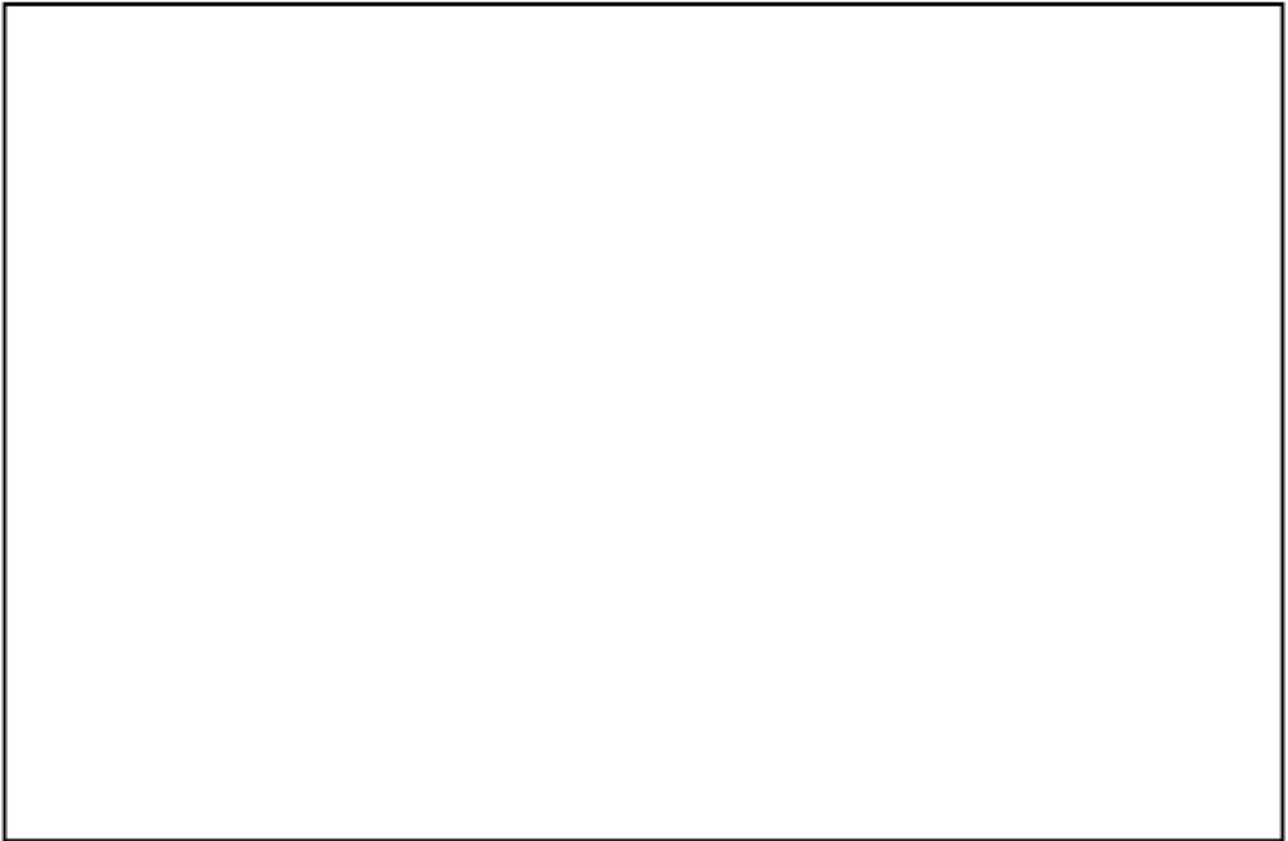


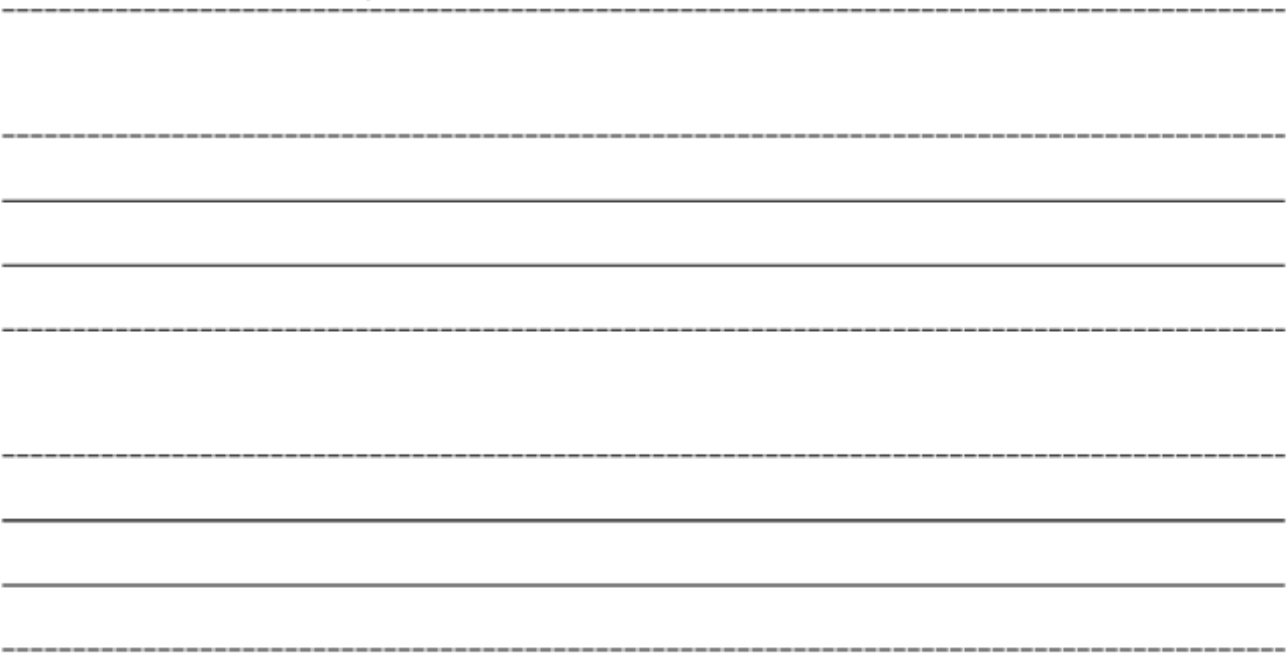
Little Dune

By Lisa Van der Wielen
Illustrated by Alison Mutton

WORRY



I worry when



Name: _____ Date: _____

ANXIETY BREAKDOWN

What is making you feel anxious?

What thoughts are going through your head?

How is your body responding?

