

o MUSIC  city COUNSELOR

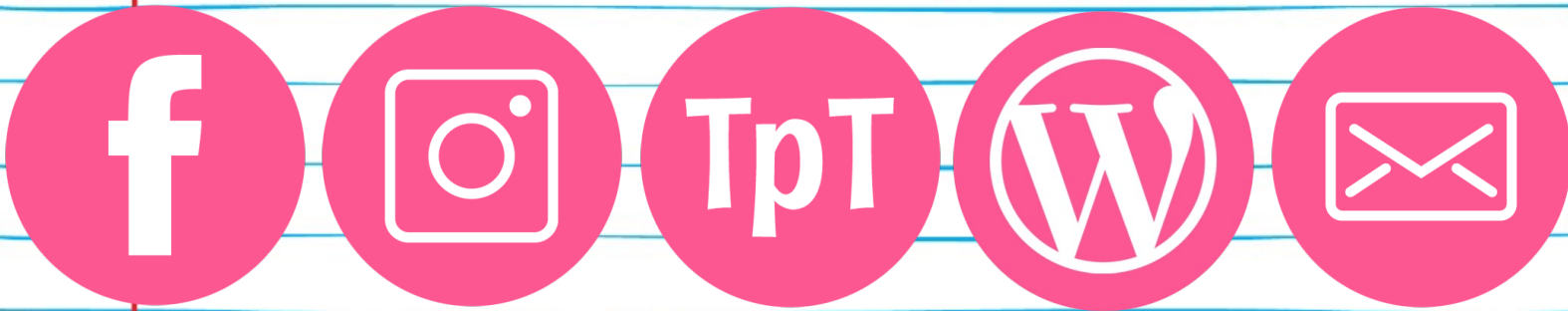
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE 1:

This activity will take approximately 30 minutes to complete. It can be used with large groups, small groups, and individual students.

To set up the activity, please:

1. Print the "Anxiety looks like" and 3 "Anxiety feels like" posters.
2. 3 different races/skin colors are provided for the body as well as black/white. Please choose the one that best fits your needs and print it. Then, cut out the body and tape it together on the back.
3. Please print and cut out the 24 squares. Full color and black/white are included.

To use the activity, please:

- Explain that today we are going to learn what anxiety looks and feels like in our bodies. Explain that anxiety looks and feels different for everyone. Even though we all have the same kind of brain and body systems, they react in different ways. Because everyone's brain and body are unique, anxiety shows up differently for each person. Some people have *loud* anxiety that is easy to notice. Some people have *quiet* anxiety that others cannot see. Neither one is better or worse! Just because someone's anxiety looks different from yours doesn't mean it's easier or harder. Anxiety is not a weakness! It is part of the human experience.
- Show students the "Anxiety looks like" poster. Go through each physical sign of anxiety. **Generate a discussion around:**
 - Where in your body do you notice the FIRST signs of anxiety?
 - Which of these physical signs of anxiety do you experience most?
 - Which of these physical signs of anxiety do you NOT experience?
 - Do any of these common physical signs surprise you?
- Show students the 3 "Anxiety feels like" posters. They show 24 different common metaphors for what anxiety feels like our bodies and brains. Talk through each metaphor. **Generate a discussion around:**
 - Choose one of the metaphors for anxiety. Explain how and why anxiety may feel this way.
 - Choose one of the metaphors for anxiety. Have you ever experienced anxiety feeling this way? If so, when? Explain.
 - Which one of these metaphors most accurately explains how anxiety feels to you? Which one of these metaphors least accurately explains how anxiety feels to you? Explain.
 - Do any of these metaphors surprise you? Which ones, and why?

DIRECTIONS PAGE 2:

- Explain that next we will do an exercise called "Body Mapping." (Please see the **sample** on the next page). This exercise helps us understand how anxiety feels and where in our body we feel it. Place the outline of the body on the table. Place the little blue cards around the body. Ask students to take turns choosing a blue card, showing/explaining it to the group, and placing it on the body outline where they have experienced anxiety feeling that way. For example, they may place the butterflies on the stomach or the bees buzzing on the brain or the pins and needles on the hands. There are no right or wrong answers! Talk through and process each card as you play. **Generate a discussion around:**
 - Why did you choose this card? Why did you place it there on the body?
 - Do you ever feel several of these feelings at the same time? Explain.
 - Which metaphor (like the rubber band, volcano, popcorn, etc.) feels the most like your anxiety? Explain.
 - Does anxiety always feel the same to you, with the same signs in the same body parts? Or does it change/vary? Explain.
 - Do different feelings of anxiety show up in different parts of your body? Explain.
 - What do you notice in your body when your anxiety starts getting stronger? Are there warning signs your body gives you?
 - What helps your body calm down when anxiety shows up in those places?
 - What strategies might help those body parts relax?

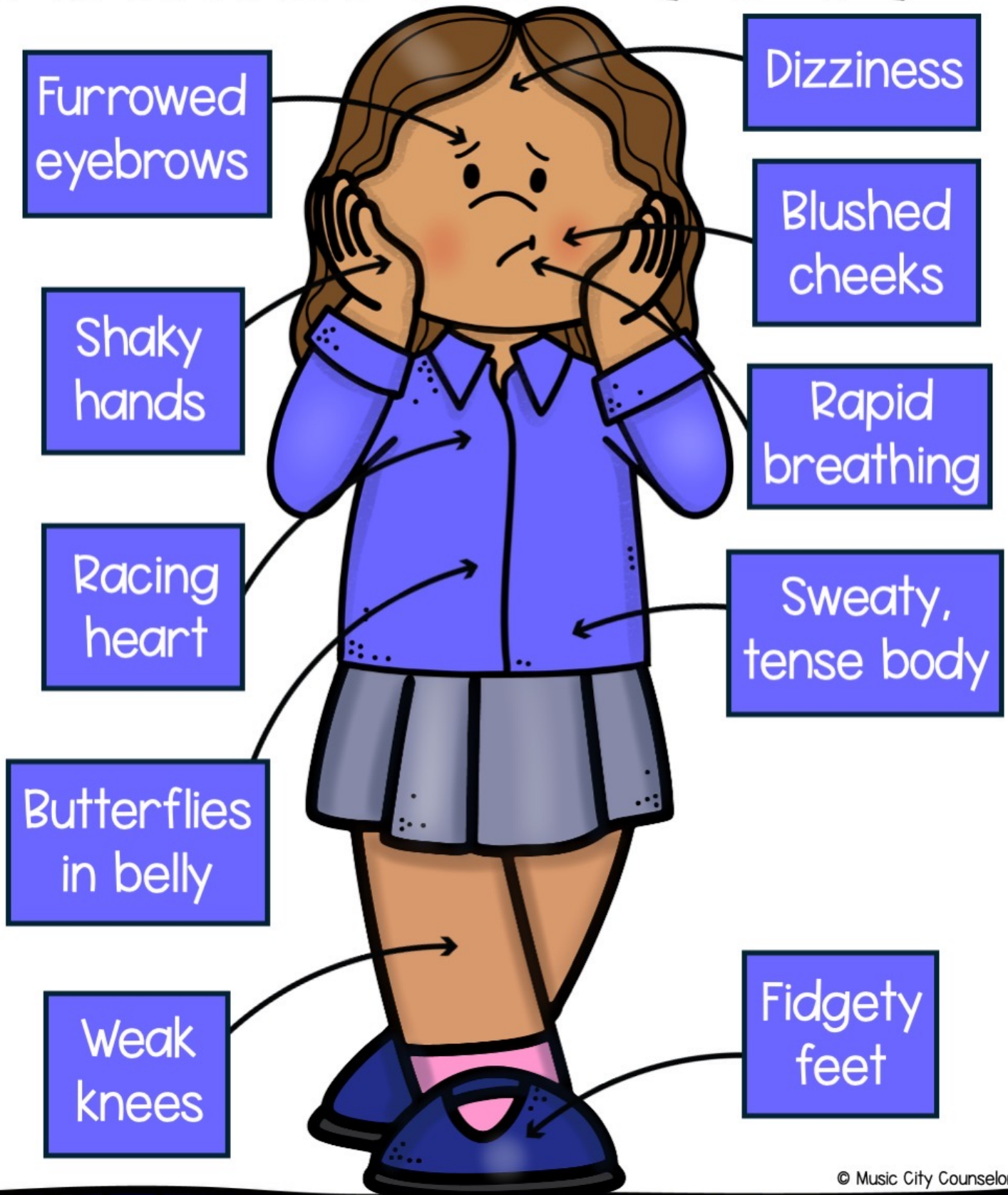
Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! 😊

