each session. How the session runs will depend very much on the group. Most importantly give the students the chance to share if they want to. Offer support outside the group to those

who might need it and be sure to seek help, support or advice should you need it. Always have a pile of post it notes and encourage the students to take one whenever they hear something that they want to remember or do during the week or to ask a question.

THE FOLDERS

You should provide folders for the worksheets to be kept in. good folders encourage a sense of pride in their work and shows that this is not just “another lesson” Ask the students to hand their folders in at the end of each session but assure them they won’t be looked at unless they show them to us. They take them home at the end of the course.

THE ENVIRONMENT

The sessions are fairly full and so it may be best to offer refreshments that are easy to serve and clear away as they come into the group. Try and make the room as inviting and relaxed as possible, without going overboard.

EXTRA INFORMATION & SUPPORT

For extra information and support on this topic and adolescent Mental Health we recommend **Young Minds**. They have an excellent website with sections for young people, parents and professionals.

YOUNGMINDS
fighting for young people's mental health

youngminds.org.uk

WEEK 1

ANXIOUS?

This week is an introduction to the course and more specifically to anxiety. We will explore what anxiety is, the different types of anxiety and some signs and symptoms to look out for.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Image cards for "Play"
- ✓ Highlighters
- ✓ Types and definition cards for "Do"
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post it notes
- ✓ Means to watch a Youtube video

INTRODUCE

 10 MINS

Set some group rules/create a group agreement. Write them on flip chart paper, get everyone to sign them and keep them for subsequent weeks. Remind students that normal school rules and school behaviour policy apply.

Introduce the course as a whole.

"Everyone suffers with anxiety from time to time and this group is all about helping you to deal with your anxiety. We want this group to be a safe place where you can share honestly and openly about how you are feeling. We also want it to be a place where you can support each other and be yourselves. We are going to start by watching a video that answers the question 'Why is anxiety even a thing?'"

Watch the video.

youtu.be/rpolpKTWrp4

- What do you think to the video?
- Did you know about fight, flight of freeze?
- Does that help you when it comes to understanding why anxiety is a thing?

REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes getting to know each other. It is advisable that a (senior) member of school staff introduces you at the start of week 1.

This sends a clear message to the students about everyone's expectations for the course, especially with regards to behaviour.

WEEK 1

Introduce today's theme.

"So that is the science behind anxiety and today we are going to concentrate on what anxiety is and some of the signs and symptoms to look out for that we are getting anxious."

PLAY

⌚ 10 MINS

- Display a selection of images either on a table or around the room.
- Ask the students to walk around and choose 1 or 2 which describes how they feel right now.
- Ask them to share why they picked that picture. You may have to go first. Remind them that there are no right or wrong answers.

You could use a selection of pictures yourself from the internet, something like this for example:



Alternatively you could purchase one or more of the following resources.

- Soularium (Agapé)
- Artcards (Youthscape)

There are 50 images in **Soularium** and 12 in each of the **Artcard** packs. Both of these resources have separate "spiritual questions" which won't be required for this course but the pictures are excellent, they are well worth the small investment.



Soularium (Agapé)



Artcards (Youthscape)

WATCH

⌚ 5 MINS

youtu.be/mRqR4mOC4gc

DISCUSS

⌚ 5 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- What are some of the things that make you feel anxious?
- What are some of the signs that you are beginning to feel anxious?
- What other emotions do you feel when you are anxious?

Week 1 continues overleaf >

ANXIOUS?

Continued



20 MINS

WHAT IS ANXIETY?

"Anxiety comes in all different shapes and sizes, everyone is different and that's OK."

Using the 2 sets of cards and ask students to match the "Type" of anxiety to the "Description". Once they are all correct ask students to choose some of the images from "Play" to represent the different types of anxiety, talking about each one as they do. Finally ask them to place their picture on the type of anxiety that they think they struggle with the most.

- **Generalised anxiety disorder (GAD)** - is a long-term condition that can make you feel anxious about a wide range of situations and issues, rather than one specific event
- **Panic disorder** – a condition where you have recurring, regular panic attacks
- **Phobias** – an extreme or irrational fear of something, like an animal or a place
- **Agoraphobia** – several phobias related to situations such as leaving home, being in crowds or travelling alone
- **Obsessive compulsive disorder** – a condition that usually involves unwanted thoughts or urges, and repetitive behaviours
- **Post-traumatic stress disorder** – a condition caused by frightening or distressing events

Use the worksheet to identify which type of anxiety students struggle with them most, but highlighting the relevant one on the list. This gives students some quite time to process but don't give them too long to dwell on it.