What is the worst thing that can happen?

What can you control in this situation?

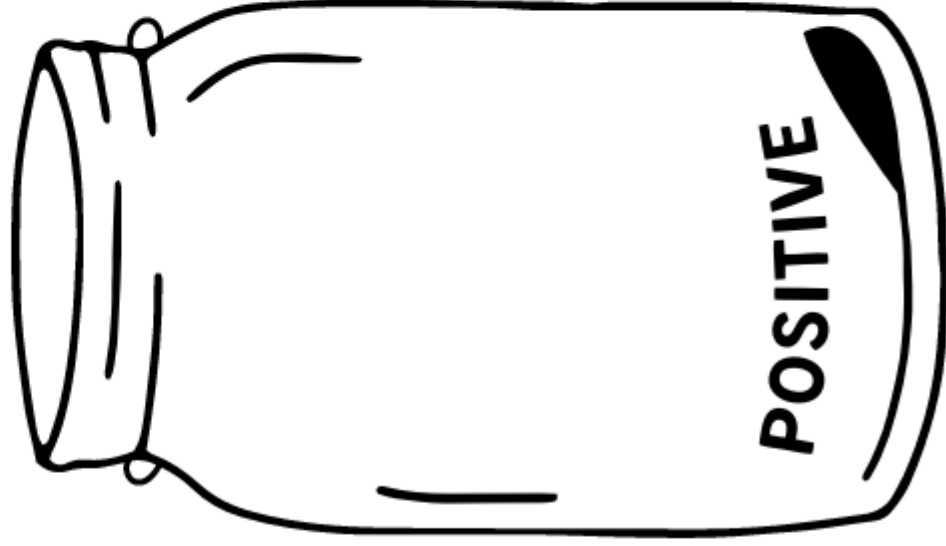
What can you do to calm your body?



FEELINGS

Sort

Instructions: Place the words into either the positive or negative feeling jars. Use a dictionary to look up any unfamiliar words.



