



## Level 11: ᐆᐅᓂᓂᓂᓂᓂᓂᓂ ᐃᓂᓂᓂᓂᓂᓂᓂᓂ (Taking Care of My Worries)

### ICON LEGEND



TEACHER SCRIPT



INDIVIDUAL ACTIVITY



IMPORTANT INFORMATION



CLASS DISCUSSION



PAIRS/SMALL GROUP ACTIVITY



LARGE OPEN SPACE

### TEACHER SCRIPT TRANSLATIONS

Throughout these extension activities, you will find teacher scripts written in Inuktitut to help you guide your lessons. The English extension activities are also available for download.



## EXTENSION ACTIVITY

BOOK TITLE

**ጠላትን ጠቅሙኝ ለማወቅ**  
(Taking Care of My Worries)

TOPIC

**About Me**

LENGTH

**1 Lesson (1 Hour)**



### Essential Question

What are some ways to cope with stress and anxiety?



### LESSON OVERVIEW

In this lesson, the teacher guides the students to discuss worrying and to practice various anti-anxiety activities. The lesson requires the active participation of both students and teacher.

### REQUIRED MATERIALS

- ☛ Book: *ጠላትን ጠቅሙኝ ለማወቅ* (Taking Care of My Worries)
- ☛ Paper and writing tools
- ☛ Chart paper

### LEARNING CONNECTION

Throughout the lesson, the students think about why they worry and the differences between helpful and harmful worrying, and try out different strategies for coping with stress and anxiety. This builds on their understanding of the book *ጠላትን ጠቅሙኝ ለማወቅ* (Taking Care of My Worries) Students can build on what they are learning about health in general, such as healthy eating and sleeping habits.

### LEARNING ACTIVITIES



Class discussion before the reading.



Class discussion about the book.



Teacher-guided activity: practising anti-stress coping methods.

### READING VOCABULARY

ጭንቀት ለማወቅ ለማወቅ ለማወቅ, ጭንቀት,  
ጭንቀት ለማወቅ ለማወቅ ለማወቅ  
(digestion, flus, harmful)





