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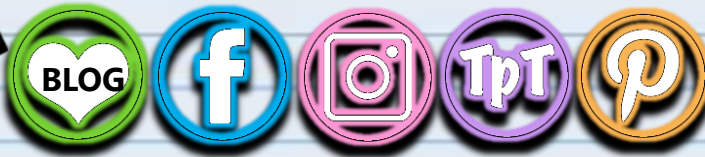
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If you have any questions or
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Ashley

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I WANT FREEBIES

LET'S TALK ABOUT ANXIETY

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Anxiety" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

*Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.

*Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.

*On your turn, you try to get rid of your cards by playing one card onto the discard pile.

****If you have a matching card in your hand,*** you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.

****If you do NOT have a matching card,*** draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.

*The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.

*When a player plays their final card, they WIN!

*Action cards:

*Draw Two card: When played, the next player must draw two cards and lose their turn.

*Skip card: When played, the next player loses their turn.

*Reverse card: When played, the direction of play is reversed.

*Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.

*Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

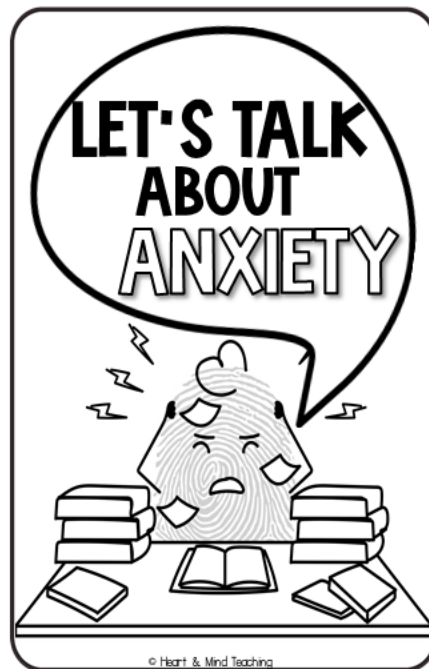
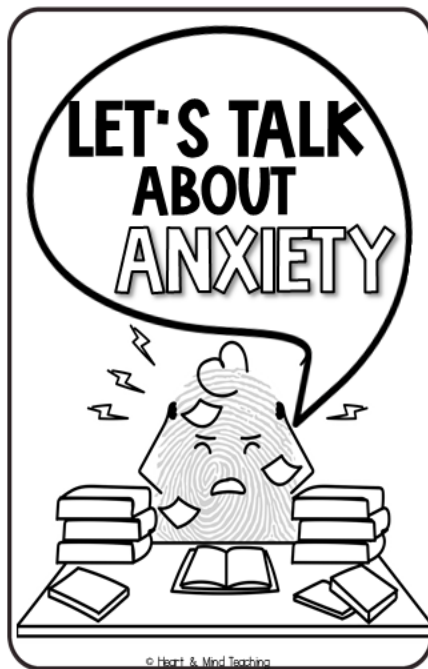
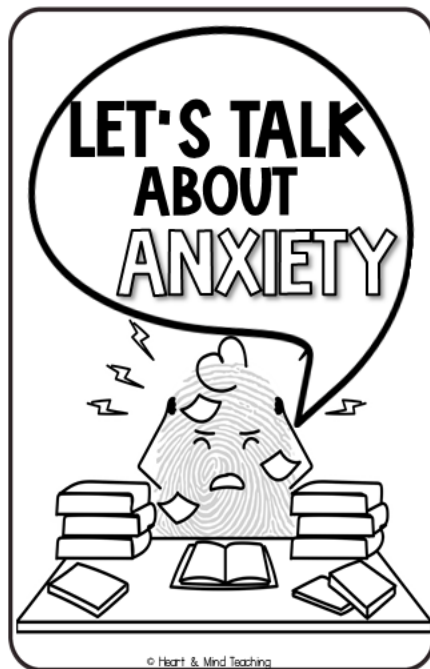
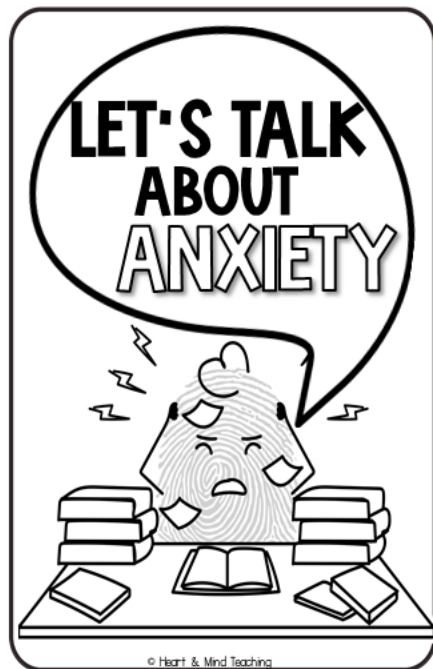
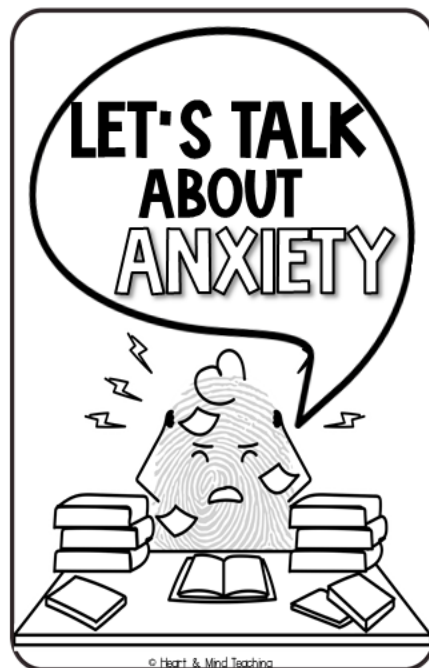
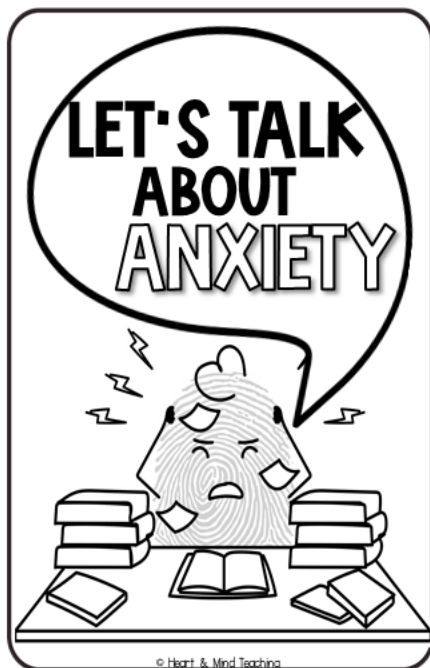
*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Self-Management Skills: Effective coping skills (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management, self-discipline.

*Self-Awareness: Identifying emotions.



1



WHAT IS ANXIETY?

... **ANXIETY** ...

2



HOW DO YOU CALM YOURSELF DOWN WHEN YOU'RE ANXIOUS?

... **ANXIETY** ...

3



WHAT MAKES YOU FEEL BETTER WHEN YOU'RE ANXIOUS?

... **ANXIETY** ...

4



CAN YOU THINK OF A TIME WHEN DEEP BREATHING HELPED YOU FEEL CALM?

... **ANXIETY** ...

5



WHAT ARE SOME ACTIVITIES THAT HELP YOU RELAX?

... **ANXIETY** ...

6



HOW DOES ANXIETY FEEL IN YOUR BODY?

... **ANXIETY** ...

7



WHAT IS ONE THING YOU CAN DO IF YOU FEEL OVERWHELMED?

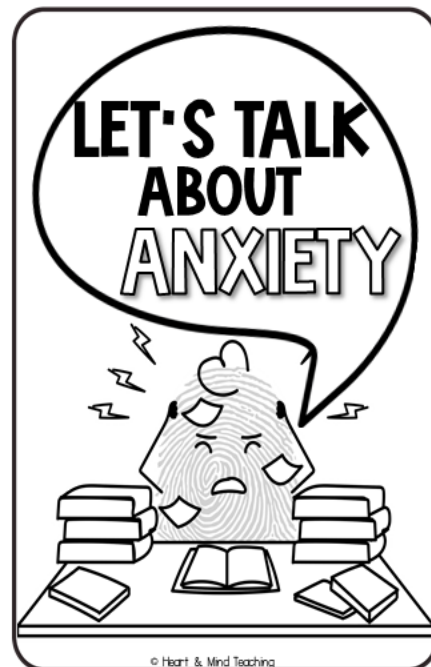
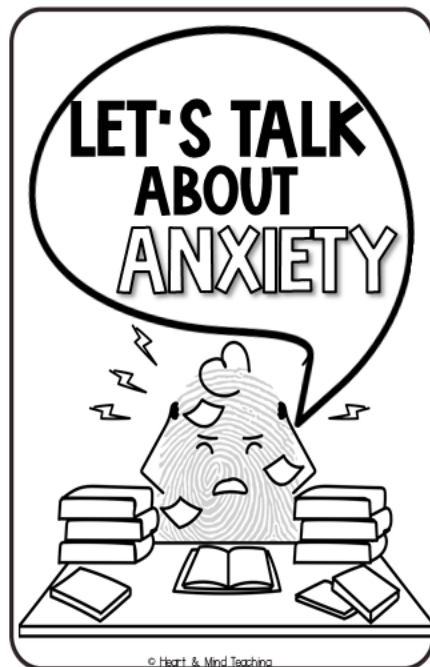
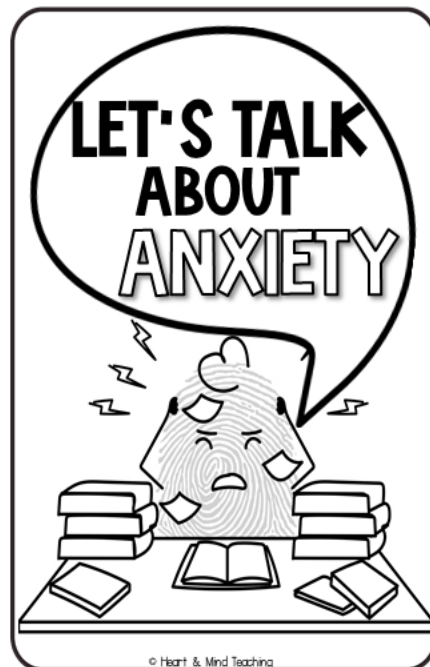
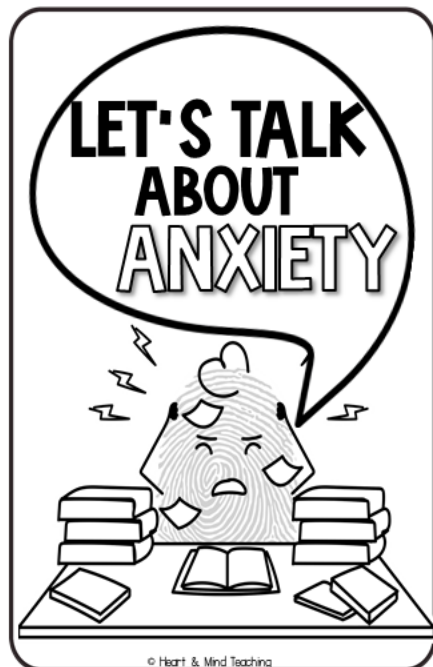
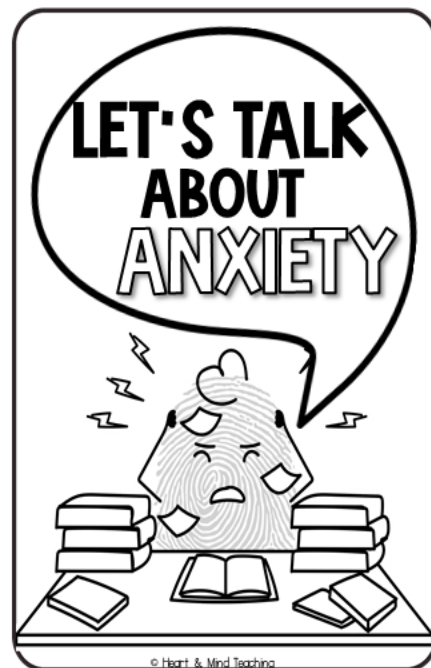
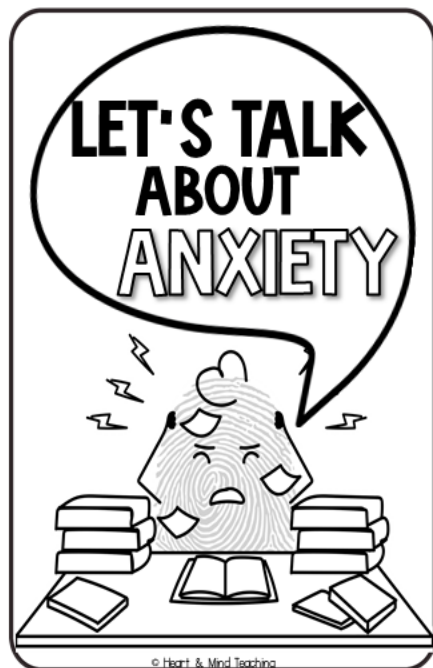
... **ANXIETY** ...