CONTENT

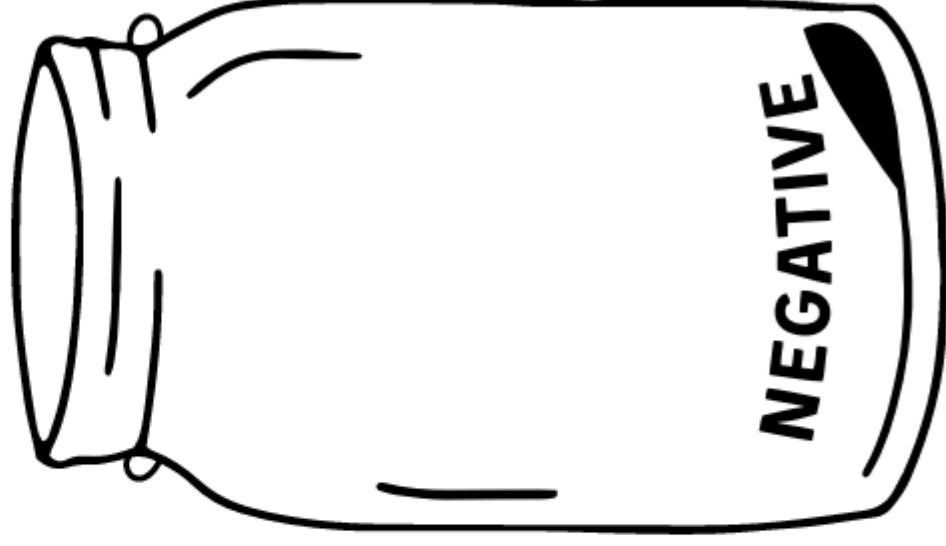
ANGRY

THANKFUL

HURT

CONFUSED

EXCITED



LOVED

SCARED

JEALOUS

APPRECIATED

WORRIED

RELIEVED

JOY

SAD

HAPPY

PROUD

LONELY

EMBARASSED

BREAK IT DOWN

Assessing Anxiety



Choose a thought that has worried you or caused you anxiety.

Is it based on a feeling or actual fact?

FEELING / FACT

Is it possible for my thought to come true?

YES / NO

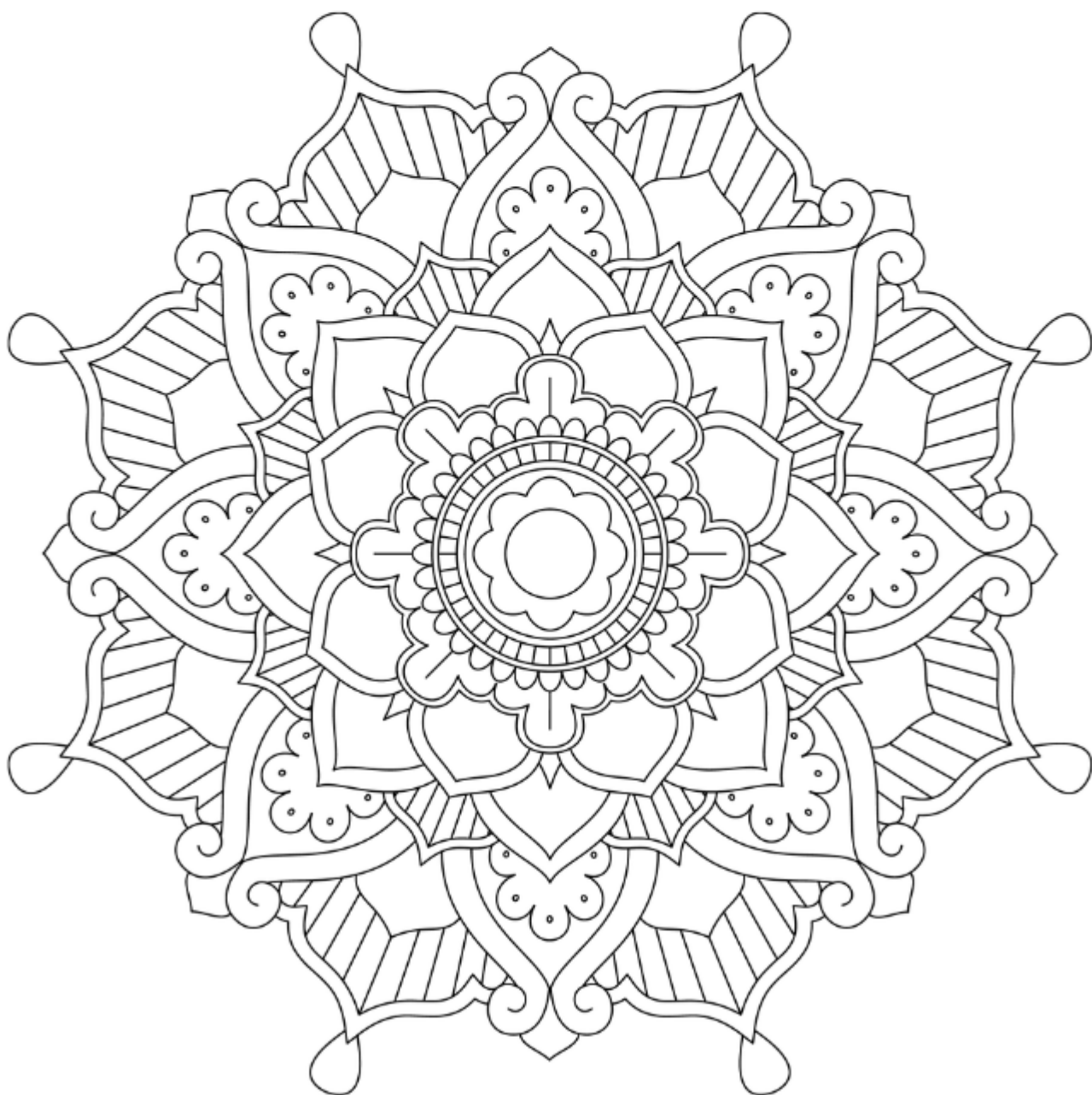
Will it still matter to me tomorrow or in the future?

