

Scaredy

Approach: One to one

Level: Year 4 and year 8

Resources: Video of children talking about diving at the swimming pool.

Come on David lets go up there, nah, David's scared, yeah, yeah he doesn't do anything. Can't you even jump?. Look at the fear on his face, he even shows that he's scared.

I might go off it one day. But not today.
Come on guys, if he's not going to jump off...



Questions/instructions

A lot of people feel scared about something at some time in their lives. We'll watch a video showing someone who is scared at the pool.

Show video

Jamie was probably made to feel bad about himself because he felt too scared to dive into the pool.

1. I want you to think of 3 different things the other children could have done to help Jamie, so that he wouldn't feel bad about himself because he was scared to dive into the pool.

As the student says each idea, write it down on the recording sheet (abbreviated as appropriate) and read it aloud. Where 2 or more ideas are given as one, suggest that they be written separately.

After the student has finished identifying the ideas:

2. Now I'll read the things you have said, and if you want to change any of them you can tell me.

	% responses	
	y4	y8
encouragement, confidence building	56	61
acceptance, respect (e.g. don't tease or dare, leave alone)	45	70
positive alternatives (e.g. play somewhere or something else)	30	44
give diving help or instructions	31	18
active physical encouragement	42	32
negative advice or behaviour	6	5

Make any changes offered by the student.

3. I want you to look at the things you've said, and I want you to choose **one** thing that you think is probably the most important

Tick the chosen idea.

Preferred choice:

	% responses	
	y4	y8
encouragement, confidence building	30	36
acceptance, respect	27	38
positive alternatives	12	14
give diving help or instructions	14	4
active physical encouragement	16	7
negative advice or behaviour	1	1

Commentary

The two most popular options for both year 4 and year 8 students were to give encouragement and to avoid teasing, daring or drawing attention to the scared child. Year 4 students were more inclined than year 8 students to favour instruction or physical encouragement.