8

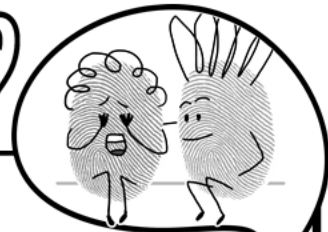


WHO IS SOMEONE YOU CAN TALK TO WHEN YOU'RE FEELING STRESSED?

... **ANXIETY** ...



9



HOW DO YOU
FEEL AFTER
TALKING TO
SOMEONE ABOUT
YOUR WORRIES?

... ANXIETY ...

10



HOW IS
ANXIETY
DIFFERENT FROM
FEELING
NERVOUS?

... ANXIETY ...

Draw Two



HOW DO YOU
EXPRESS YOUR
FEELINGS IN A
HEALTHY WAY?

... ANXIETY ...

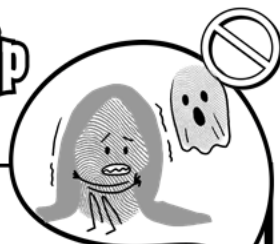
Reverse



CAN ANXIETY
BE HELPFUL
SOMETIMES?
HOW?

... ANXIETY ...

Skip



WHAT ARE
SOME SITUATIONS
THAT MIGHT MAKE
SOMEONE FEEL
ANXIOUS?

... ANXIETY ...

Skip



WHY DO YOU
THINK PEOPLE
FEEL ANXIOUS
BEFORE A BIG
TEST OR EVENT?

... ANXIETY ...

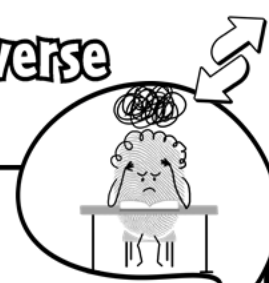
Draw Two



WHAT SHOULD
YOU DO IF ANXIETY
STOPS YOU FROM
DOING THINGS YOU
ENJOY?

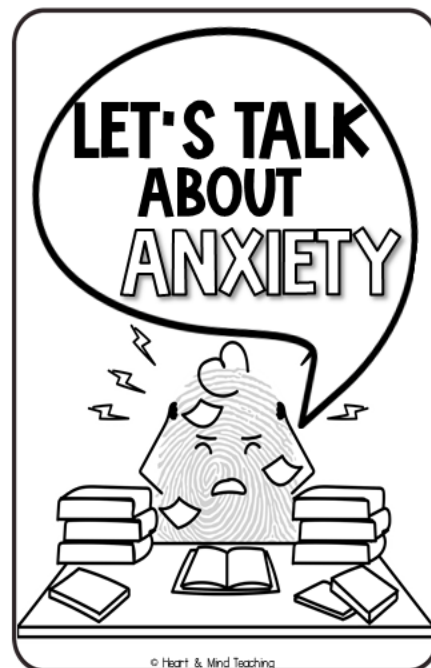
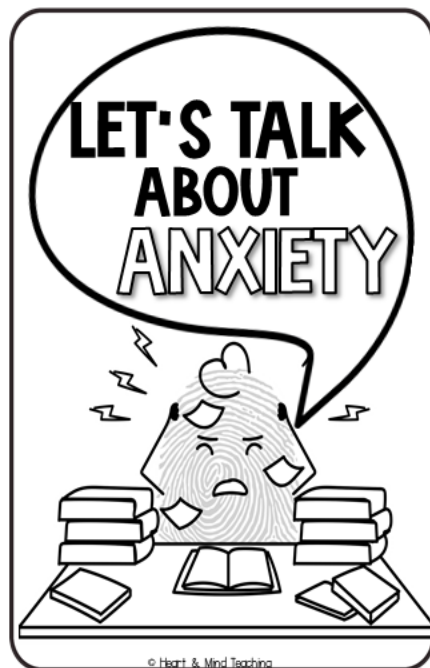
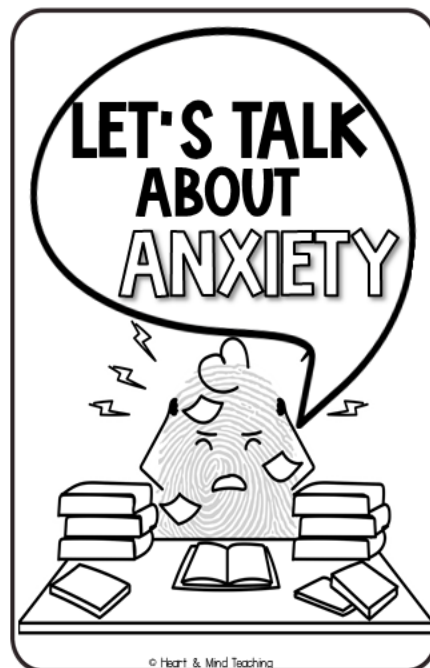
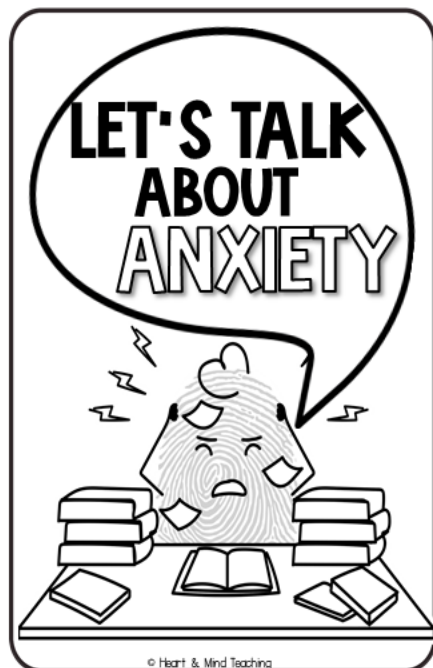
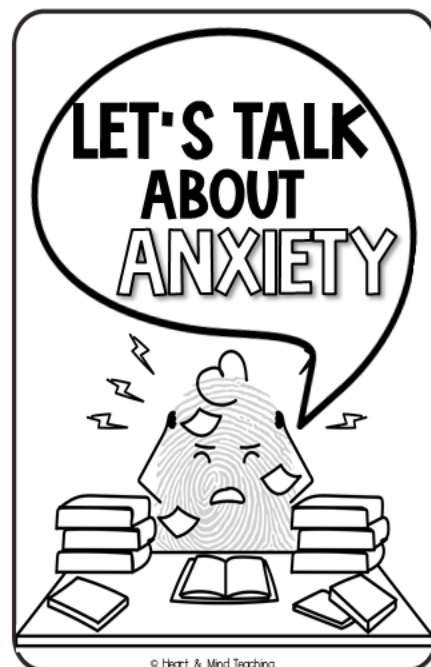
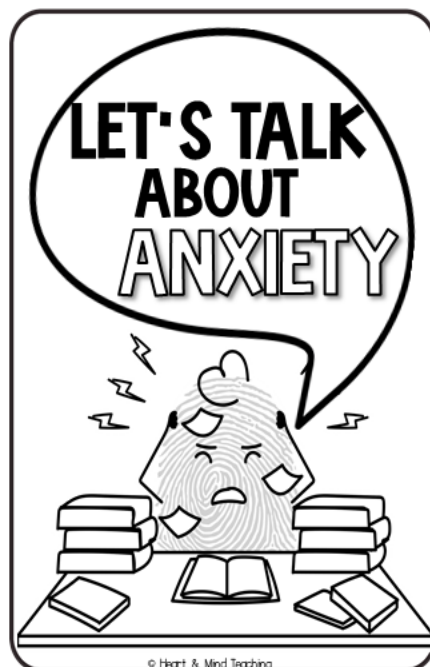
... ANXIETY ...

Reverse



CAN ANXIETY
HAPPEN EVEN
WHEN NOTHING
BAD IS
HAPPENING?