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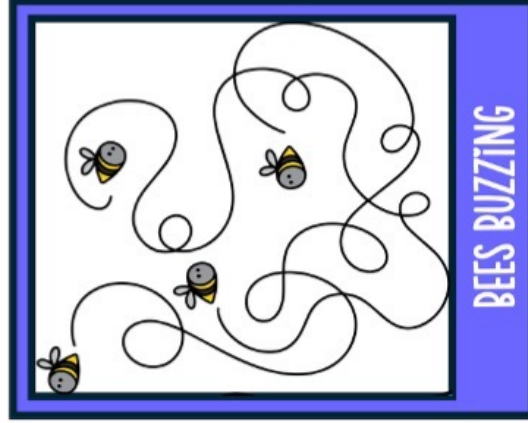
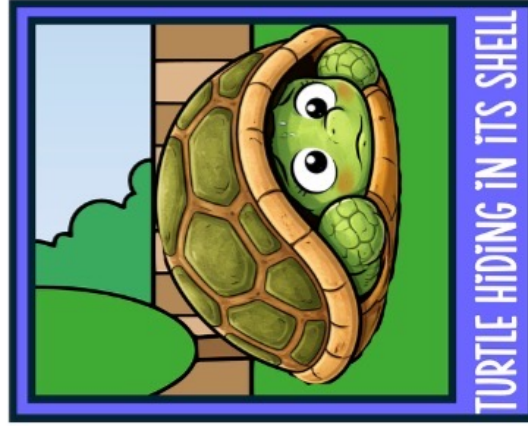
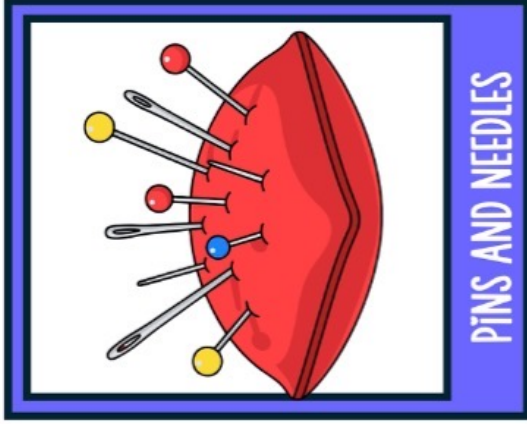
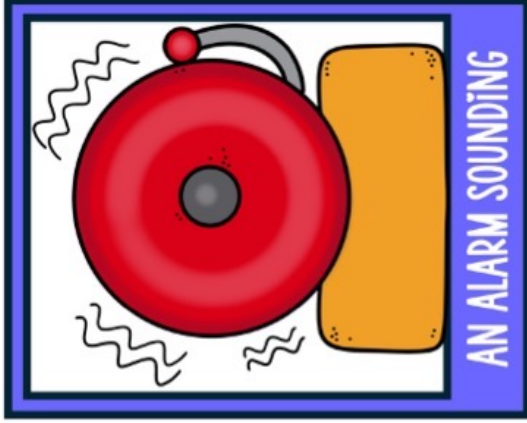
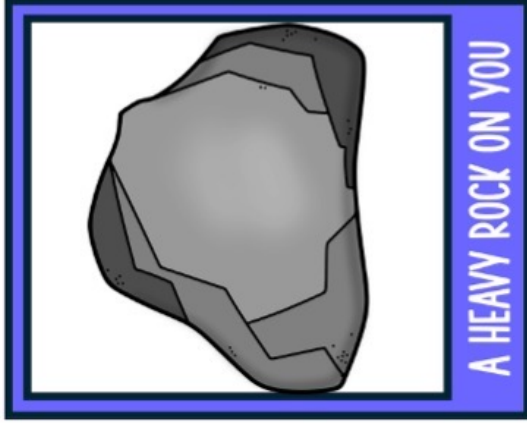
SAMPLE:



