

Anxiety Resource Pack



Guidance

- **Body Outline**

Use the body outline resource to teach individuals how their body might feel when they experience signs of worry or anxiety. They can circle the symptoms they have and if they wish create a worry boy or girl on the next page.

- **5 Point Scale**

A 5-point scale is used to teach individuals that feeling can be placed on a scale, the more heightened the feeling the higher the number. Individuals can change the colouring and include interest areas. It may make it easier to communicate feelings by using a number or colour e.g. I feel like a 3 or I feel orange. A list of calming ideas should also be incorporated into the scale with special focus being given around numbers 3 and 4.

- **Sticky Thoughts**

This resource can be used for individuals that don't like to refer to thoughts as anxiety or worries. We can refer to these thoughts as sticky thoughts, we can also think of another option (positive thought) to put into the blue bubble.

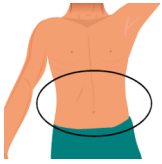
- **Calm Down ideas**

A list of coping tools for individuals to choose from. Also grounding ideas. You can find many more ideas online.

Body Outline

When we worry, our bodies might start to feel different

How does your body feel?- circle the right answer for you



My tummy feels okay

My tummy feels different

My tummy feels very sick



Heart is the same

Heart beats faster

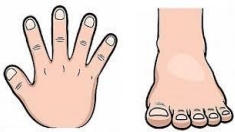
Heart beats slower



I have calm nice thoughts

I have a lot of thoughts at once- some are bad

I keep thinking I need to get out



My hands and feet are still

I fidget with my hands

I can't stop moving



My voice stays the same

