

# ***Ollie the Owl Learns About Feeling Anxious/Nervous***

## **Lesson Objective:**

Students will learn about feeling anxious and strategies to manage anxiety using the HALT, HOOT, and HEART technique through the story of "Ollie the Owl Learns About Feeling Anxious." They will practice these strategies through engaging activities and discussion.

## **Materials Needed:**



- The story "Ollie the Owl Learns About Feeling Anxious/Nervous"
- The song "Ollie the Owl's Worry Song"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Ollie's Wise Choices
- Activity 2- Anxiety Charades cards
- Home Connection Letter

## **Introduction to the Topic (10 minutes)**

### **Greeting Outline:**

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on the feeling of nervousness/anxiety.

## **Greeting and Circle Time Teacher Script**

- **Warm Welcome and Opening Discussion:**
  - "Good morning, everyone! Let's all sit in a circle. Today, we are going to talk about feelings, especially feelings called 'anxious' or 'nervous.'"
  - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
  - "Have any of you ever felt a little nervous or worried about something? Maybe when you were trying something new or had to talk in front of the class?"
  - "Thank you for sharing! Feeling anxious is something everyone experiences sometimes, and it's okay to feel that way. Today, we're going to learn about what it feels like to be anxious and how we can help ourselves feel better when we do."

Read the Story (15 minutes)

Story Time Outline:



- Read the story “*Ollie the Owl Learns About Feeling Anxious/Nervous*” aloud to the class
- Engage the children by asking questions during key parts of the story

### Story Time Teacher Script:

#### Prepare the Students for the Story:

- a. *"Now, I'm going to read a story called 'Ollie the Owl Learns About Feeling Anxious.' In this story, Ollie feels nervous about some things, but he learns a special way to feel better. Let's listen and see what Ollie does."*
  - b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
    - **While reading**, pause during key moments.
    - **Ask Questions:**
      - How do you think Ollie is feeling right now?
      - What do you see on Ollie's face? Is he smiling or frowning?
      - Have you ever felt nervous like Ollie before?
      - What is Ollie doing at school today?
      - What does Grandma Owl tell Ollie to do when he feels anxious?
      - Can you show me what it looks like to take a big deep breath like Ollie?
      - Do you think Ollie is feeling braver now? Why?
      - What are his friends doing when he talks to them?
      - What helped Ollie feel better at bedtime?
      - How do you show when you feel strong and proud?

## Ollie the Owl Learns About Feeling Anxious/Nervous

In a forest tall and bright,  
Lived Ollie the Owl, with wings so light.  
With feathers soft and eyes so wide,  
He loved to play and often glide.

But sometimes Ollie felt quite strange,  
A nervous feeling, like a change.  
His tummy fluttered, his heart raced fast,  
He wondered how long it would last.

One day, Ollie went to school,  
To learn and play, it was the rule.  
But standing there before the class,  
He felt anxious, hoped it would pass.

He didn't know just what to do,  
He felt alone and a bit blue.  
Grandma Owl, wise and kind,  
Had advice to ease his mind.

"When you feel anxious, stop and think,  
HALT and give yourself a blink.  
HOOT, take a breath, slow and deep,  
Then use your HEART, calmness will seep."

Ollie nodded, wanting to try,  
To ease the flutter, the anxious sigh.  
He stood before the class once more,  
Feeling braver than before.

He took a breath, a gentle hoot,  
The nervous feeling he did refute.  
He used his heart, made a choice,  
To speak up with a steady voice.

"Hello, friends," Ollie said,  
The anxious feeling began to shed.  
His friends all smiled, clapped with cheer,  
Ollie's heart felt light and clear.  
Later that day, with friends at play,  
Ollie felt anxious in a different way.

A new game, he didn't know,  
Made his nervous feelings grow.

He remembered Grandma's wise advice,  
To HALT, HOOT, and use his HEART twice.  
He stopped and breathed, then took a turn,  
The anxious feeling began to burn.

"Ollie," said Benny, "you did great!  
Playing with you is first-rate!"  
Ollie smiled, feeling proud,  
The anxious feeling not so loud.

Another time, before bed at night,  
Ollie felt a bit of fright.  
The dark seemed big, his room so wide,  
He felt the anxious feeling inside.

He took a breath, a gentle hoot,  
Remembered the steps that were astute.  
He used his heart, turned on the light,  
The anxious feeling took its flight.

"Ollie dear," said Mama Owl,  
"Anxious feelings can feel foul.  
But you've learned to handle them well,  
With HALT, HOOT, and HEART, you can tell."

Ollie knew that it was true,  
Anxious feelings were just a view.  
With steps to follow, calm and bright,  
He could face them, day or night.

So remember, Ollie, wise and kind,  
Who learned to ease his anxious mind.  
With HALT, HOOT, and HEART so true,  
He found the way to see it through.

Ollie the Owl, with heart so light,  
Faced his anxious feelings right.