ANXIETY looks & like



ANXIETY feels like



ANXIETY feels like



HAMSTER ON A WHEEL



A RUSH OF COLD



A RUSH OF HEAT



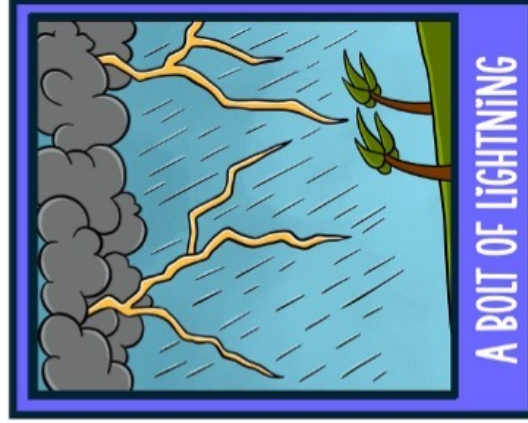
A TORNADO SPINNING



A FLOOD OF EMOTIONS



A FIRE BURNING

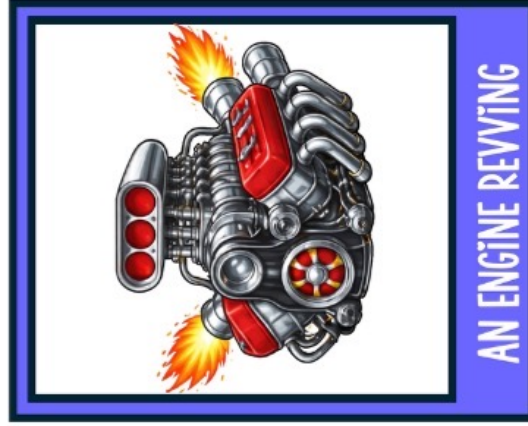
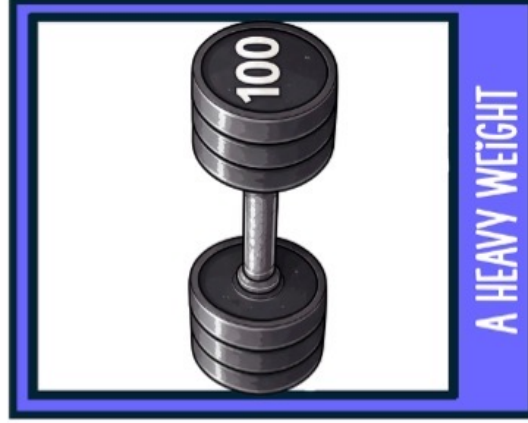
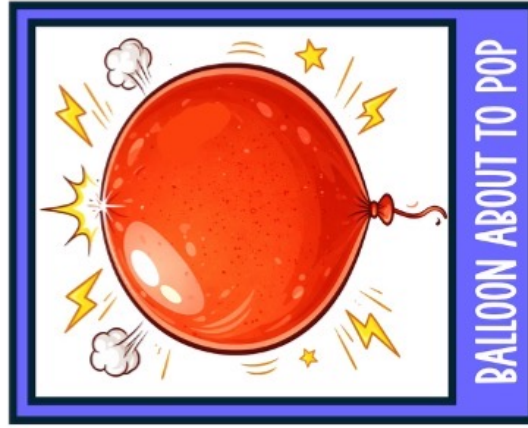
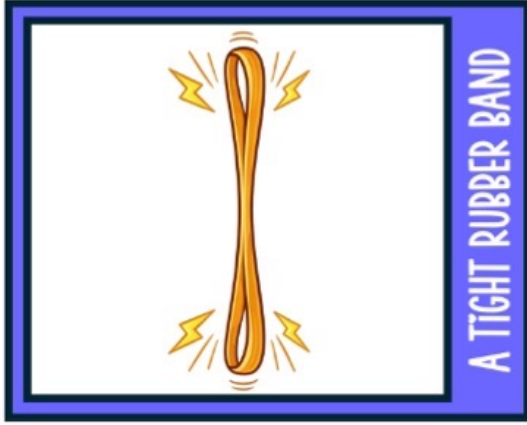
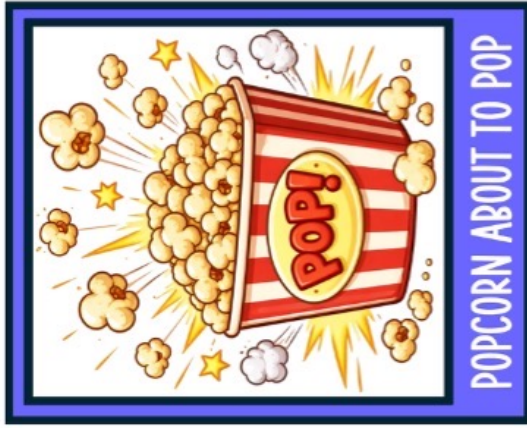


