



FLOURISH · FALL

YEAR 6

When tools aren't enough

Noticing duration, impact and safety clues, and telling a trusted adult.

#wellbeing

#helpseeking

#safety

#resilience





When a calming tool stops working, what might that be telling you?

You can always pass, write your answer privately, or use a made-up example.



Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18, New International Version (NIV)

CHRISTIAN CONNECTION

God stays close when a worry is heavy, and God often sends help through people. Asking a trusted adult is not a failure of faith or courage — it is a wise and hopeful step to take.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which of these needs a trusted adult?

In groups, sort the six cards into TOOLS MAY HELP or TELL AN ADULT.

For each TELL AN ADULT card, name the clue: duration, impact or safety.

1

Maya has felt worried every day for three weeks and her tools stop working.

2

Someone asks Maya to keep a secret that makes her feel unsafe.

3

Maya has stopped going to her club and is not sleeping because of the worry.

4

Maya feels flat on Monday mornings but still joins in with her class.

5

Maya's stomach flutters before she reads aloud, and slow breathing helps.

6

Maya feels nervous before a match, then settles once the game begins.

Ask of every card: how long has it lasted, what has it changed — and is anyone unsafe?



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"If ...keeps going, I will tell ..."

Write this one privately — you don't have to share it.

TAKEAWAY

Telling a trusted adult is a strong move, never a failure.



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