With friends and family by his side,  
He found the courage to never hide.

- **Post-Chapter Teacher Script**
- “Today, we learned that it’s okay to feel anxious or nervous sometimes, just like Ollie did. When we feel that flutter in our tummy or our heart beats really fast, we can stop and HALT, take a deep breath with a gentle HOOT, and use our HEART to make a kind, calm choice. Ollie showed us that brave doesn’t mean we don’t feel nervous—it means we keep trying even when we do. I’m so proud of how each of you listened and learned ways to help yourself feel calm and strong!”

#### 4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- What does the word "anxious" mean?
- What made Ollie feel anxious in the story?
- What three steps did Grandma teach Ollie to feel better?
- What does “HALT” mean Ollie should do?
- What do we do when we “HOOT”?
- What does it mean to use your “HEART”?
- When did Ollie use the steps to calm down? Can you remember one time?
- How did his friends react when he was brave?
- What could you do if you feel anxious like Ollie?
- Who can you talk to when you’re feeling nervous or worried?

## Sing the Song (10 minutes)



- Teach the children the “*Ollie the Owl’s Worry Song.*”
- Sing the song together a few times, encouraging the children to join the actions.

*"Now, let's learn a song about how Ollie handles feeling nervous. We'll sing it together and do some fun hand actions!"*

## “Ollie the Owl’s Worry Song”

### [Verse]

Ollie the Owl flew so high  
Higher than the big blue sky  
But something made him feel so small  
His tummy felt like it would fall

### [Verse 2]

He asked his friends what it could be  
This nervous feeling deep in me?  
Friends said, “It’s just some nerves  
Sometimes life throws us some curves.”

### [Chorus]

Ollie the Owl, don’t you fear  
We all get anxious when things aren’t clear.  
Just take a breath and close your eyes.  
Feel your heart start to rise

### [Verse 3]

Ollie tried to calm his mind  
Thought of moments that were kind  
With each deep breath, he softly sighed  
Found a peace he couldn’t hide

### [Verse 4]

Flying high above the trees  
Ollie felt a gentle breeze  
Anxiety began to fade  
He embraced the day he’d made.

### [Chorus]

Ollie the Owl, don’t you fear  
We all get anxious when things aren’t clear  
Just take a breath and close your eyes  
Feel your heart start to rise

## Hand Movements

Shade eyes with hand & look up

Hand on stomach

Palms up, shrug shoulders

Move hands in a curvy motion

Point finger, shake up and down

Big breath

Hand on heart

Point to head

Big breath

Hand on heart

Flap hands

Give yourself a hug

Point finger, shake up and down

Big breath

Hand on heart

## Song Wrap-up

"This song will help us to remember that we can calm down and try not to worry about things."

## Do an Activity (20 minutes)

- Students will practice Ollie's Wise Choices (Halt, Hoot, Heart) in moments when they feel worried or anxious.

**Please choose from the following 2 activities:**



### Activity 1: Ollie's Wise Choices (15 minutes)

#### Introduce Activity

##### 1. Introduction:

"Today, we're going to help Ollie the Owl feel better when he gets nervous. Ollie uses three special steps: HALT, HOOT, and HEART. Let's pretend we're Ollie and go on a calm-down adventure together!"

#### Activity Instructions

- "Imagine you're Ollie and you feel nervous about trying something new. What's the first thing Ollie does? He HALTS—he stops and thinks."

"Everyone, stand up and walk in place. Now... HALT!" (Hold up the HALT card.)

- Children freeze like statues.
- "What might Ollie be feeling right now?"
- "Ollie takes a deep breath to help himself feel calm. That's called HOOT. Can we try that together?"
- "Put your wings (arms) on your belly. Take a slow breath in... and hoot it out gently like an owl. Hoooot!"
- Do this 2–3 times as a group.
- "How does your body feel now?"
- "Now Ollie thinks with his HEART. That means choosing something kind or something that helps him feel safe."

- “Place your hand on your heart. Close your eyes and think about something that makes you feel happy or safe. Maybe a hug, a favorite toy, or playing outside.”
- “What did you think of? Who wants to share their idea?”
- “Let’s try it all together now! Pretend you’re Ollie and you feel nervous to join a game.”
- Prompt students:

1. “What’s the first step?” (They say “HALT” and freeze.)
2. “What’s next?” (They take a HOOT breath.)
3. “And last?” (They touch their HEART and think of a kind choice.)

- “What could Ollie do next to feel brave?”

"You did an amazing job helping Ollie feel better! Remember, when you feel worried or nervous, just HALT, HOOT, and use your HEART. You have the power to calm down and make good choices, just like Ollie."