A BOLT OF LIGHTNING

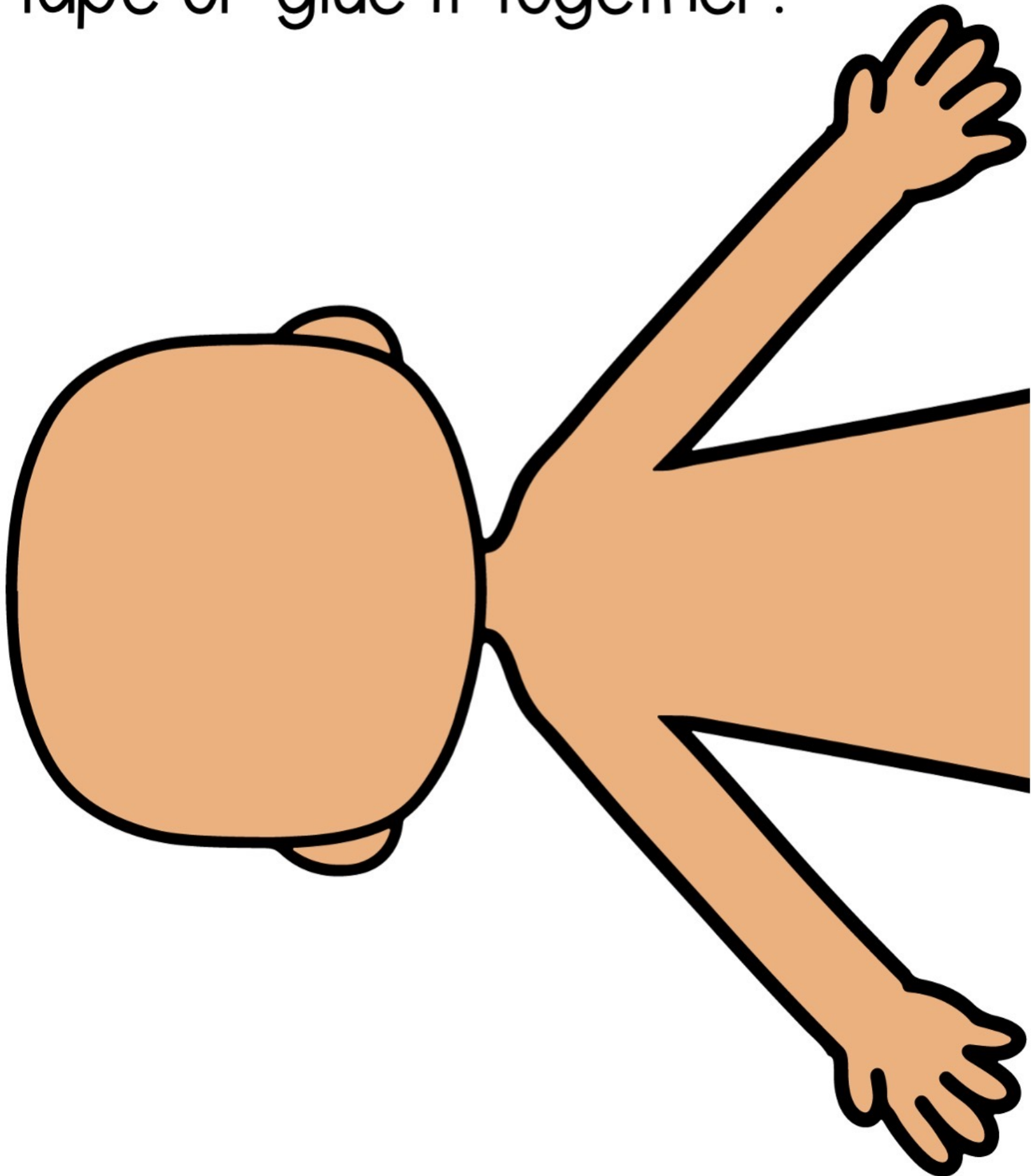


A WAVE OF EMOTIONS

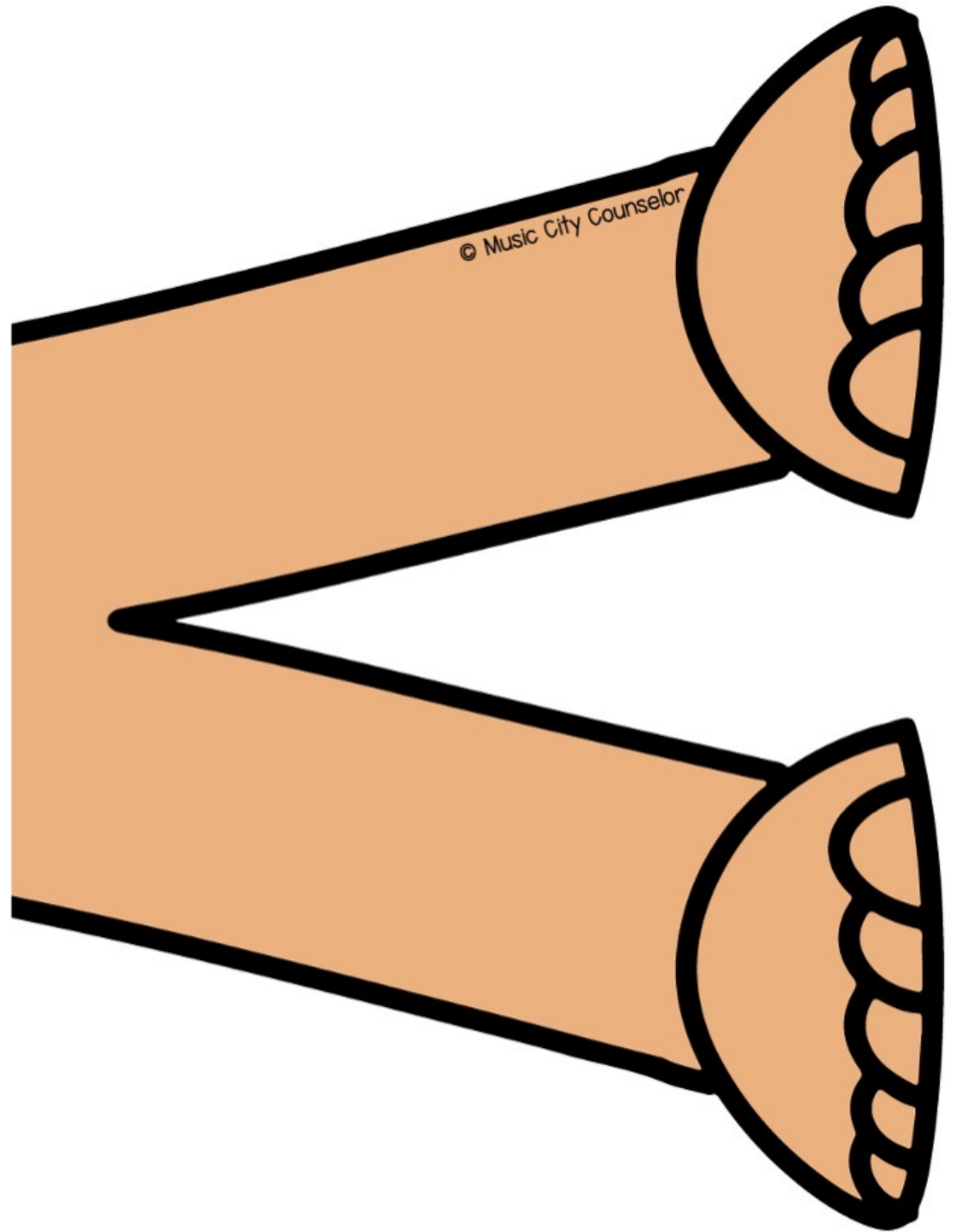
ANXIETY feels like



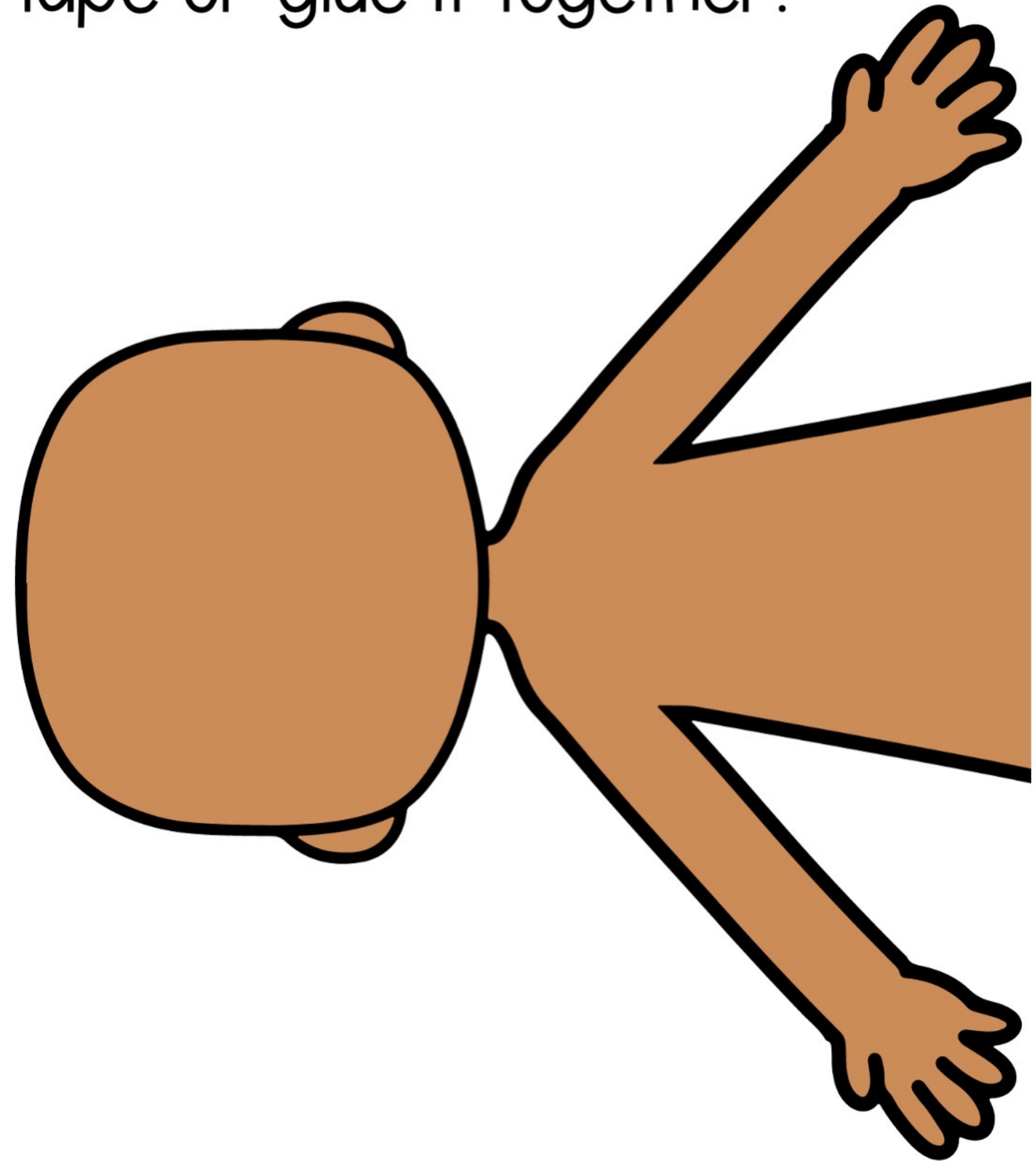
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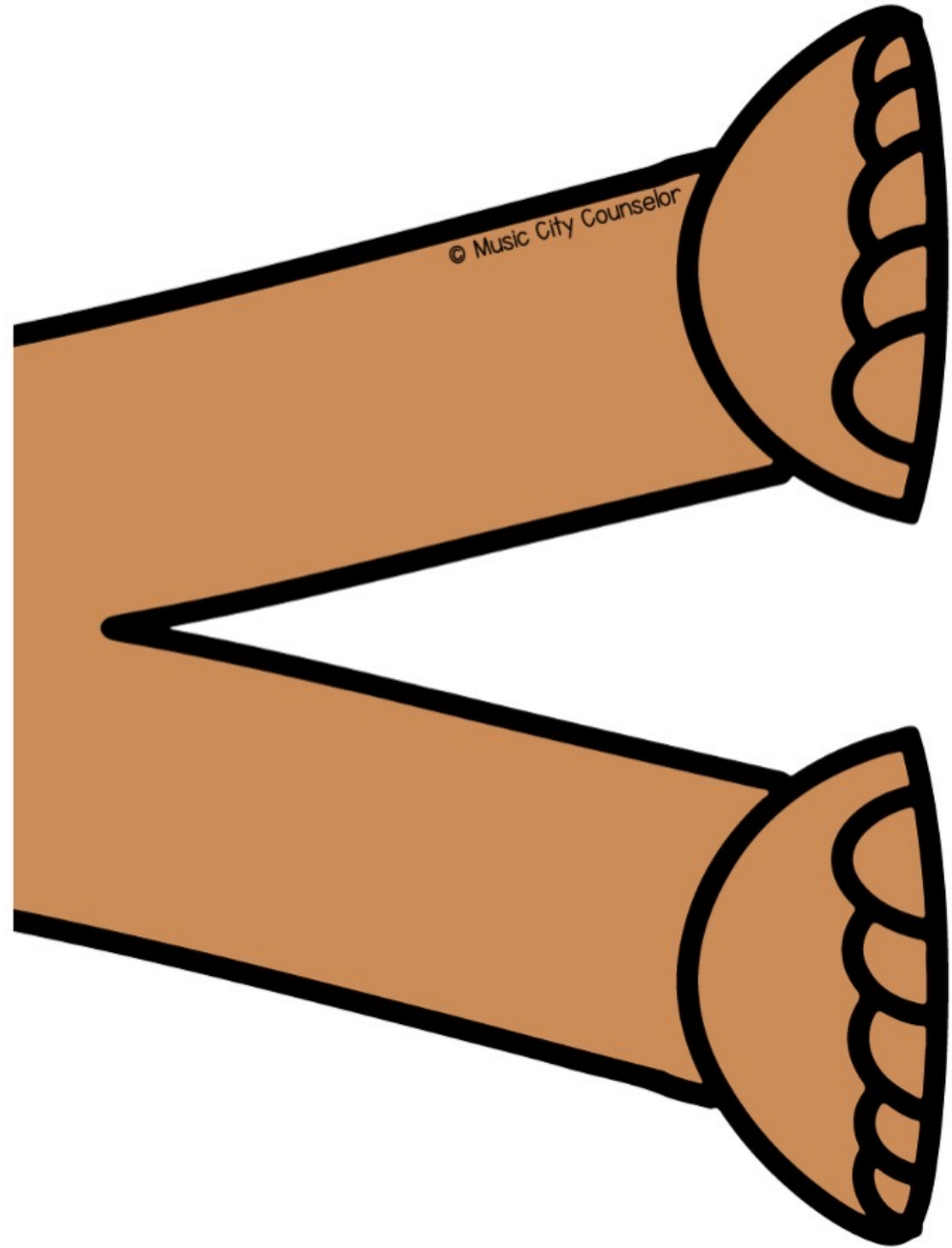