... ANXIETY ...



1



**WHAT'S
SOMETHING YOU
DO TO STAY CALM
WHEN YOU'RE
ANXIOUS?**

... **ANXIETY** ...

2



**HOW DO YOU
HELP A FRIEND
WHO IS FEELING
ANXIOUS?**

... **ANXIETY** ...

3



**WHAT ARE
SOME SIGNS THAT
SOMEONE MIGHT
BE FEELING
ANXIOUS?**

... **ANXIETY** ...

4



**HOW DO YOU
BOUNCE BACK
WHEN YOU MAKE
A MISTAKE?**

... **ANXIETY** ...

5



**HOW CAN
EXERCISING OR
PLAYING SPORTS
HELP YOU FEEL
BETTER?**

... **ANXIETY** ...

6



**DO YOU HAVE A
FAVORITE WAY TO
MOVE YOUR BODY
WHEN YOU'RE
FEELING STRESSED?**

... **ANXIETY** ...

7



**HOW DOES
ANXIETY
AFFECT
SLEEP?**

... **ANXIETY** ...

8



**HOW DO YOU
FEEL AFTER
SPENDING TIME
OUTSIDE?**

... **ANXIETY** ...



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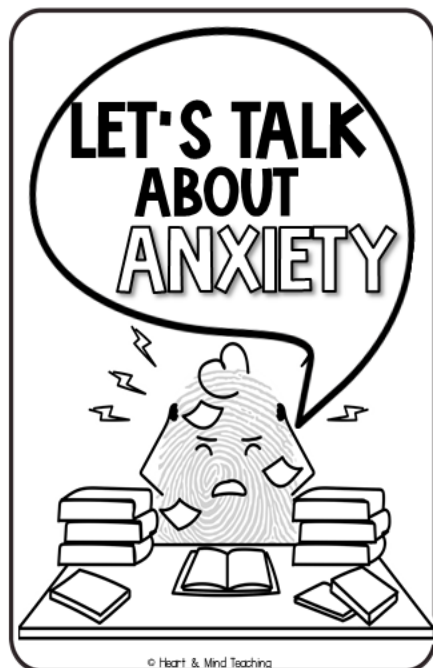
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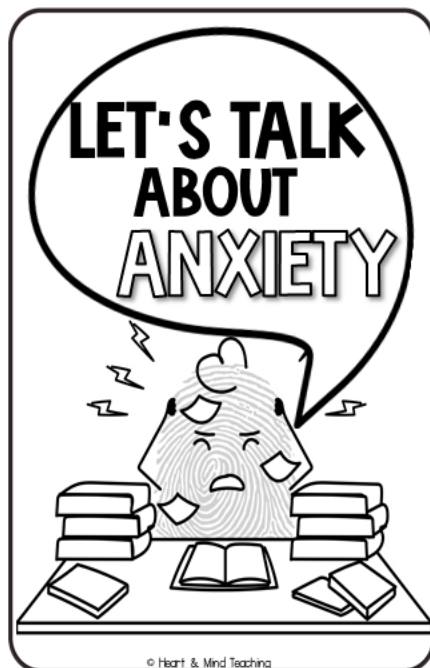
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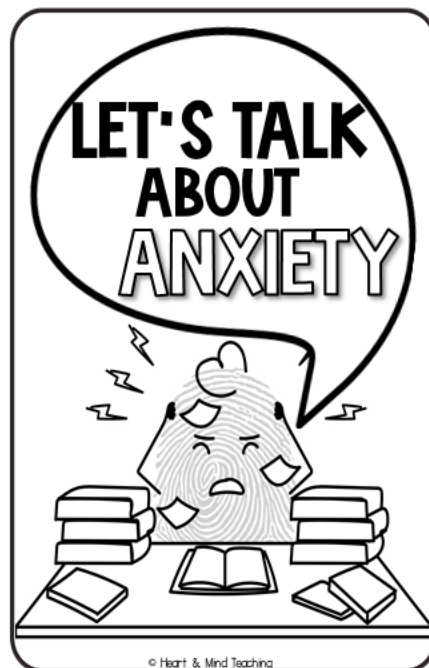
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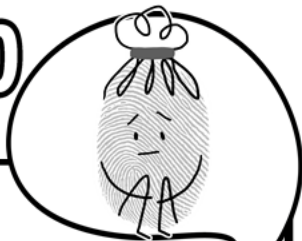
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DO YOU THINK
EVERYONE FEELS
ANXIOUS
SOMETIMES?
WHY?

... ANXIETY ...

10



HOW CAN YOU
TELL IF YOU ARE
FEELING
ANXIOUS?

... ANXIETY ...

9



WHAT ARE
SOME THINGS AT
SCHOOL THAT
MIGHT MAKE KIDS
FEEL ANXIOUS?

... ANXIETY ...

10



HOW CAN
MAKING NEW
FRIENDS CAUSE
ANXIETY?

... ANXIETY ...

9



WHAT'S
SOMETHING YOU DO
TO CALM DOWN
BEFORE BED IF YOU'RE
HAVING TROUBLE
SLEEPING?

... ANXIETY ...

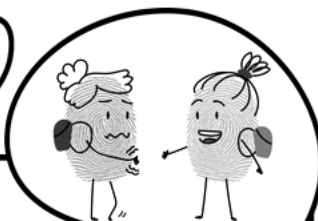
10



HAVE YOU EVER
FELT ANXIOUS
BEFORE SPEAKING
IN FRONT OF A
GROUP? WHAT WAS
IT LIKE?

... ANXIETY ...

9



HOW CAN
TRYING
SOMETHING
NEW CAUSE
ANXIETY?

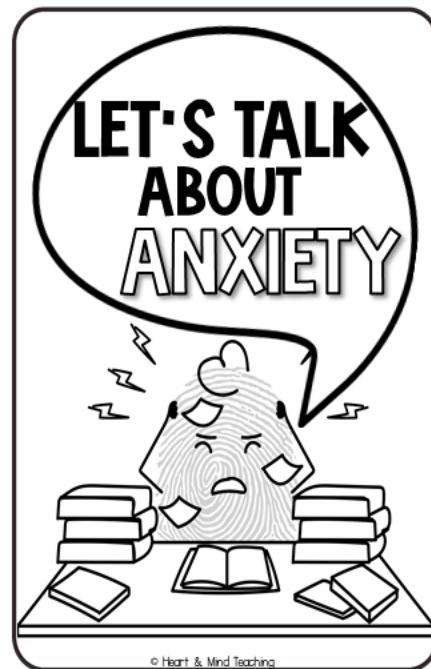
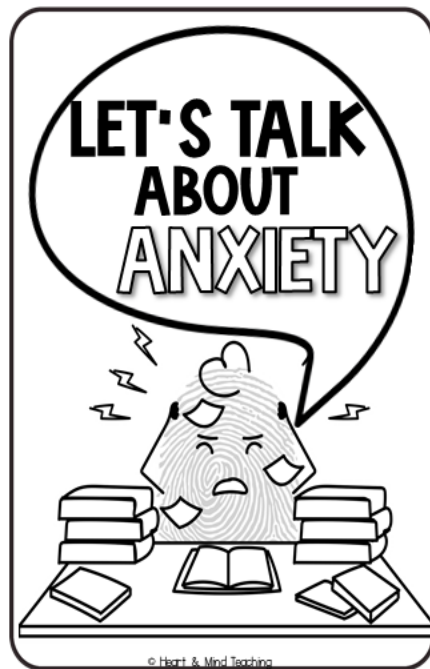
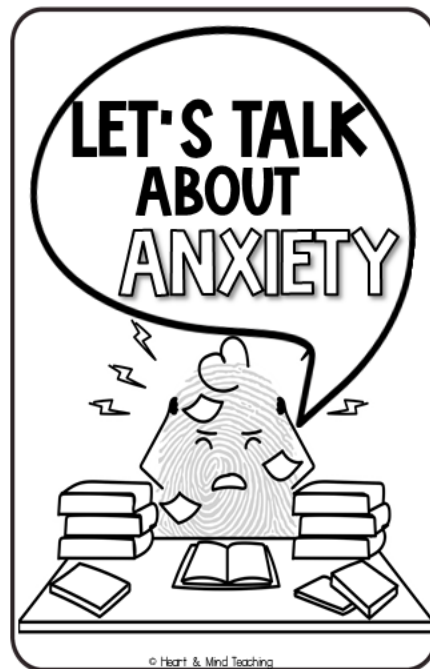
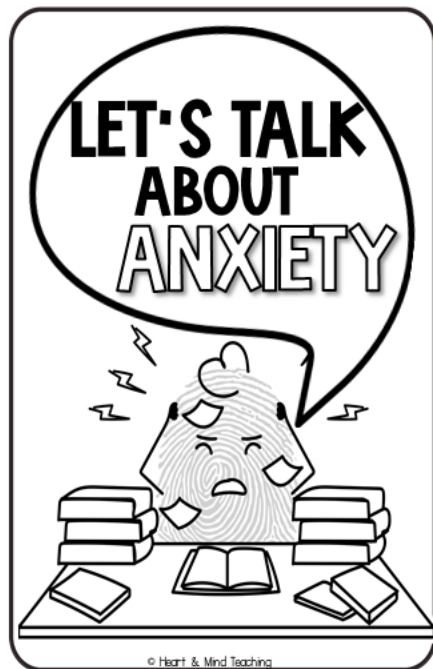
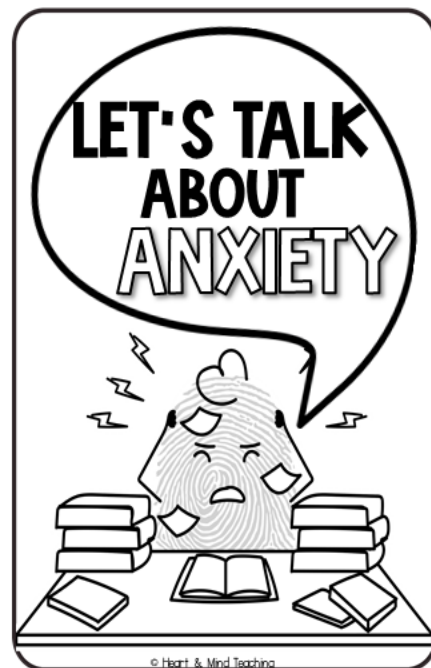
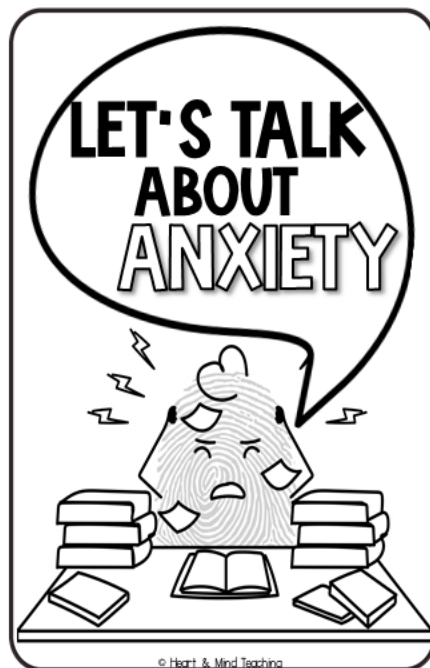
... ANXIETY ...

