

COMPULSORY THEME / OPTIONAL THEME

TITLE OF THEME: Anxiety

SCHOOL NAME: Merville Community College

IMAGE 1

IMAGE 2

WHAT WE DID: Students did out a worksheet with information on anxiety.

They went into second year classes and taught the lesson.

They chose 2nd years as they felt it would be beneficial for them next year with exams.

HOW WE DID IT

Students went on the H.S.E. website and researched Anxiety- causes and tips to help reduce anxiety.

They created a lesson and did up a factsheet to give to students.

ADDITIONAL COMMENTS: