

RESOURCE BUNDLE

Anxiety & Worry

Kindergarten - 5th Grade

APOLOGIZE

I'm sorry that I...

didn't share	didn't help you	ignored you	didn't take turns	teased you
left you out	argued with you	hurt you		hurt your feelings

I see that I...

hurt your feelings	wasn't being a good friend	hurt your body		wasn't making good choices
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Next time I will...

share with you	help you	listen to you	take turns	be kind
include you	compromise			keep my hands to myself

Do you forgive me?

Yes.	No.	Unsure	I need more time.
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My Top Six ANXIETY TRIGGERS

Feeling like someone is in my space	
Taking tests	
Worrying about past mistakes	Being in a crowd

Other triggers shown: Getting in trouble at school, Having to speak or perform in front of others, Others talking about me, Leaving my family.

THIS RESOURCE INCLUDES

5 Resources

- "Worry Says What?" by Allison Edwards Companion Lesson
- "Wilma Jean, the Worry Machine" by Julia Cook Companion Lesson
- Coping with Anxiety Lap Book
- Anxiety Triggers Activity
- Coping with Anxiety Journal

**classroom, group,
& individuals**

"WORRY SAYS WHAT?"

Companion Lesson



Name: Laura

MY WORRY MONSTER

Write the worries that your Worry Monster tells you on the speech bubbles below.

My dad won't make it home.

I'll get lost on the way home.

No one in class...

I'm going to fail my...

Name: Laura

MY CALM THOUGHTS

Write the calm thoughts that you can tell yourself to make your Worry Monster go away on the speech bubbles below.

My dad will be safe.

I'll find my way home.

I am a great friend and well liked.

I'll support my grandma however I can.

I'll do my best to stay healthy.

...my best friend on the test.

Name: Laura

WORRY MONSTER

Write your Worry Monster below. Write in the speech bubbles the worries he/she tells you.

What if I get hurt?

What if we get in a car wreck?

COPING WITH WORRY

Squeeze a stress ball

Go to the Calm Corner

Stretch

Hug a pillow

Imagine a happy

WORRY MAKES ME FEEL

Sad, lonely, and misunderstood

Scared and unsafe






Sleepy

Angry and irritable










I'm going to fail the state test.

ANXIETY LAP BOOK

Today I am **FEELING...**















 NERVOUS	 ANXIOUS	 PANICKED		 CALM
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When I think **ABOUT...**

 HOME & FAMILY	 FRIENDSHIPS	 SCHOOL		 MY CHOICES
 ACTIVITIES	 MY GRADES	 MY FEARS	 OTHER	

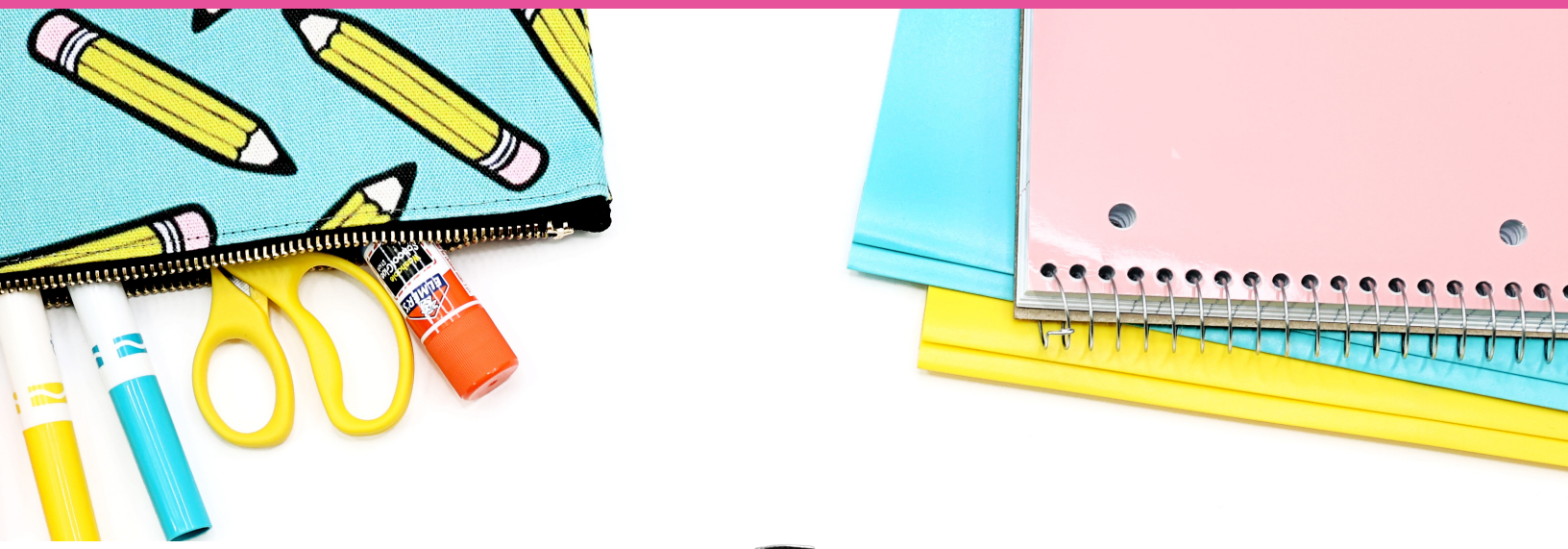
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To COPE WITH ANXIETY, I can...