Explain to the students that this is NOT a medical diagnosis but just about identifying the type of anxiety that they may be experiencing.

WHAT ARE THE SIGNS OF ANXIETY?

Ask the question and feedback onto a big sheet of paper and then fill in any missing gaps from this list:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- feeling tired and grumpy
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual
- wobbly legs
- getting very hot

Again on their worksheets ask them to identify which of these relates to them and highlight. Ask them to share with the group if they feel able to.

It is quite a heavy week and so it is important you are aware of how the students are responding. Leave them on a positive note saying something like:

"This session may have made you feel anxious, it's sometimes hard to talk about the things we have today. This course is all about helping you to deal with your anxiety but before we do, it is important that

we recognise the type of anxiety that we are struggling with and some of the signs that we are getting anxious.

Over the next 5 weeks we are going to be helping you to develop strategies to deal better with your anxiety and especially looking at how we can discover hope, find peace and experience joy instead of despair, fear and sadness.

We are going to do all of that together and support each other. It's a real privilege to be with you and we really hope you are going to get loads out of these 6 weeks together."

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

'Jesus said, "I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14 vs 27 - NIV

ANXIOUS?

WHAT IS ANXIETY?

- **GENERALISED ANXIETY DISORDER (GAD)** - is a long-term condition that can make you feel anxious about a wide range of situations and issues, rather than one specific event.
- **PANIC DISORDER** - a condition where you have recurring, regular panic attacks
- **PHOBIAS** - an extreme or irrational fear of something, like an animal or a place
- **AGORAPHOBIA** - several phobias related to situations such as leaving home, being in crowds or traveling alone
- **OBSSESSIVE COMPULSIVE DISORDER** - a condition that usually involves unwanted thoughts or urges, and repetitive behaviours
- **POST-TRAUMATIC STRESS DISORDER** - a condition caused by frightening or distressing events

WHAT ARE THE SIGNS OF ANXIETY?



To read more about anxiety, you can look up **YoungMinds**
YOUNGMINDS
 fighting for young people's mental health

WEEK 2

DEALING WITH ANXIETY

We will explore different ways to deal with anxiety and students will work on individual plans to deal with anxiety both now and in the future.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Group rules/agreement
- ✓ UNO
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post it notes
- ✓ Means to watch a video on the internet

INTRODUCE

 5 MINS

- **Remind** students of the group rules/agreement.
- **Recap** on last week's session, asking what they've remembered.
- **Introduce** today's theme as we start to look at how we can deal with our anxiety.

PLAY

 5 MINS

Play a game of UNO.



REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes catching up on their week.

WEEK 2

Tenuous link:

"To get the most, in fact anything, out of playing a game of Uno, you have to deal the cards, never knowing quite what cards you are going to get. Life is a little bit like that..."

WATCH

 10 MINS

 LOG IN TO WATCH abundantlife.org.uk/members

DISCUSS

 5 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- Did you agree or disagree with the advice they gave and why?

DO

 25 MINS

MAKE A PLAN

- Write "Dealing with anxiety" on a board or flip chart.
- Give each student a few post-it notes and ask them to write one thing per post it that they could do to deal with anxiety. If you want to add some challenge, try to get one that starts with every letter of the alphabet, but don't let that become too restrictive.
- Using all the ideas on the board and using the work sheet, start to make plan. Use the worksheet to guide the students through this, you might want to do it a section at a time or all in one go, either way is fine.
- Ask students to share their plan with the group and explain we will be feeding back on these next time.
- Remind them that there is no such thing as failure, just opportunities to learn and that you are proud of them and believe in them anyway.

Make sure students take away either a copy (not the original) of their plan or ask them to take a picture.

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

"Give your worries to the Lord, and he will take care of you. He will never let good people down."

Psalms 55 vs 22 - NCV



DEALING WITH ANXIETY

TIME TO PLAN

What App am I going to use?

What exercise am I going to do?

How am I going to relax?

What am I going to eat?