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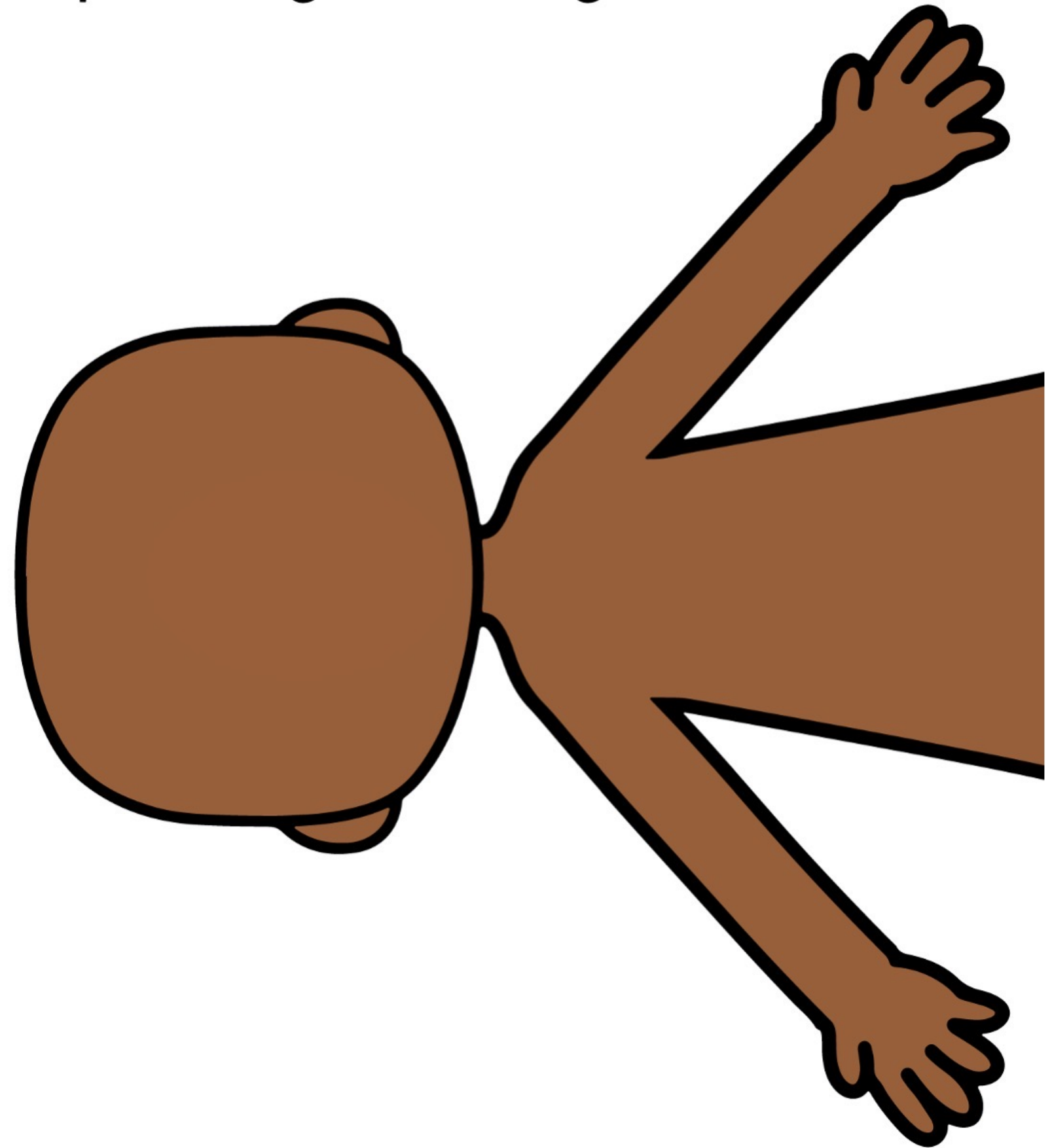
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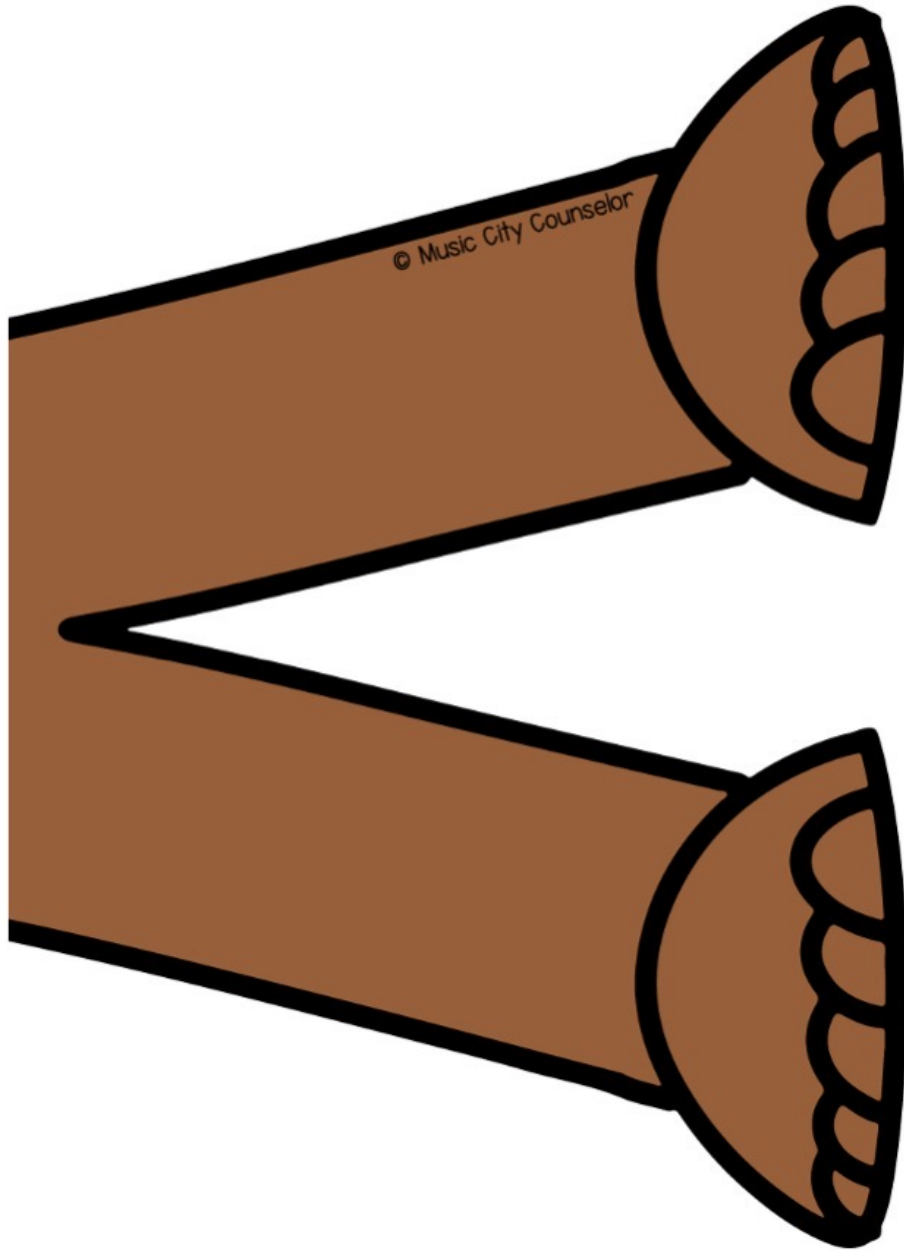
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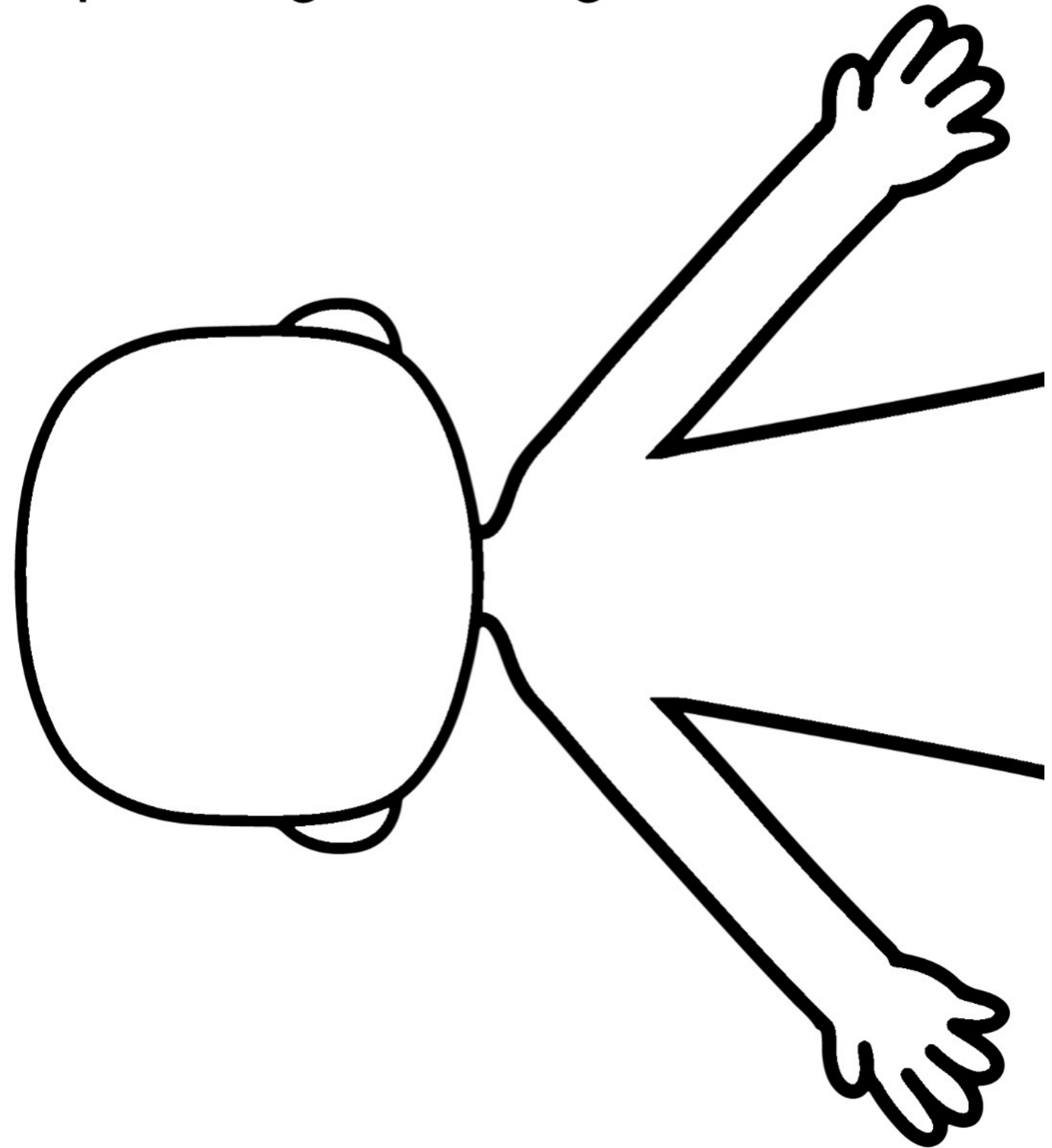
