AppleWatch Troubleshooting

Apple recommends that you set your Apple Watch passcode to something that is different from your passcode on the iPhone.
Please note that the passcode on your Apple Watch must meet the complexity requirements that are now associated with your iPhone (6 characters, and cannot reuse your previous 1 passcode)
In your particular case I’d recommend doing the following:

1. On your Apple Watch tap “Create New” at the screen
2. Follow the prompts and enter a 6 character passcode that is different than the one on your iPhone.