TO DO LIST

WEEK 3

DISCOVERING HOPE

Anxiety can rob us of hope. In this session we will explore how we can discover hope instead of despair.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Group rules/agreement
- ✓ Highlighters
- ✓ Materials for paperchains
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post-it notes
- ✓ Means of playing a YouTube video

INTRODUCE

 10 MINS

- **Remind** students of the group rules/agreement.
- **Recap** and review last week's session, asking what they've remembered and how they got on with their plans. Encourage them to use and adapt these if they are a helpful tool.
- **Introduce** today's theme as we start to look at how we can discover hope instead of despair.

PLAY

 5 MINS

PAPERCHAINS

- Using different coloured slips of paper make a paper chain of hope.
- They should put something they hope for on each different bit of paper.
- Ask each student to share their hopes as they put their chains together and then attached their chains together making one big chain of hope.

This should be used as a visual focal point for the session. If school rules allow get students to take a picture on their phone to remind them.

REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes catching up on their week.

WATCH

10 MINS

youtu.be/slaT8JI2zpl

As the song plays, on the worksheet go through the words of the song. Highlight words that could be associated with hope. Share with the group.

DISCUSS

5 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- Did you agree or disagree with the advice they gave?

DO

20 MINS

Ask the group;

"What do you despair about?"

Put ideas on a flip chart and then ask the students to put their top 5 despairs on their worksheet, share around the room.

Ask the group;

"How can you discover hope?"

Put ideas on a flip chart and then ask the students to put their top 5 ways to find hope on their worksheet, share around the room.

Now fill in the "Making it real" box. Pick up to 3 situations this week that where you might feel despair and decide what you are going to do to find hope in those situations (you can include anything you are going to do more generally too).

Use the principal of "the wisdom is in the room". Make sure students take away either a copy (not the original) of their plan or ask them to take a picture.

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29 vs 11 - NIV

DISCOVERING HOPE

YOU SAY
by Lauren Daigle

I keep fighting voices in my mind
that say I'm not enough
Every single lie that tells me
I will never measure up
Am I more than just the sum
of every high and every low
Remind me once again just who I am
because I need to know

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And you say I am held when I am falling short
And when I don't belong, oh You say I am Yours

And I believe (I)
Oh, I believe (I)
What You say of me (I)
I believe

The only thing that matters now
is everything You think of me
In You I find my worth,
in You I find my identity
Taking all I have,
and now I'm laying it at Your feet
You have every failure, God

Songwriters: Jason Ingram,
Lauren Daigle, Paul Brendon Mabury

What do you despair about?

How can you discover hope?

Making it real

WEEK 4

FINDING PEACE

Anxiety can rob us of peace. In this session we will explore how we can find peace instead of fear.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Group rules/agreement
- ✓ Mini whiteboards, pens and erasers
- ✓ Images of peace for "Play"
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post it notes
- ✓ Means of playing a video on the internet

REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes catching up on their week.

INTRODUCE

 10 MINS

- **Remind** students of the group rules/agreement.
- **Recap** and review last week's session, asking what they've remembered and how they got on discovering hope, use the worksheets to remind them of their ideas.
- **Introduce** today's theme as we start to look at how we can find peace instead of fear.

PLAY

 5 MINS

- Give each student a whiteboard, dry wipe pen and eraser.
- Show the "Peace Images" one at a time and ask them to write down how they think it symbolises peace.
- Go through their ideas one at a time and give the official answer (where necessary).

WATCH

 5 MINS

 LOG IN TO WATCH abundantlife.org.uk/members

DISCUSS

10 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- Did you agree or disagree with the advice they gave?

DO

20 MINS

Ask the group;

"What are you afraid of?"

Put ideas on a flip chart and then ask the students to put their top 5 fears on their worksheet, share around the room.

Ask the group;

"How can you find peace?"

Put ideas on a flip chart and then ask the students to put their top 5 ways to find peace on their worksheet, share around the room.

Now fill in the "Making it real" box. Pick up to 3 situations this week that where you might feel fear/afraid and decide what you are going to do to find peace in those situations (you can include anything you are going to do more generally too). Use the principal of "the wisdom is in the room". Make sure students take away either a copy (not the original) of their plan or ask them to take a picture.

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

"Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds."

Phillipians 4 vs 6-7 -ERV

FINDING PEACE

PEACE

Ideas

What are you afraid of?