## Activity 2: Anxiety Charades(15 minutes)

### Introduce Activity

*"Now we're going to play a fun game called 'Anxiety Charades.' I have some cards with different situations that might make someone feel nervous. I'll pick one, and you can act it out without using words. The rest of us will try to guess what it is, and then we'll talk about how to use HALT, HOOT, and HEART to feel better in that situation."*

### Activity Instructions

"I have cards with different situations that might make someone feel a little nervous or worried. Things like meeting a new friend, going to a new place, or being in a dark room."

"I'll pick the first card and show it *only* to one person—they'll act it out, and the rest of us will try to guess what it is!"

"After we guess, we'll talk about how Ollie the Owl would use **HALT**, **HOOT**, and **HEART** to feel better in that situation."



- "Let me go first so you can see how to play!"
- (Teacher acts out "speaking in front of the class" by pretending to stand nervously, fidget, and look at an invisible audience.)
- Prompt: "Can anyone guess what I'm doing?"
- "Yes, I was pretending to feel nervous speaking in front of the class!"
- "Now let's think... What would Ollie do? First, he would *HALT*—stop and notice his feelings. Then he would *HOOT*—take a big deep breath. Finally, he'd use his *HEART*—he'd think of something kind or calming, like remembering a friend smiling at him."

**Let the children take turns:**

- "Okay, who wants to go next? I'll pick a card for you—don't show anyone!"
- (Hand the child a card and quietly help them if they need to understand it.)
- "Ready? Now act it out!"
- After a few guesses: "Let's think—how could *HALT*, *HOOT*, and *HEART* help in that situation?"

"You all did an awesome job helping Ollie with nervous feelings. Remember, if you ever feel worried or unsure, just *HALT*, *HOOT*, and use your *HEART*. You are brave, and you have the tools to feel better!"

## Wrapping it Up

### Wrap Up the Lesson (5 minutes)

#### 1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

### Review and Reflection Teacher Script



#### 1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

#### 2. **Closing**

- *"Let's all gather back in a circle. You all did a wonderful job today!"*
- *"We've been acting out different situations that can make us feel worried or nervous. It's okay to feel worried sometimes—it's something that happens to all of us. But when we feel worried, we might make choices that aren't the best. For example, if we're worried about something, we might get upset, cry, or even do something that makes the problem worse."*
- *Let's think about this: If you're nervous about talking in front of the class, you might want to hide or not speak at all. But what if that makes you miss out on sharing something really cool? Or if you're worried about playing a new game, you might not want to try it at all, and then you'd miss out on having fun with your friends.*
- *That's why it's so important to use the HALT, HOOT, and HEART steps when we start to feel worried.*
- *HALT (Stop): When we feel worried, the first thing to do is HALT. That means stop what you're doing and take a moment to think. If we don't stop and think, we might make a choice that makes us feel even more worried.*
  - *Example: "Imagine you're nervous about trying a new game. Instead of just saying 'no' right away, HALT and give yourself a moment to think about what you're feeling."*
- *HOOT (Take a Deep Breath): Next, we take a deep breath. This is called HOOT. Breathing slowly helps us feel calmer and think more clearly. When we feel calmer, it's easier to make a good choice.*
  - *Example: "If your heart is racing because you're nervous, taking a deep breath can help you feel better and slow everything down. Let's all take a big breath together—inhale... and exhale."*

- *HEART (Make a Good Choice): Finally, we use our HEART to make a good choice. Think about what you can do to feel better. Maybe you can ask a friend to help you or take a small step toward what you're nervous about.*  
*- Example: "If you're worried about playing a new game, using your HEART might mean asking a friend to play with you so you're not alone. That way, you don't miss out on the fun, and you feel better, too."*
- *"Remember, it's okay to feel nervous or anxious sometimes. But now you know how to help yourself feel better by using HALT, HOOT, and HEART. You can use these steps anytime you feel worried or scared."*

## Home Connection Letter

### 1. Sending Information Home:

- "Before you go, I have a letter for you to take home that explains what we learned today in class."
- Hand out the letters as the children prepare to leave.

## Parent Letter

### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about feeling anxious through the story "Ollie the Owl Learns About Feeling Anxious."

This story teaches children that it's okay to feel anxious and introduces strategies to manage these feelings using HALT, HOOT, and HEART.

Here's what we learned:

- Understanding Anxiety: Recognizing what it feels like to be anxious and that it's a normal emotion.
- Calm Down Strategies: Using HALT (stop and take a moment), HOOT (take a deep breath), and HEART (think of something that makes you feel happy or safe).
- Expressing Emotions: Practicing how to recognize and express feelings of anxiety through activities.



We practiced these concepts through a calm-down strategy activity and/or an anxiety charades game.

You can help reinforce this at home by encouraging your child to talk about their feelings and use the HALT, HOOT, and HEART strategy when they feel anxious.

Thank you for your support!

With gratitude,

Speaking in front  
of the class

Going to a  
new place you've  
never been before

Meeting someone new.

Trying a new  
activity

Being in a dark room.

Taking a test  
at school.

# ***Ollie's Wise Choices***