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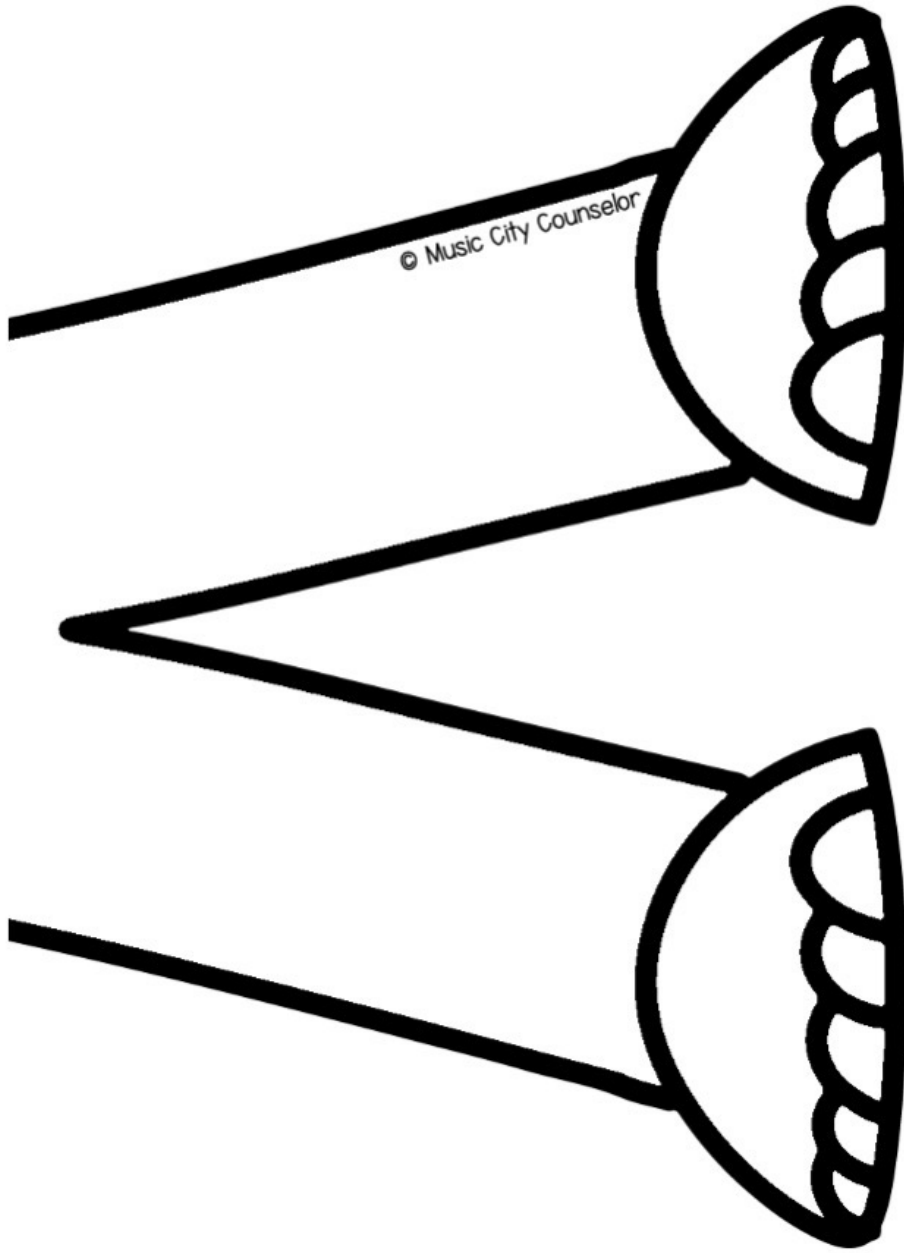
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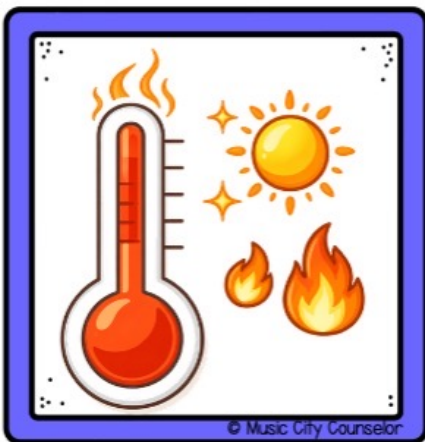
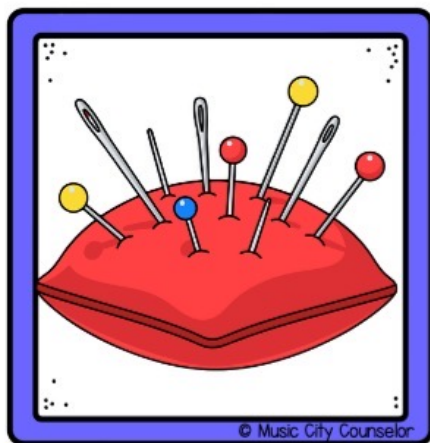