How can you find peace?

Making it real

WEEK 5

EXPERIENCING JOY

Anxiety can rob us of joy. In this session we will explore how we can experience joy instead of sadness.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Group rules/agreement
- ✓ "What do you meme" game
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post-it notes
- ✓ Means of watching a video on the internet

REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes catching up on their week.

INTRODUCE

 10 MINS

- **Remind** students of the group rules/agreement.
- **Recap** and review last week's session, asking what they've remembered and how they got on finding peace, use the worksheets to remind them of their ideas.
- **Introduce** today's theme as we start to look at how we can find joy instead of sadness.

PLAY

 10 MINS

Play a few rounds of "What do you Meme? Family Edition"



WATCH

5 MINS

LOG IN TO WATCH abundantlife.org.uk/members

DISCUSS

5 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- Did you agree or disagree with the advice they gave?

DO

20 MINS

Ask the group;

What makes you sad?

Put ideas on a flip chart and then ask the students to put their top 5 things that makes them sad on their worksheet, share around the room.

Ask the group;

How can you find joy?

Put ideas on a flip chart and then ask the students to put their top 5 ways to find joy on their worksheet, share around the room.

Now fill in the "Making it real" box. Pick up to 3 situations this week that where you might feel sad and decide what you are going to do to find joy in those situations (you can include anything you are going to do more generally too). Use the principal of "the wisdom is in the room". Make sure students take away either a copy (not the original) of their plan or ask them to take a picture.

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

"Go and enjoy the good food and sweet drinks. Give some food and drinks to those who didn't prepare any food. Today is a special day to our Lord. Don't be sad, because the joy of the Lord will make you strong."

Nehemiah 8 vs 10 -ERV

EXPERIENCING JOY

Ideas

What makes you sad?

How can you experience joy?

Making it real

WEEK 6

LOOKING AHEAD

Anxiety can rob us of joy. In this session we will explore how we can experience joy instead of sadness.

MATERIALS NEEDED

- ✓ Refreshments
- ✓ Student Packs
- ✓ Group rules/agreement
- ✓ Materials for "Do"
- ✓ Flip chart paper and pens
- ✓ Paper and pens
- ✓ Post-it notes
- ✓ Means of watching a video on the internet

REFRESH

 5 MINS

Offer refreshments as the students arrive and spend a few minutes catching up on their week.

INTRODUCE

 10 MINS

- **Remind** students of the group rules/agreement.
- **Recap** and review last week's session, asking what they've remembered and how they got on experiencing joy, use the worksheets to remind them of their ideas.
- **Introduce** today's theme as we look back and remember what you have learnt and look to the future to help you deal with and manage your anxiety beyond this course.

PLAY

 10 MINS

Give them the choice of one of the card games you have played in previous week, UNO or What do You Meme.

WATCH

 5 MINS

 **LOG IN TO WATCH** abundantlife.org.uk/members

DISCUSS

 5 MINS

- How did that video make you feel?
- Do you relate to anything in the film? Gently ask them to share how if they just say "Yes".
- Did you agree or disagree with the advice they gave?



JARS OF TRANQUILITY

This is just a suggestion. If you have any other creative activities that will achieve the same end, then please feel free to use them.



Step 1

Decorate your jar with sharpies or acrylic glass paint.

Step 2

Looking back through their worksheets and on individual slips of coloured paper, students write down things that they can do when they are feeling anxious.

Use their plan from week 2 and their suggestions on hope, peace and joy as a starting point. They can include inspirational quotes, songs, TV shows, blogs, people, activities, anything at all. Do this as a group to inspire each other and get as many things in their jar as possible.

Step 3

Play some music.

Chat as you create, you can do one too if it helps or offer to do their cutting for them.

Remind them to take home their Jars of Tranquility and their Student Pack and to use them as a reminder of the course and how to deal with and manage their anxiety.

Ask the students to fill in the evaluation form thinking about how they felt before they did the course and how they feel now they have completed the course.

Offer some final words of reflection, ensuring that you thank them for their attendance and contributions, affirm your belief and faith in them and (if you are able) to offer ongoing support to students beyond the group, ensuring appropriate Safe Guarding procedures are followed.

LISTEN

Read the following verse and explain to the students what this verse means to you as a Christian, in relation to what we've looked at today.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15 vs 13 -NIV

