



# ANXIETY & WORRY BUNDLE



# This Bundle Includes:

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



# "Worry Says What?" by Allison Edwards Companion Lesson



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.

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

## WORRY MONSTER

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

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



# 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	

MUSIC CITY CONNECTION

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



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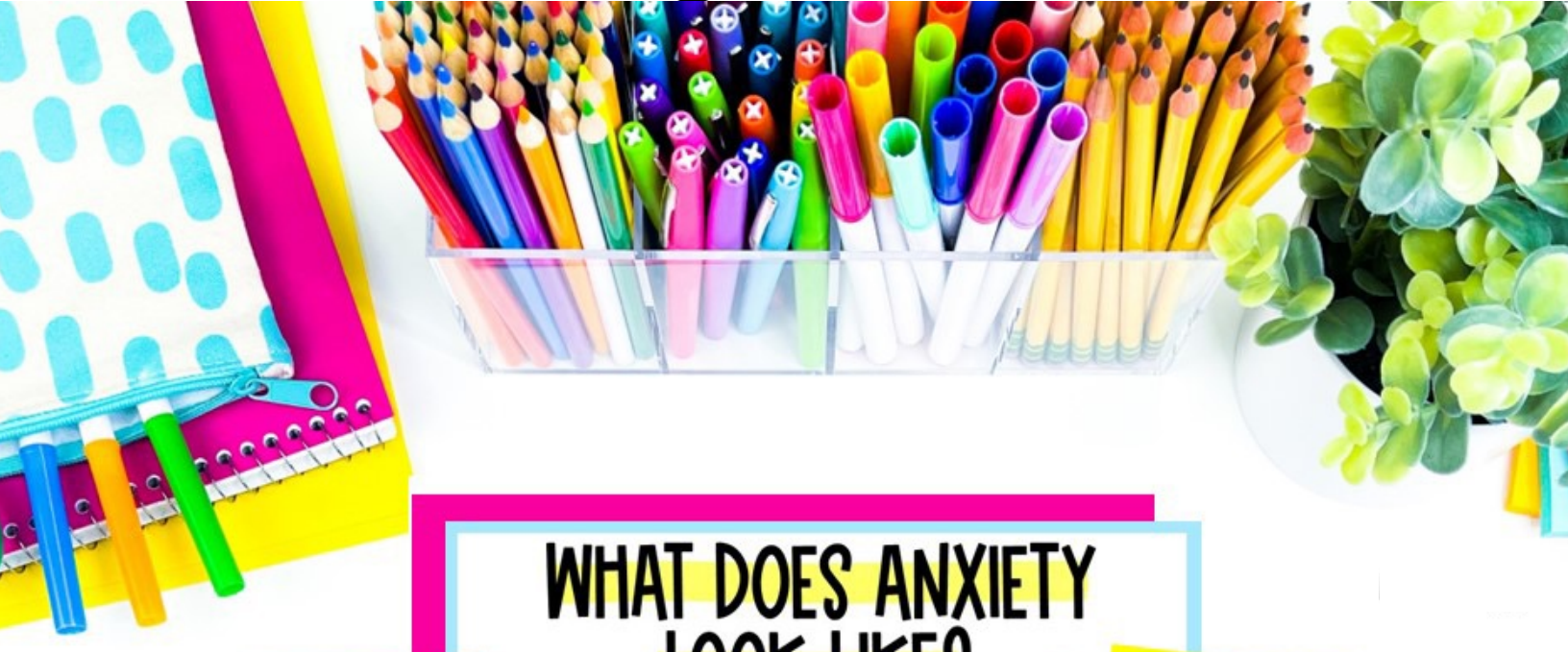
## My Top Six ANXIETY TRIGGERS

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

The central graphic is a clipboard with a silver clip at the top. The title "My Top Six ANXIETY TRIGGERS" is written in a colorful, bubbly font. Below the title is a 3x3 grid of boxes. The top-right box is empty. The other boxes contain illustrations of anthropomorphic fingerprints with faces and limbs, depicting various anxiety triggers. Surrounding the central clipboard are several other cards, each with a trigger and a corresponding illustration. The triggers include: "Getting in trouble at school" (a fingerprint being scolded by a principal), "Feeling like someone is in my space" (two fingerprints, one looking uncomfortable), "Having to speak or perform in front of others" (a fingerprint at a podium), "Being around germs" (two fingerprints, one sneezing), "Others talking about me" (three fingerprints talking), "Taking tests" (a fingerprint at a desk with a "TEST" sign), "Leaving my family" (a fingerprint with a suitcase being hugged by family), "Worrying about past mistakes" (a fingerprint with a thought bubble of a past mistake), "Being in a crowd" (a fingerprint in a group of people), and "Worrying about school" (a fingerprint with a thought bubble of a 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

Fidgeting

## MY COPING STRATEGIES





# "Wilma Jean, the Worry Machine" Companion Lesson



## COPING WITH WORRY

Imagine a happy place

Take deep breaths

Write or draw

Count to 10

Squeeze a stress ball

## WORRIED

Furrowed eyebrows

Quick, shallow breaths

Sweaty, shaky hands

Butterflies in your stomach

Frowning face

Racing heart

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 outline

Name: Laura

### WORRIES I CAN CONTROL

My spelling test on Friday

My piano recital next week

### WORRIES I CAN'T CONTROL

My grandpa's cancer

The weather

### WHAT DO YOU WORRY ABOUT?

School

Home & Family

Friendships

My Choices