10



HAVE YOU
EVER BEEN
ANXIOUS BEFORE
A TEST? HOW DID
YOU HANDLE IT?

... ANXIETY ...



1



**HOW DO BIG
CHANGES, LIKE
MOVING TO A NEW
SCHOOL, MAKE
PEOPLE FEEL?**

... **ANXIETY** ...

2



**CAN TOO MUCH
HOMEWORK MAKE
STUDENTS FEEL
ANXIOUS? WHY?**

... **ANXIETY** ...

3



**WHO IS SOMEONE
YOU TRUST TO
TALK TO WHEN
YOU NEED HELP?**

... **ANXIETY** ...

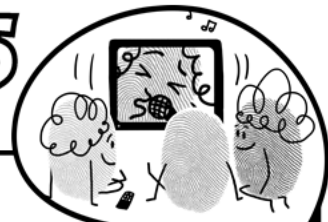
4



**HOW CAN
WORRIES ABOUT
THE FUTURE
MAKE SOMEONE
FEEL ANXIOUS?**

... **ANXIETY** ...

5



**CAN WATCHING
SCARY MOVIES OR
READING SCARY
STORIES CAUSE
ANXIETY?**

... **ANXIETY** ...

6



**HOW DO YOU
ASK FOR HELP
WHEN YOU'RE
STRUGGLING?**

... **ANXIETY** ...

7



**WHAT
HAPPENS TO
YOUR BODY
WHEN YOU FEEL
ANXIOUS?**

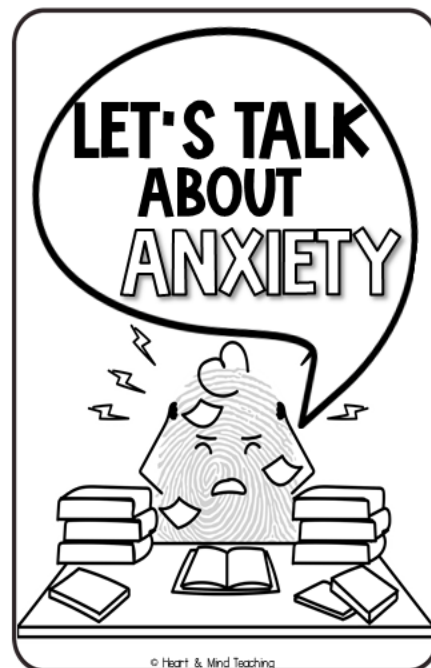
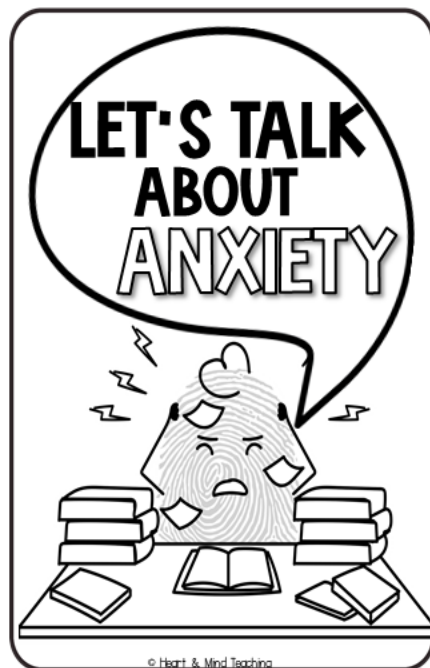
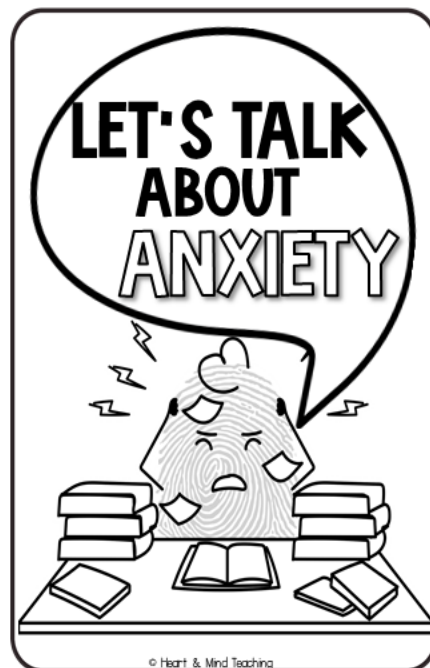
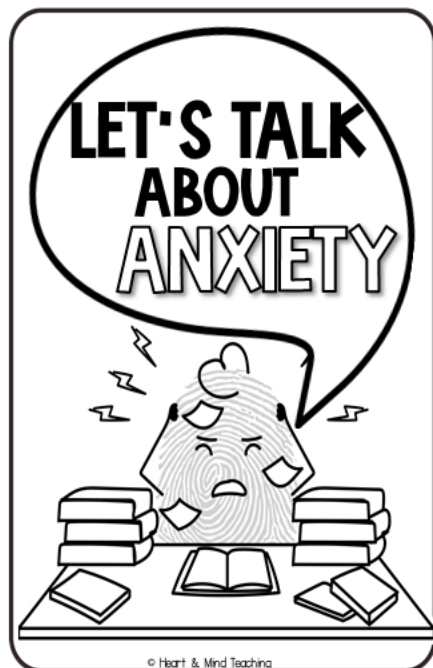
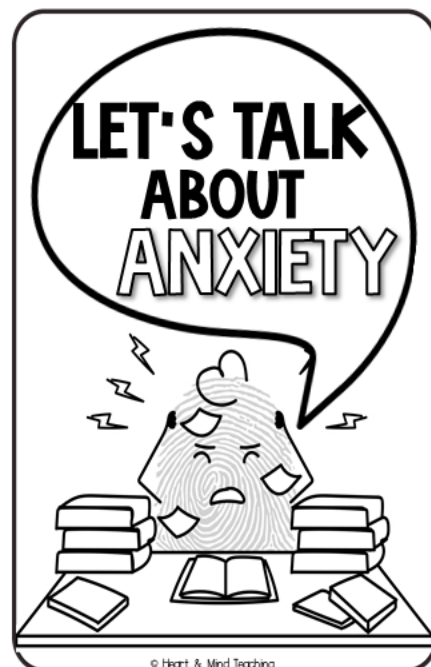
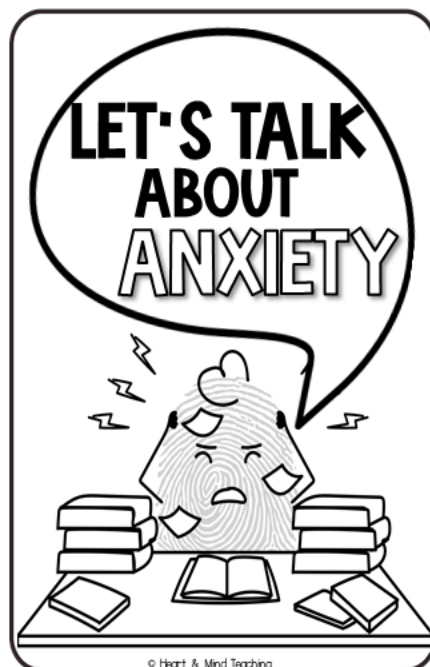
... **ANXIETY** ...

8



**WHY DO PEOPLE
SOMETIMES GET
STOMACHACHES
WHEN THEY ARE
ANXIOUS?**

... **ANXIETY** ...



1



**HOW DOES
ANXIETY
AFFECT YOUR
BREATHING?**

... **ANXIETY** ...

2



**HOW DOES
ANXIETY
AFFECT YOUR
EMOTIONS?**

... **ANXIETY** ...

3



**HAVE YOU EVER
FELT YOUR HEART
BEATING REALLY
FAST WHEN YOU
WERE ANXIOUS?**

... **ANXIETY** ...

4



**CAN ANXIETY
MAKE IT HARD
TO FOCUS?
WHY?**

... **ANXIETY** ...

5



**CAN
ANXIETY
MAKE YOU
FEEL TIRED?**

... **ANXIETY** ...

6



**WHAT DOES IT
MEAN TO FEEL
"BUTTERFLIES IN
YOUR
STOMACH"?**

... **ANXIETY** ...

7



**WHY DO SOME
PEOPLE FEEL SHAKY
OR SWEATY WHEN
THEY ARE
ANXIOUS?**

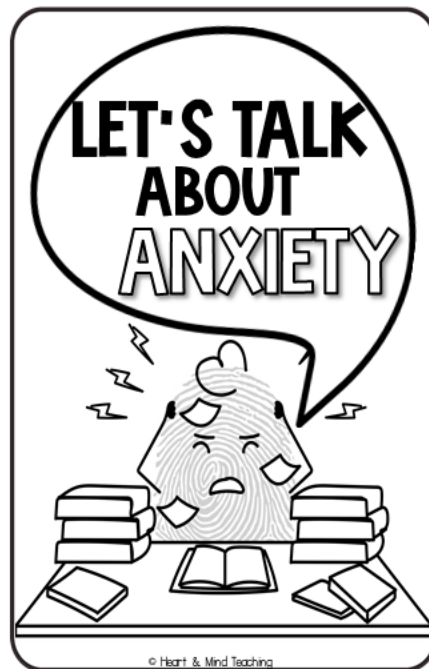
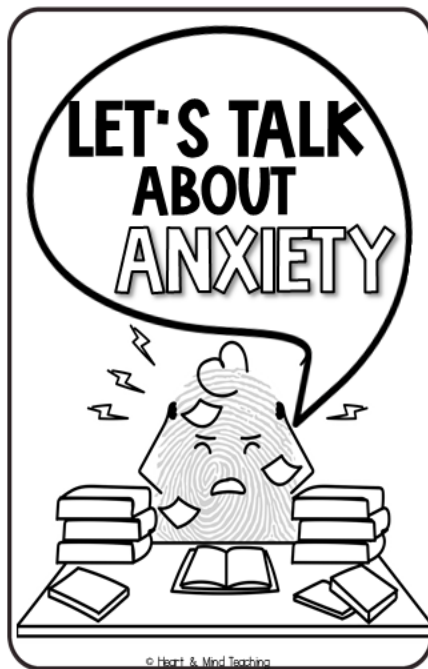
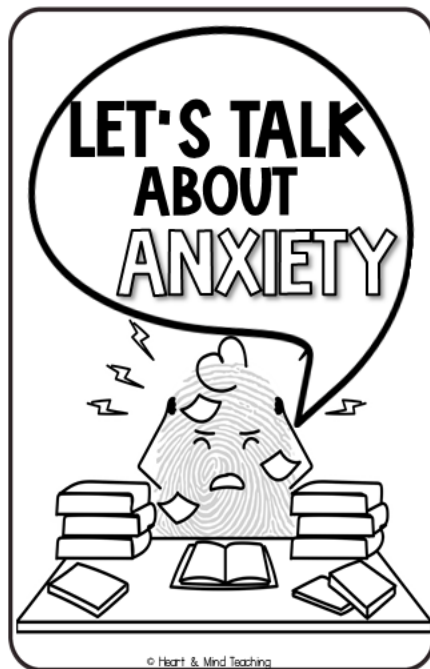
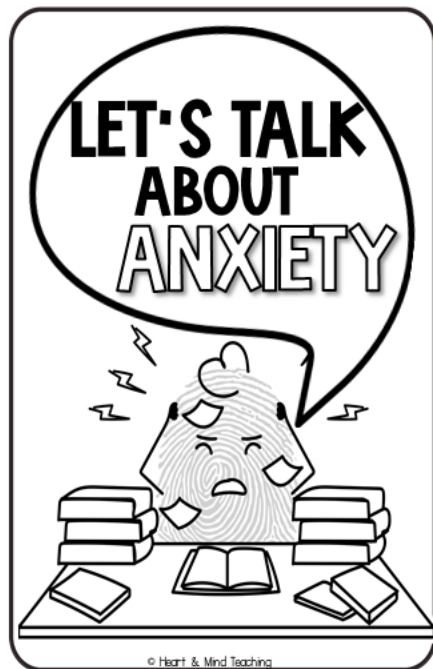
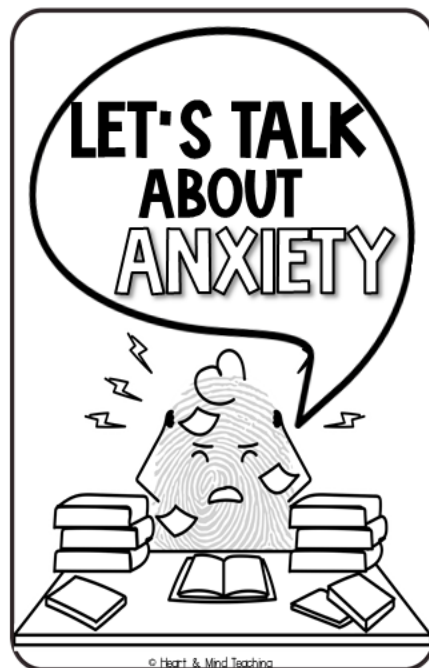
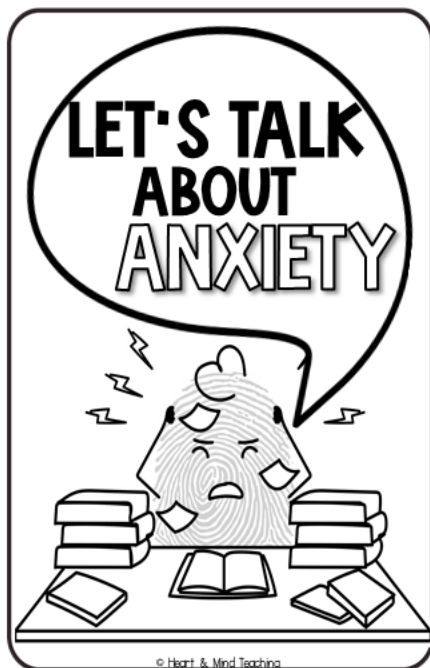
... **ANXIETY** ...

8



**HOW CAN
ANXIETY MAKE
IT HARD TO
MAKE
DECISIONS?**

... **ANXIETY** ...



9



WHAT ARE
SOME FUN THINGS
YOU CAN DO TO
TAKE YOUR MIND
OFF ANXIETY?

... ANXIETY ...

10



HAVE YOU
EVER TRIED
COUNTING TO 10
TO CALM DOWN?
DID IT HELP?

... ANXIETY ...

Draw Two



WHAT DO YOU
DO WHEN YOU
NEED TO SLOW
DOWN AND
RELAX?

... ANXIETY ...

Reverse



HOW CAN CLOSING
YOUR EYES AND
IMAGINING A
PEACEFUL PLACE HELP
YOU FEEL CALM?

... ANXIETY ...

Skip



WHAT'S YOUR
FAVORITE WAY TO
PRACTICE DEEP
BREATHING?

... ANXIETY ...

Skip



WHAT ARE SOME
THINGS YOU CAN
SAY TO YOURSELF
TO FEEL BETTER
WHEN YOU'RE
ANXIOUS?

... ANXIETY ...

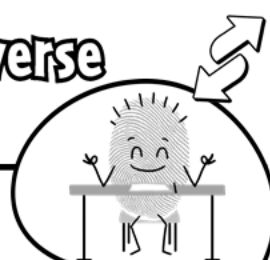
Draw Two



HOW CAN
DRAWING OR
COLORING HELP
WHEN YOU'RE
FEELING ANXIOUS?

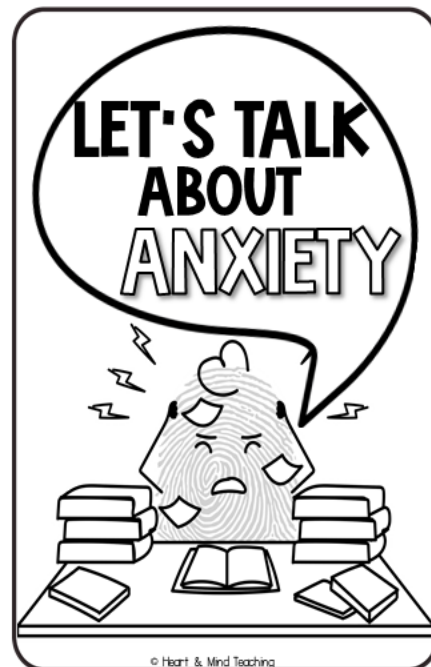
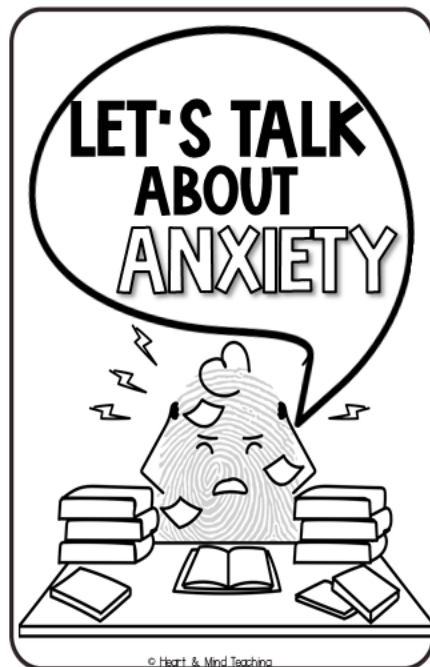
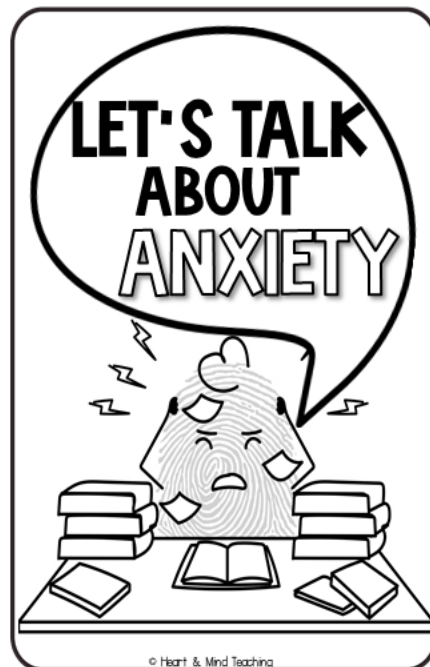
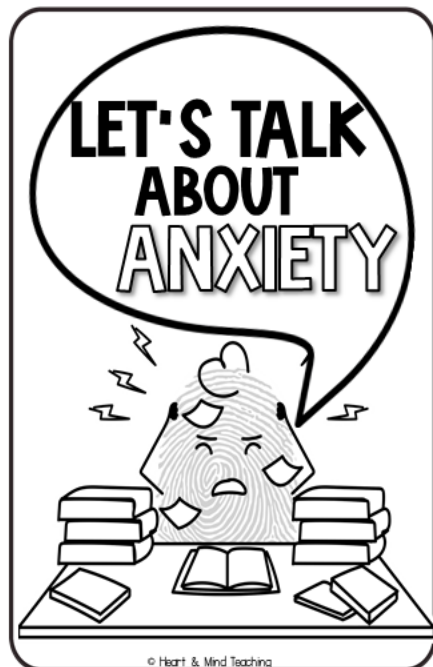
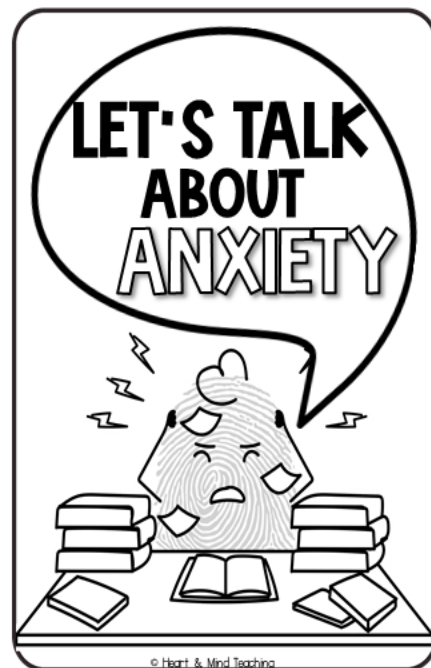
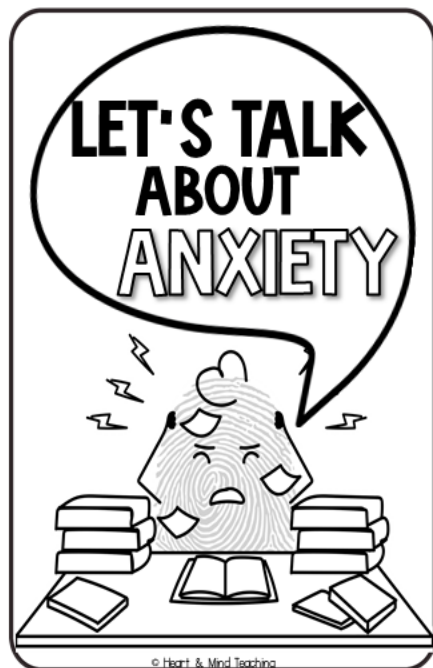
... ANXIETY ...

