



Name: _____ Date: _____

What is anxiety?



Anxiety is an emotion we feel when we aren't sure about what will happen next.

When we feel anxiety, we say, **"I feel anxious."**

What color would you choose for anxiety? Color in the circle with that color. Then, draw a picture about feeling anxious using only that color.



What do you know about feeling anxious? _____

Feeling anxious is just part of being a human. We all feel anxious or worried sometimes. But if we let our anxiety take control all the time, it can stop us from going about our lives and having fun too. That's why it's important to recognize when you're feeling anxious, so you can find some healthy ways to cope.



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I feel anxious! I also feel...

Here are some other words for feeling anxious:



Worried



Nervous



Uneasy

When you feel anxious, you might also feel:



Afraid



Concerned



Embarrassed



Excited



Overwhelmed

Anxiety is a little different than fear. You might be **afraid** of jumping off the diving board when you're standing on the edge.

But you might feel **anxious** about your upcoming swim class next week.

Anxiety is how your mind and body respond to something that might happen in the future that you would not like.

Can you think of a time you felt anxious? Write about it here. _____

On a scale of 1–10, with 10 being the most anxious, how anxious were you? _____

What makes you feel less anxious? _____



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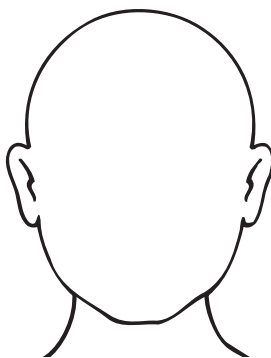
Feeling anxious can look different depending on the person and the situation.

Sometimes anxiety feels or looks like fear. Sometimes it's more like a quiet worrying.

What does feeling anxious look like?

When someone is anxious, what does their voice sound like? _____

What does their face look like? Draw a picture of someone who is anxious.



How do they act? What do they do with their body? _____

How else do you know someone is anxious? _____

Next time a friend is feeling anxious, you can try asking them if they want to take some deep breaths with you. Focusing on your breathing gives your mind something else to do besides worrying. And breathing with a friend can help the person feel like they are not alone.



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In or Out of Control

Often, what we are worried about is out of our control.

For example, you can't control the weather. If a thunderstorm is on its way, there's nothing you can do to stop it. But you can find somewhere comfortable to wait out the storm. That is probably in your control.

When you're feeling anxious, separate the things that are in your control from the things that are not.

Choose items from the list below and rewrite them in the circle they belong in. Add your own ideas too.

In My Control**Out of My Control**

my attitude

homework

weather

my words

others' feelings

traffic

my thoughts

others' actions

what I wear

time

the news

my effort

my behavior

my decisions

past mistakes

what others say



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An Anxious Mind

When you're feeling anxious, your mind can get fixated on a thought. The more you think about it, the more worried you feel.

What do you think about when you're feeling anxious?

Sometimes anxiety has you say negative things to yourself when you're worried, like "I'll never be any good at this."

But you can try thinking of something positive instead, like "If I keep working at it, I can improve."

Take a moment to think about what you say to yourself when you're feeling anxious. Then imagine what you could say instead. The first one is done for you.

When I'm anxious,
I'm thinking...

What if something goes wrong?

Positive thoughts I could
say to myself instead:

I will be okay no matter what.

Mindful Moment

Choose one of your new positive thoughts and meditate with it. Sit or lie down and close your eyes if you feel comfortable. Breathe slowly in and out through your nose. Bring your positive thought into your mind. Try saying it silently to yourself as you take a deep, slow breath in, and repeat it as you take a long, slow exhale. Keep going and repeat 5 times, or as much as you want.



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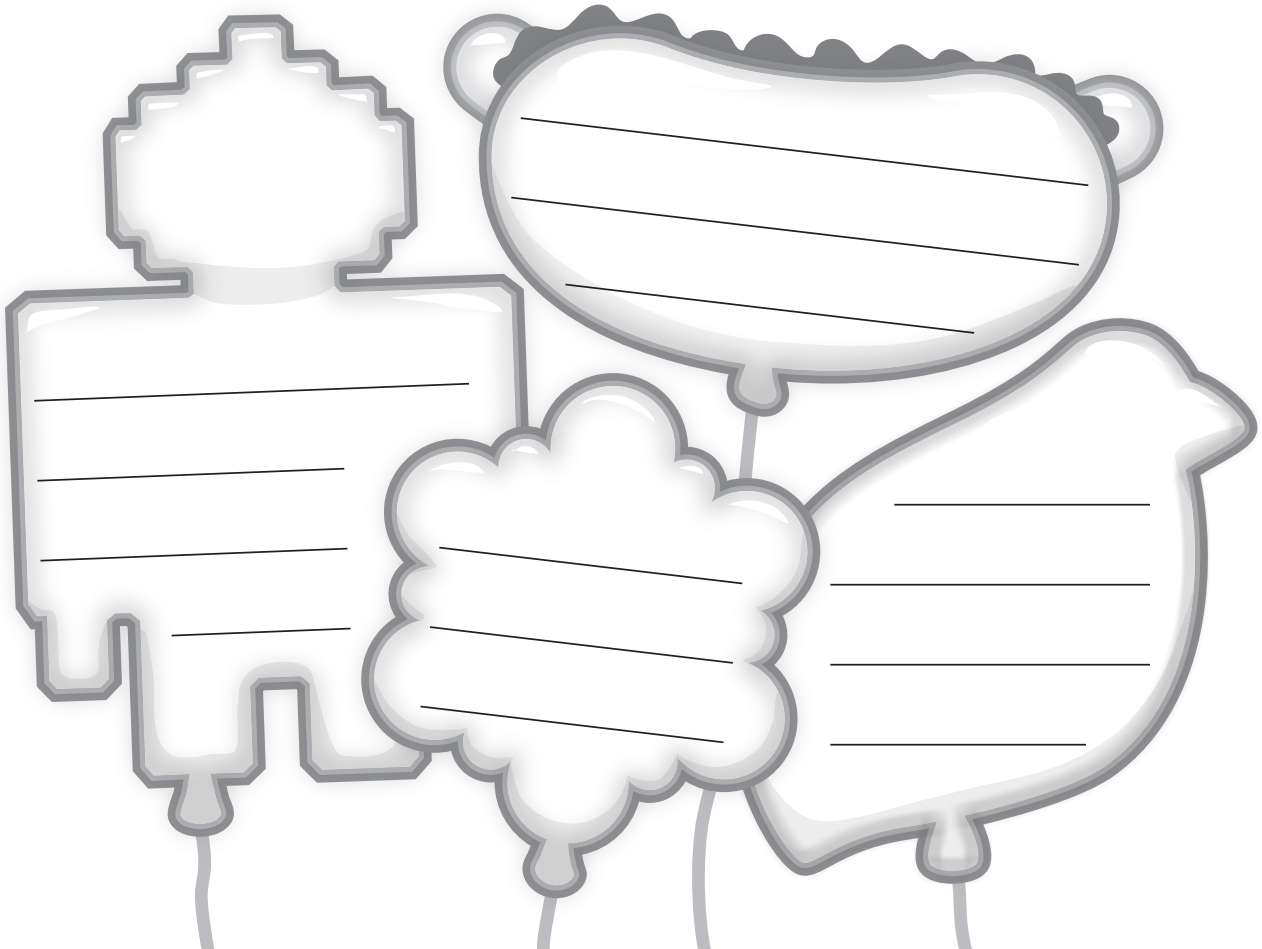
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Let it go!

What are some worries you can let go of?

Maybe you are ready to let go of some things that are out of your control. Or maybe you can let go of some negative thoughts.

On these balloons, write down a few of the thoughts or ideas that you are ready to let go of.



Mindful Moment

Now choose one of the thoughts or ideas you would like to let go. Close your eyes and take a breath in and out. Take another breath in, and as you exhale, imagine you are blowing up a balloon with that thought or idea. Keep your eyes closed and imagine you are holding the string of that balloon. Take a few more deep breaths, and when you're ready, just let go of the string. See it floating away in your mind, up into the sky, until it finally disappears.



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Get Grounded

When you're feeling anxious, it can help to ground yourself. Grounding yourself is just a way to remind your brain that you are safe and in control.

One way to feel grounded is the 5-4-3-2-1 technique. It's a way to slow your mind down and observe what is around you at that moment.

Let's practice this technique now. Then the next time you are feeling anxious, you will already know how to do it!

Name 5 things you can see.

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Name 4 things you can touch.

--	--	--	--

Name 3 things you can hear.

--	--	--

Name 2 things you can smell.

--	--

Name 1 thing you can taste.

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