I can be very quiet

I can be loud or my voice changes



I don't sweat

I sweat more



My body is calm

My body is shaking



I feel cool

I feel hot

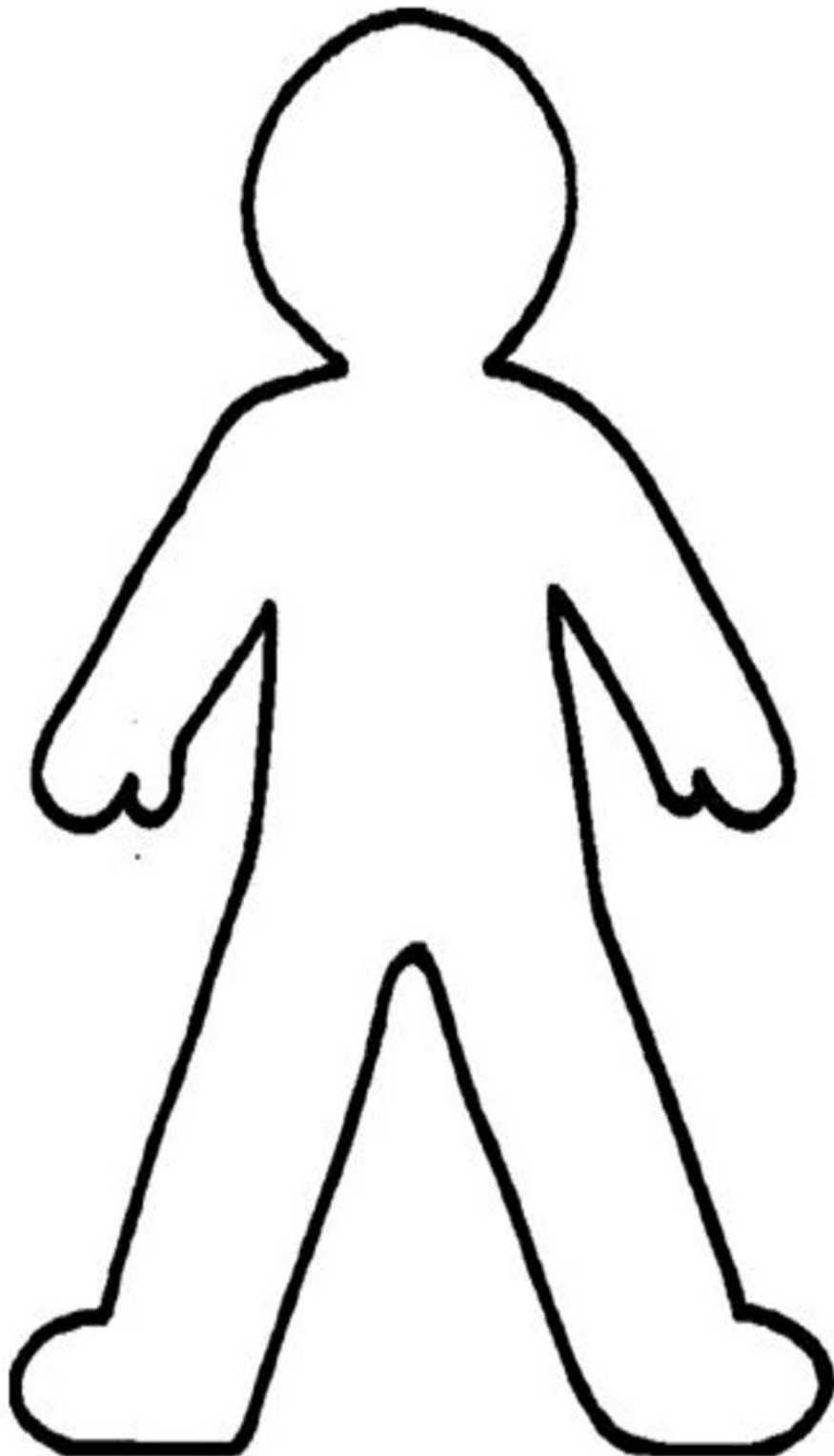


I don't cry

I do cry

Body Outline

Now that I have circled how my body feels,
when I am worried, I can draw all my symptoms here.



5 Point Scale

My 5-point scale

Number	How does it make me feel?	An example of a time you felt like this	What will calm you?
5			
4			
3			
2			
1			

5 Point Scale

Coloured

Black & White

Fortnite

5
4
3
2
1

5
4
3
2
1


5 
4 
3 
2 
1 

5 Point Scale

Roblox

Pokémon

Harry potter

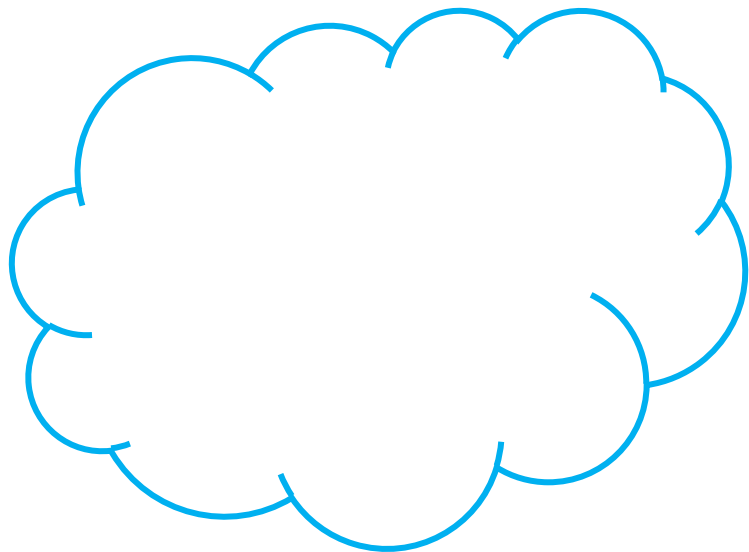
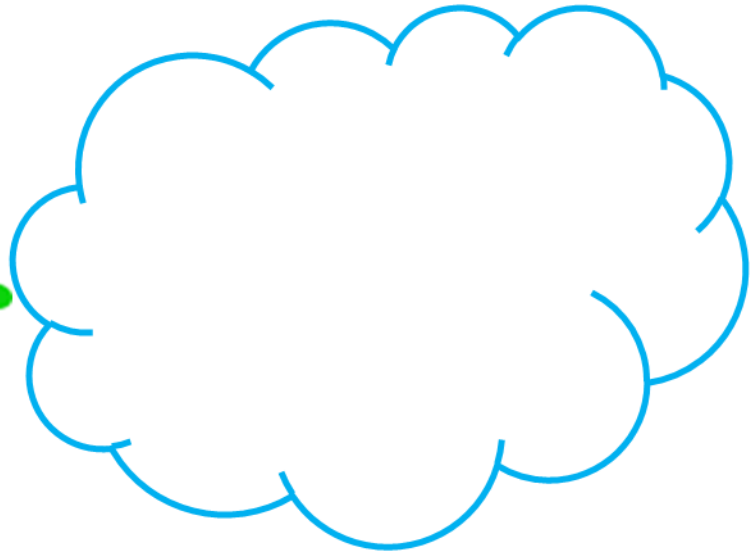
5 
4 
3 
2 
1 

5 
4 
3 
2 
1 

5 
4 
3 
2 
1 

Sticky Slimy Thought **Vs** Nice Thought

Sometimes we get sticky slimy thoughts. These slimy thoughts start to make you worry about things you don't have to and get stuck in your head. Try and think about a nice thought instead. _____ or _____ can help me think of nice thoughts.



COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

My Grounding Techniques

Breathe In

Breathe Out

P a u s e P a u s e

Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

Senses 5,4,3,2,1

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste

Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control," or "I am safe in this moment." Tap, tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

What can you see

5 colours
you
can see

4 shapes
you
can see

3 soft things
you
can see

2 people
you
can see

1 thing you
can read

Find something in the room that begins with each letter

(until you feel calmer)

a b c d e f

g h i j k l m

n o p q r s t

u v w x y z