Reverse



HOW DOES
TAKING A BREAK
HELP YOU FEEL
BETTER WHEN
YOU'RE UPSET?

... ANXIETY ...



1



**CAN YOU THINK
OF A TIME WHEN
YOU USED POSITIVE
THINKING TO COPE
WITH STRESS?**

... **ANXIETY** ...

2



**WHAT SHOULD
YOU DO IF YOU FEEL
TOO ANXIOUS TO
ANSWER A QUESTION
IN CLASS?**

... **ANXIETY** ...

3



**WHAT ARE
SOME RELAXING
ACTIVITIES THAT
HELP YOU WHEN
YOU'RE ANXIOUS?**

... **ANXIETY** ...

4



**HOW DOES
LISTENING TO
MUSIC HELP YOU
WHEN YOU FEEL
STRESSED?**

... **ANXIETY** ...

5



**HOW DO YOU
FEEL WHEN
SOMETHING IN
YOUR LIFE
CHANGES?**

... **ANXIETY** ...

6



**WHY IS IT
IMPORTANT TO
TAKE BREAKS
WHEN YOU FEEL
OVERWHELMED?**

... **ANXIETY** ...

7



**WHAT ARE
SOME KIND THINGS
YOU CAN SAY TO
SOMEONE WHO IS
ANXIOUS?**

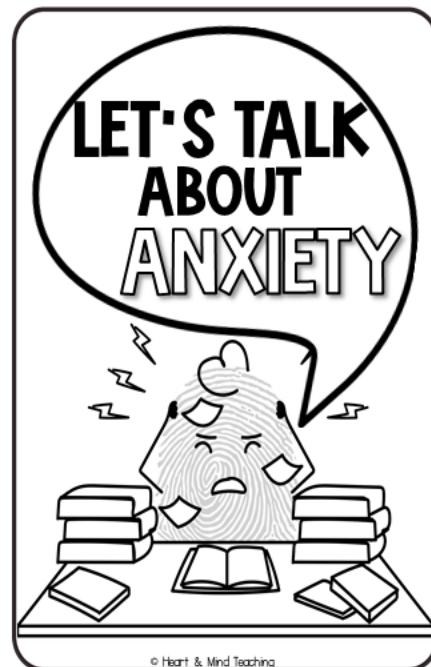
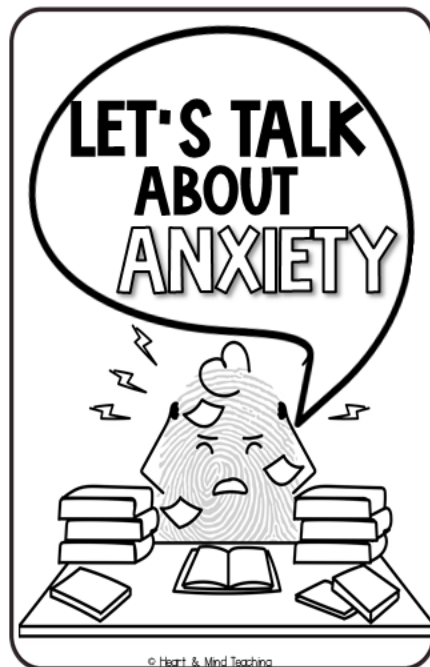
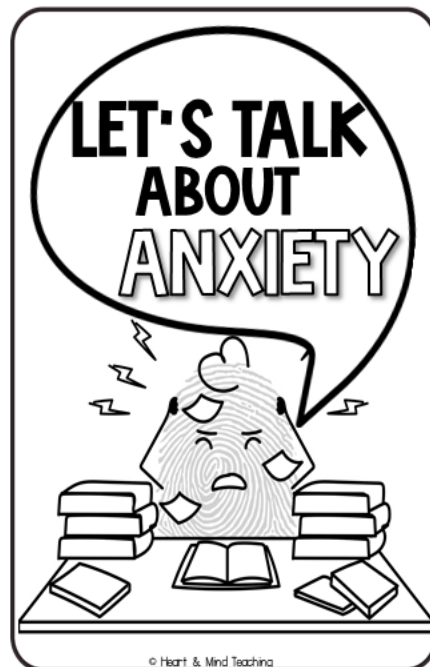
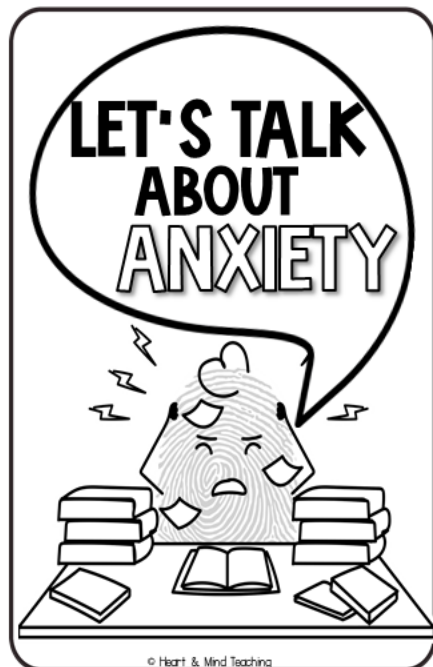
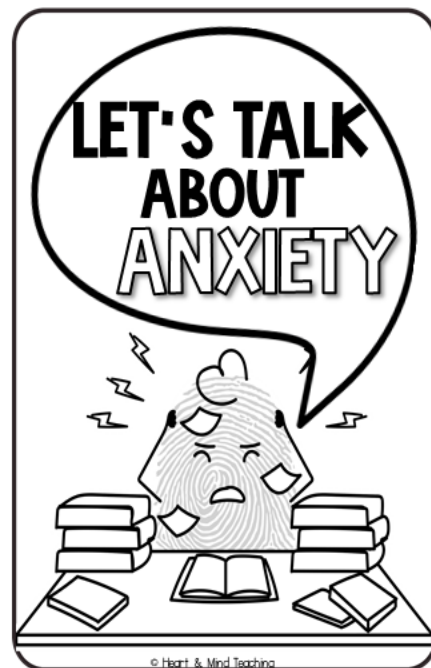
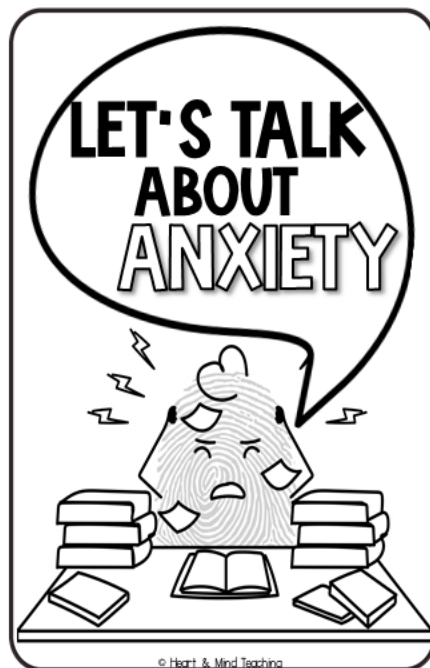
... **ANXIETY** ...

8



**HOW DOES
SPENDING TIME IN
NATURE HELP
WITH ANXIETY?**

... **ANXIETY** ...



1



**CAN YOU
SHARE A TIME
WHEN YOU HAD
TO ADJUST TO A
BIG CHANGE?**

... **ANXIETY** ...

2



**HOW CAN
TAKING DEEP
BREATHS HELP
BEFORE A TEST?**

... **ANXIETY** ...

3



**WHAT HELPS YOU
COPE WHEN YOU
FEEL NERVOUS
ABOUT TRYING
SOMETHING NEW?**

... **ANXIETY** ...

4



**HOW DO YOU
COPE WITH FEELING
UNCERTAIN ABOUT
THE FUTURE?**

... **ANXIETY** ...

5



**HOW CAN DOING
SOMETHING
CREATIVE HELP
YOU COPE?**

... **ANXIETY** ...

6



**HOW CAN
WRITING IN A
JOURNAL OR
DIARY HELP YOU
COPE?**

... **ANXIETY** ...

