

What Does Anxiety Feel Like? For Me....

Everyone's body gives us clues.

Circle the ones that happen to you.

- ☐ Butterflies
- ☐ Sweaty hands
- ☐ Fast heartbeat
- ☐ Tummy ache
- ☐ Wanting to cry
- ☐ Feeling sick
- ☐ Can't think
- ☐ Wanting to hide
- ☐ Feeling shaky
- ☐ Wanting Mum, Dad or Carer
- ☐ Other _____

What Makes My Worries Bigger?

Draw or write..

Next time I feel worried I can...

- ☐ Take deep breaths
- ☐ Ask for help
- ☐ Use my calm object
- ☐ Have a break
- ☐ Tell someone how I'm feeling
- ☐ Something else...

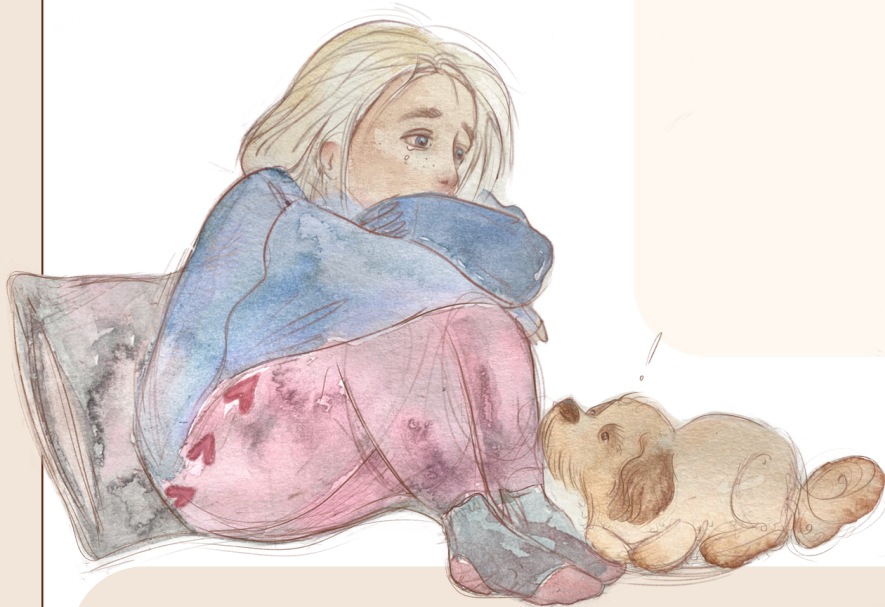
My Support Team are?

Who helps you?

- ☐ My carer
- ☐ My teacher
- ☐ My family
- ☐ My friend
- ☐ Someone else

What Helps My Worries Feel Smaller?

Draw or write..



When I'm feeling worried...

Complete the sentences.

I need people to...

It helps when people...

It doesn't help when people...

Find more resources at
www.ourlifetales.com.au