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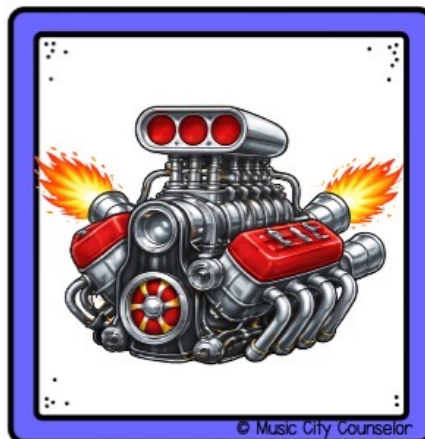
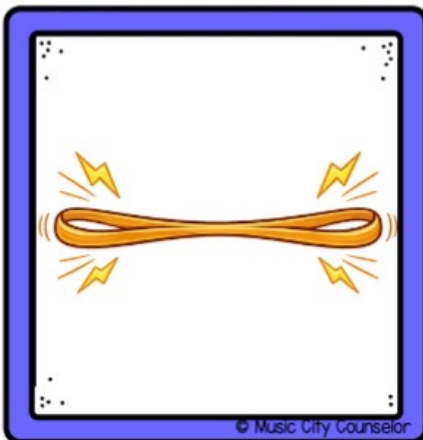
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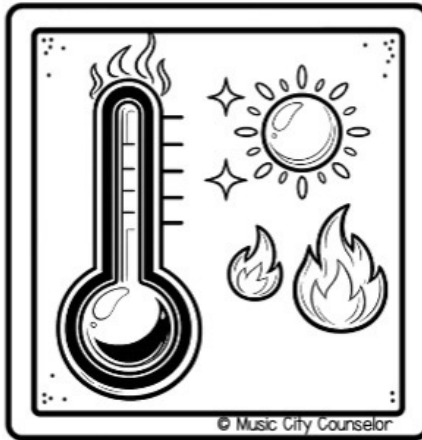
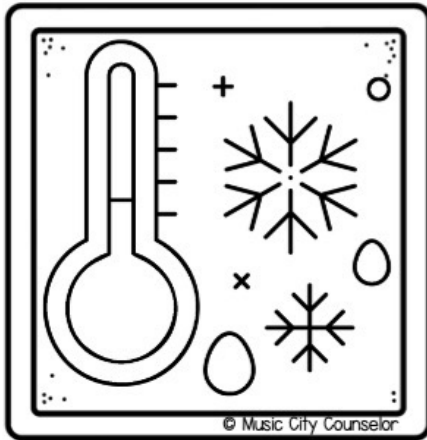
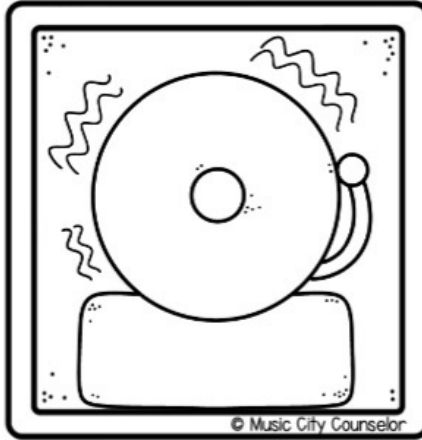