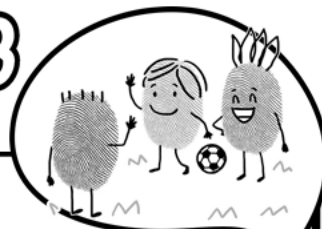
7



**WHAT CAN
YOU DO IF YOU
FEEL ANXIOUS
BEFORE A
PRESENTATION?**

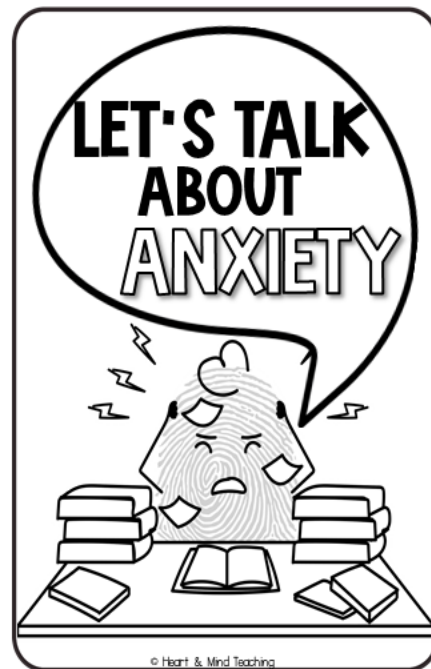
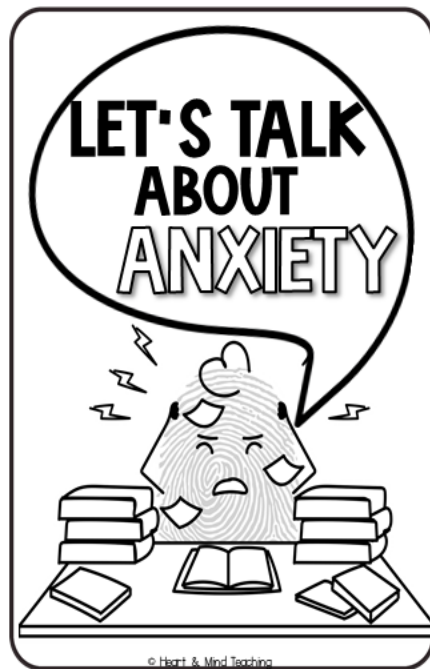
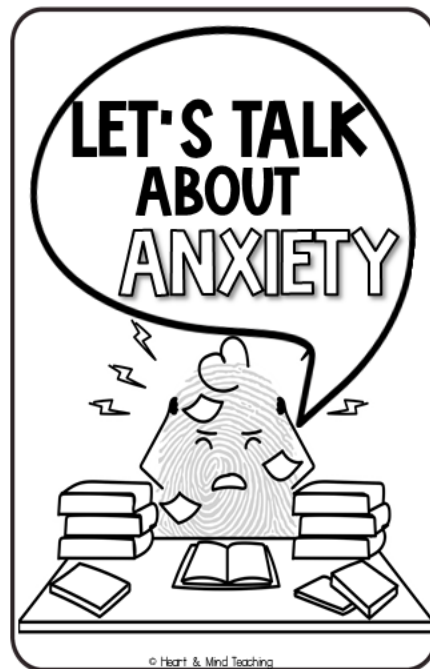
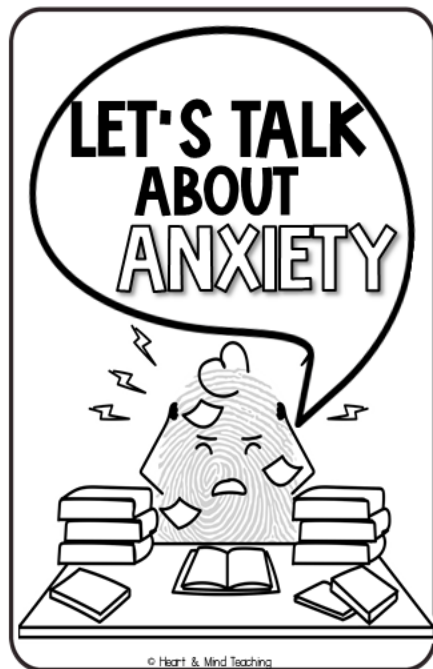
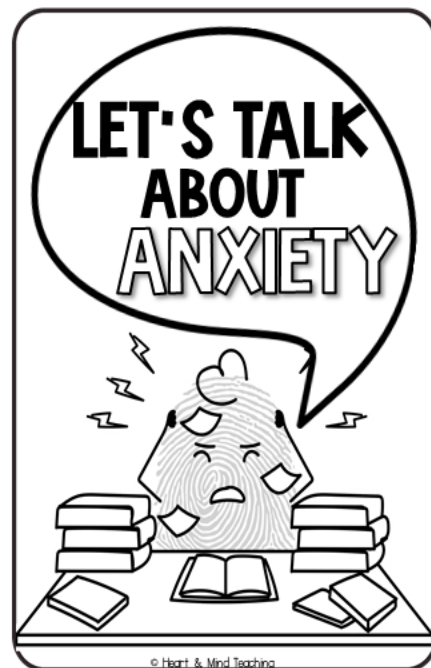
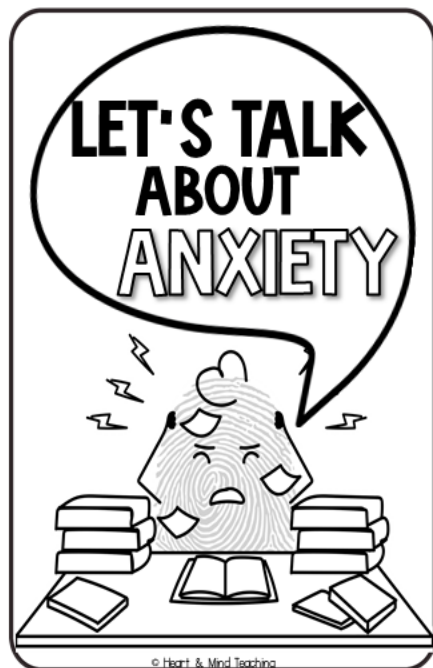
... **ANXIETY** ...

8



**WHY DO SOME
KIDS FEEL
ANXIOUS AT
RECESS OR
LUNCHTIME?**

... **ANXIETY** ...



9



HOW DO YOU FEEL
AFTER TAKING A
DEEP BREATH OR
DOING SOME
STRETCHING?

... ANXIETY ...

10



WHAT DO YOU
THINK ABOUT TO
FEEL PEACEFUL
WHEN YOU'RE
UPSET?

... ANXIETY ...

Draw Two



HOW CAN A DAILY
ROUTINE HELP
WITH ANXIETY AT
SCHOOL?

... ANXIETY ...

Reverse



WHAT CAN YOU
DO IF YOU FEEL LIKE
YOU MIGHT SAY
SOMETHING HURTFUL
OUT OF FRUSTRATION?

... ANXIETY ...

Skip



WHAT'S ONE THING
YOU CAN DO IF
YOU'RE
FRUSTRATED WITH
A DIFFICULT TASK?

... ANXIETY ...

Skip



WHAT SHOULD
YOU DO IF YOU
FEEL TOO ANXIOUS
TO COME TO
SCHOOL?

... ANXIETY ...

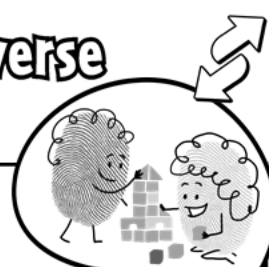
Draw Two



WHAT HELPS YOU
RELAX WHEN
YOU'RE FEELING
ANXIOUS?

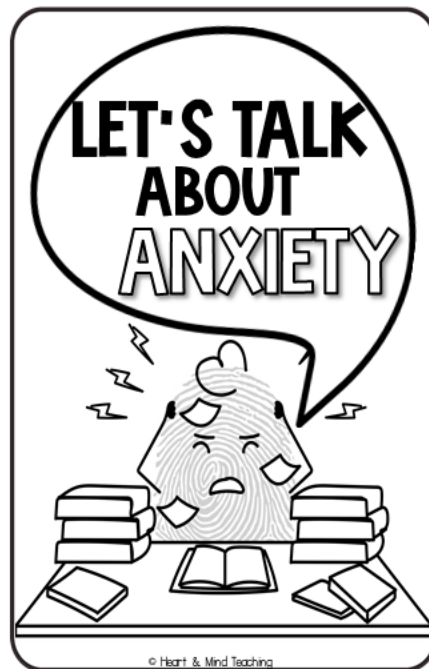
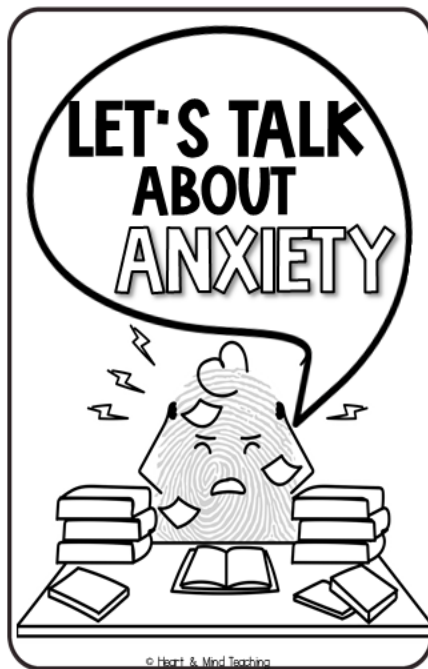
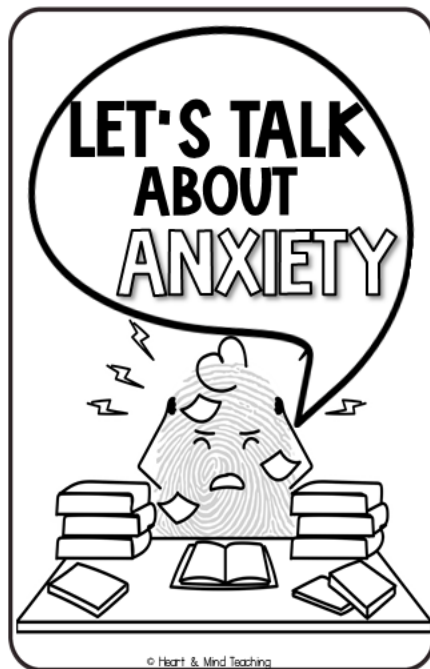
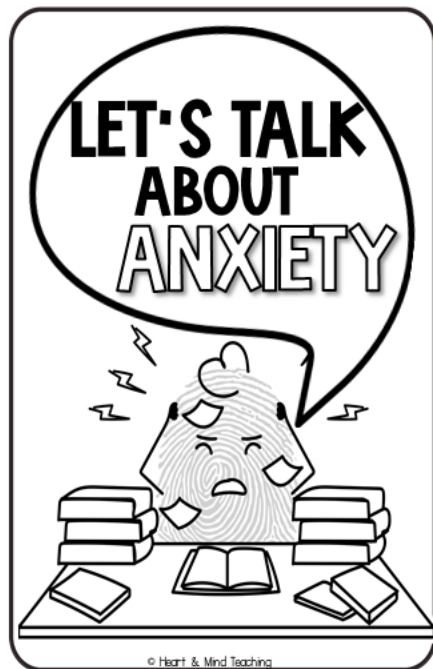
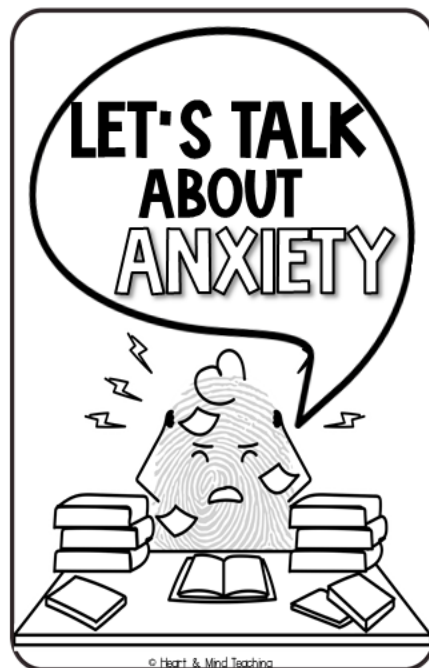
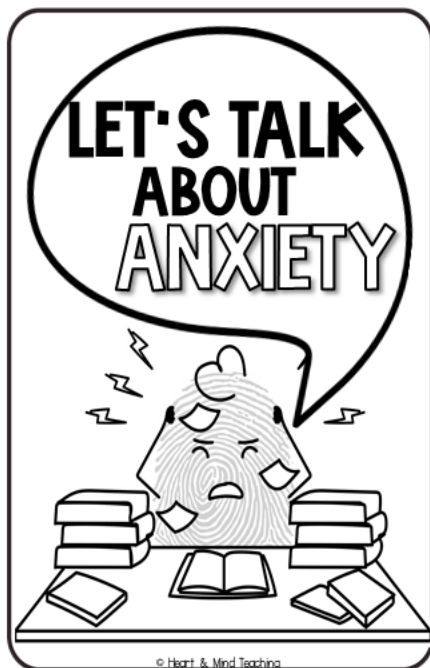
... ANXIETY ...