YES / NO

What is the worst that can happen if it does come true?

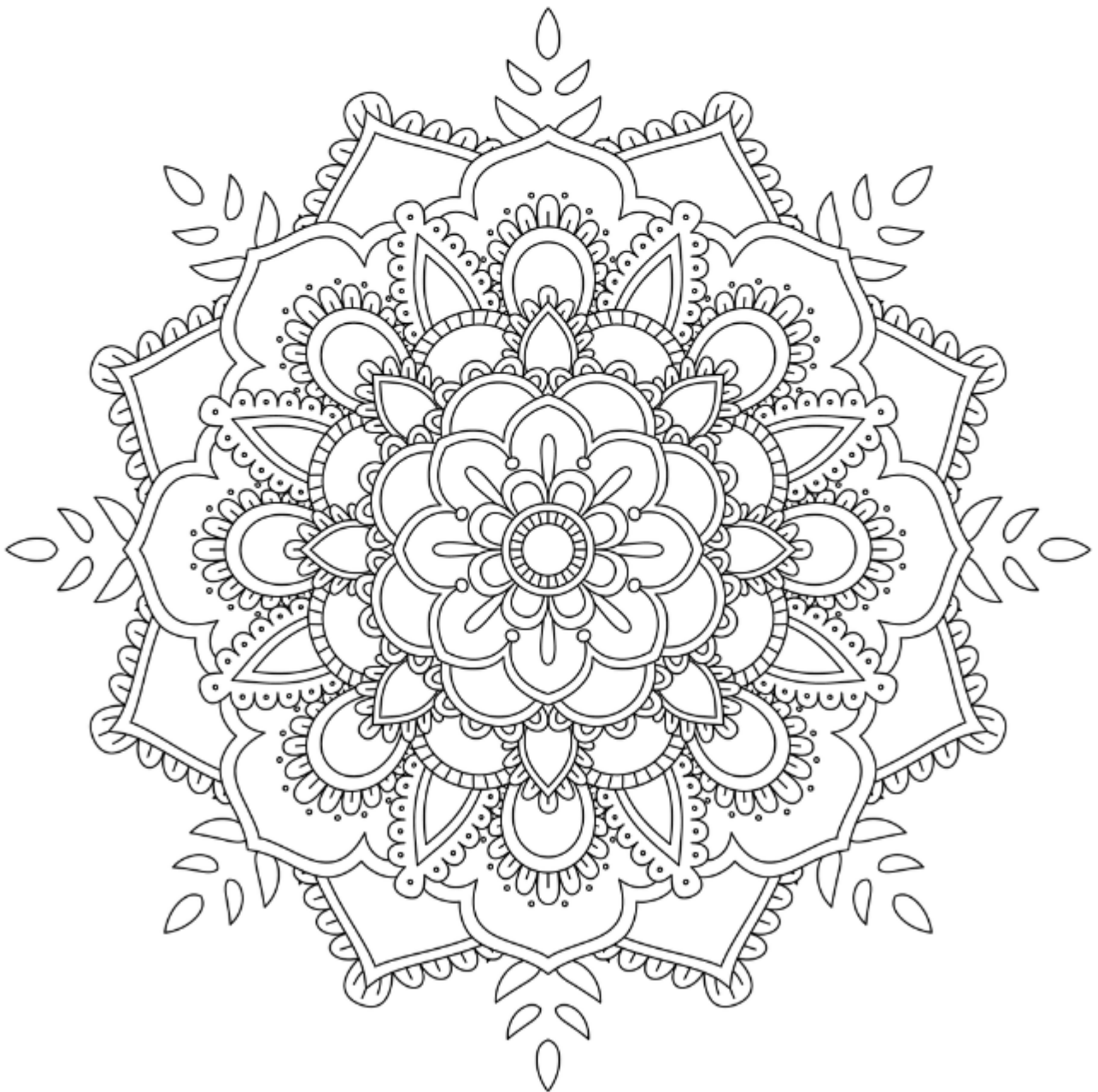
What can I do to handle the situation or thought in a positive way?

I AM
MINDFUL



I AM

PEACEFUL



I AM

BRAVE