 TALK IT OUT		 COUNT TO 10	 BREATHE DEEPLY	 THINK POSITIVE
 PRACTICE YOGA	 WRITE		 EXERCISE	
 DRAW	 READ A BOOK	 STRESS BALL	 ASK FOR A HUG	 ENJOY MUSIC

MUSIC CITY CONNECTION

ANXIETY TRIGGERS ACTIVITY



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My Top Six ANXIETY TRIGGERS

Getting in trouble at school 	Feeling like someone is in my space 	
Having to speak or perform in front of others 		
Others talking about me 		Taking tests
Leaving my family 	Worrying about past mistakes 	Being in a crowd

Getting in trouble at school

Having to speak or perform in front of others

Others talking about me

Leaving my family

Feeling like I don't understand

Being around germs

Worrying about past mistakes

Worrying about school

ANXIETY JOURNAL



WHAT DOES ANXIETY LOOK LIKE?

WHAT DOES ANXIETY FEEL LIKE?

Afraid something bad will happen

Ashamed, full of self-doubt



Annoyed, snappy, irritated

Uncomfortable, nervous, unsure



Wanting to be alone, to escape



Blushing

Tenched teeth

Shallow breaths

Glammy, shaky hands



Looking away

Racing heart

Sweaty forehead

Fiddling

MY COPING STRATEGIES



"WILMA JEAN, WORRY MACHINE" Companion Lesson



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COPING WITH WORRY

- Imagine a happy place**: Illustration of a child sitting on a beach with a beach ball.
- Take deep breaths**: Illustration of a child sitting cross-legged with hands on knees, eyes closed.
- Write or draw**: Illustration of a child sitting at a desk with a pencil and paper.
- Count to 10**: Illustration of a child counting on their fingers.
- Squeeze a stress ball**: Illustration of a child sitting in a chair, squeezing a ball.

WORRIED

- Quick, shallow breaths
- Furrowed eyebrows
- Frowning face
- Racing heart
- Sweaty, shaky hands
- Butterflies in your stomach

Name: Laura

WORRIES I CAN CONTROL

Write two of your "in control" worries on the notecards. Then, write one way that you can solve each of your worries.

My Worry: Will I miss the bus?	How I Can Fix It: I can set an alarm
My Worry: Will I be late to school?	How I Can Fix It: I can make a routine

Name: Laura

WORRIES I CAN CONTROL

My spelling test on Friday	My piano recital next week
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WORRIES I CAN'T CONTROL

My grandpa's cancer	The weather
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WHAT DO YOU WORRY ABOUT?

School	Home & Family
Friendships	My Choices