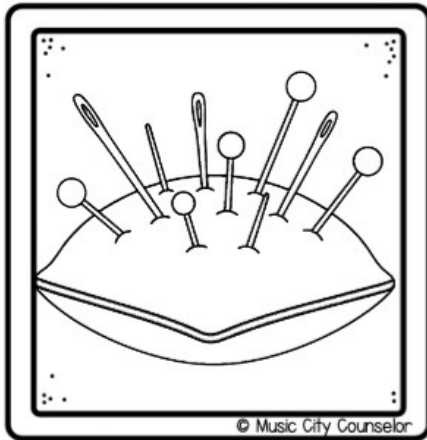
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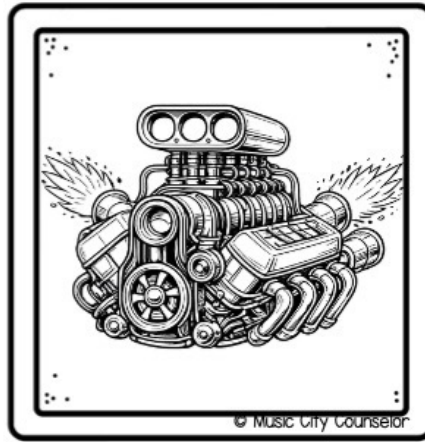
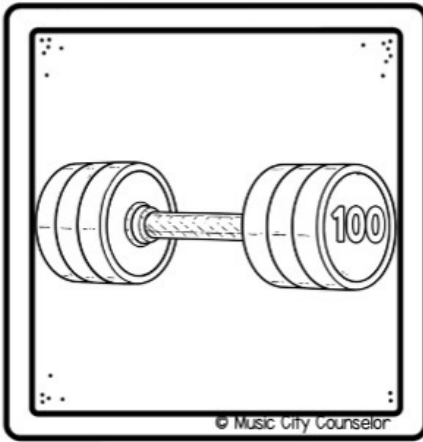
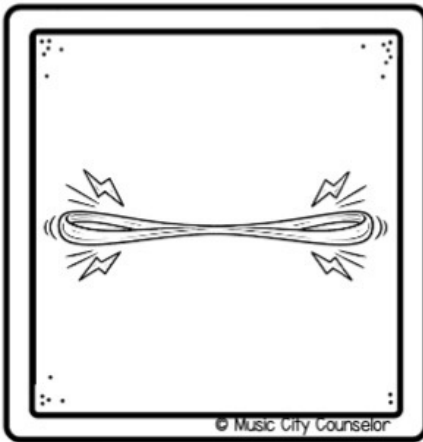
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