

Understanding Anxiety

What Does Anxiety Feel Like?

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 Helps My Worries Feel Smaller?

Draw or write.

My Support Team

Who helps you?

My carer, My teacher, My family,
My friend, Someone else



What Makes My Worries Bigger?

Draw or write things that make your worries grow.

When I'm Feeling Worried... Complete the sentences.

I need people to...

It helps when people...

It doesn't help when people...