Reverse



CAN YOU THINK
OF A TIME WHEN
PLAYING HELPED
YOU FEEL BETTER?

... ANXIETY ...



1



WHAT IS ONE THING
YOU CAN DO TO
HELP YOURSELF
STAY CALM DURING
A TEST OR QUIZ?

... **ANXIETY** ...

2



HOW CAN
WRITING DOWN
YOUR WORRIES
HELP IN
SCHOOL?

... **ANXIETY** ...

3



WHAT CAN YOU DO IF
YOU'RE FEELING
ANXIOUS WHILE
DOING
SCHOOLWORK?

... **ANXIETY** ...

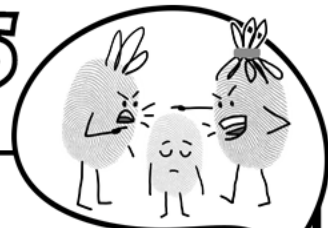
4



HOW DO YOU
KNOW WHEN YOU
NEED TO USE A
COPING SKILL TO
HELP YOURSELF FEEL
BETTER?

... **ANXIETY** ...

5



WHAT ARE SOME
THINGS AT HOME
THAT MIGHT MAKE
YOU FEEL
ANXIOUS?

... **ANXIETY** ...

6



WHY IS IT
IMPORTANT TO TALK
TO A PARENT OR
GUARDIAN ABOUT
YOUR WORRIES?

... **ANXIETY** ...

7



WHAT ARE SOME
RELAXING THINGS
YOU CAN DO AT
HOME WHEN YOU
FEEL ANXIOUS?

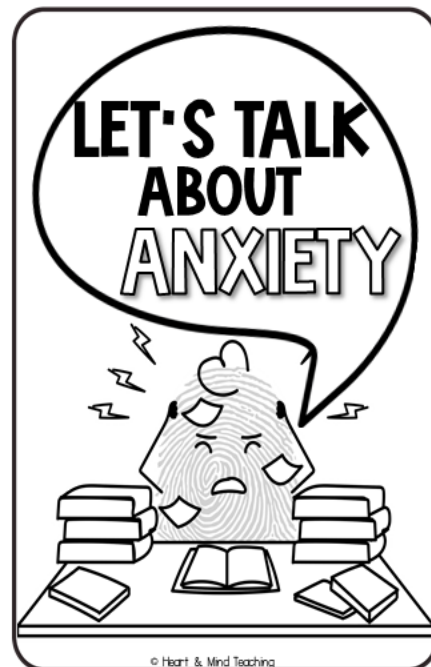
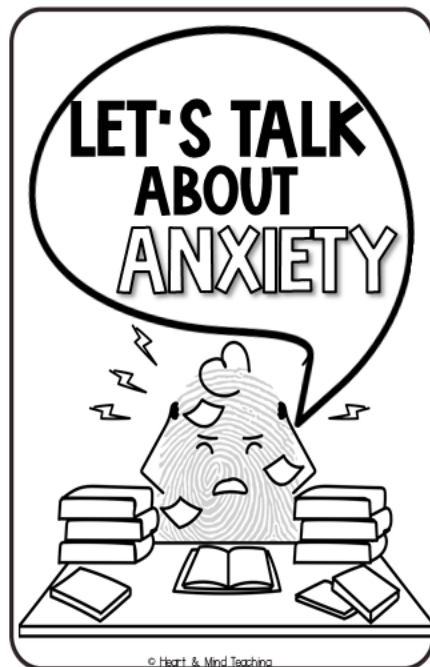
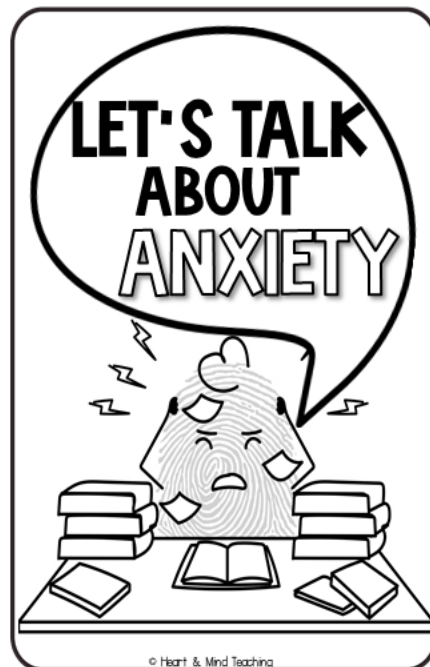
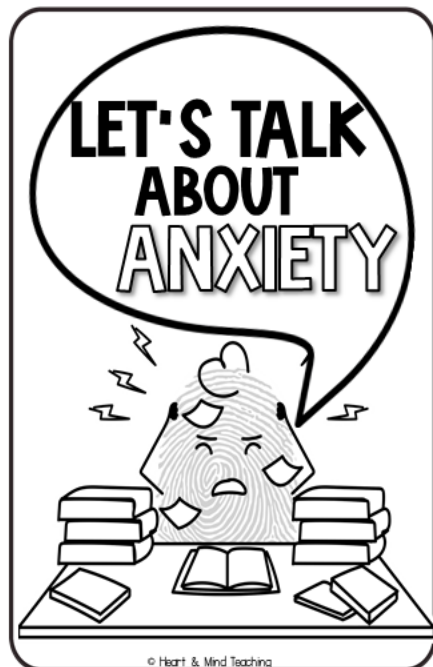
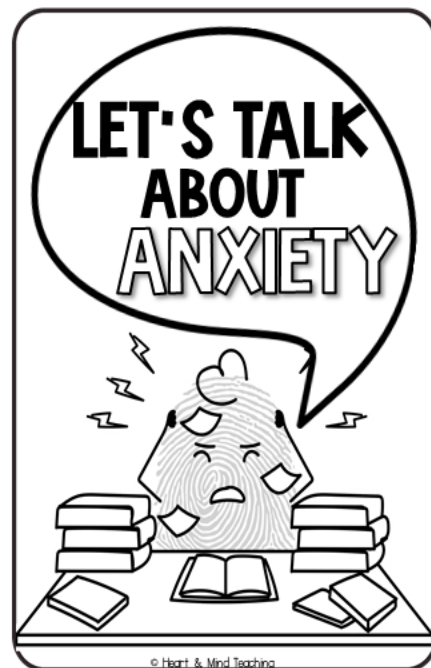
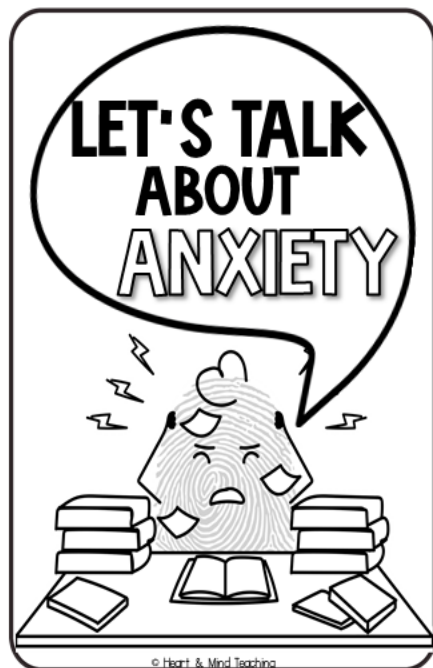
... **ANXIETY** ...

8



WHAT'S A FUN
ACTIVITY THAT HELPS
YOU FORGET ABOUT
YOUR WORRIES FOR A
WHILE?

... **ANXIETY** ...



1



**WHAT ARE
SOME WAYS TO
START THE DAY
IN A CALM
WAY?**

... **ANXIETY** ...

2



**WHAT SHOULD
YOU DO IF YOU
FEEL ANXIOUS
BEFORE BEDTIME?**

... **ANXIETY** ...

3



**HOW CAN PETS
HELP WITH
ANXIETY?**

... **ANXIETY** ...

4



**WHAT IS THE
DIFFERENCE
BETWEEN A SMALL
WORRY AND BIG
ANXIETY?**

... **ANXIETY** ...

5



**WHAT'S YOUR
FAVORITE WAY TO
RELAX AFTER A
TOUGH DAY AT
SCHOOL?**

... **ANXIETY** ...

6



**CAN WORRYING
ABOUT SOMETHING
TOO MUCH MAKE
IT WORSE? WHY?**

... **ANXIETY** ...

7



**WHAT SHOULD
YOU DO WITH
WORRIES THAT
YOU CAN'T
CONTROL?**

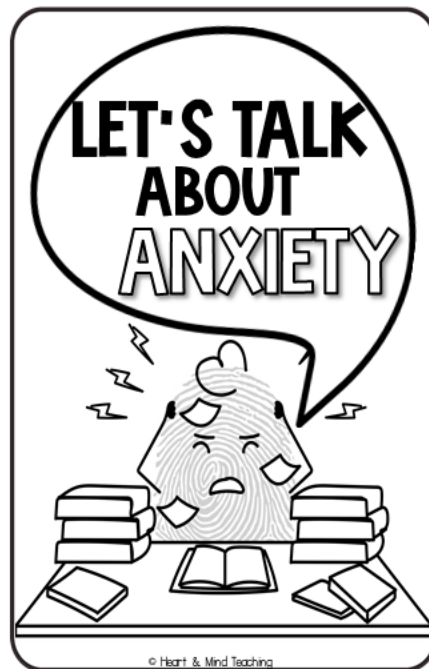
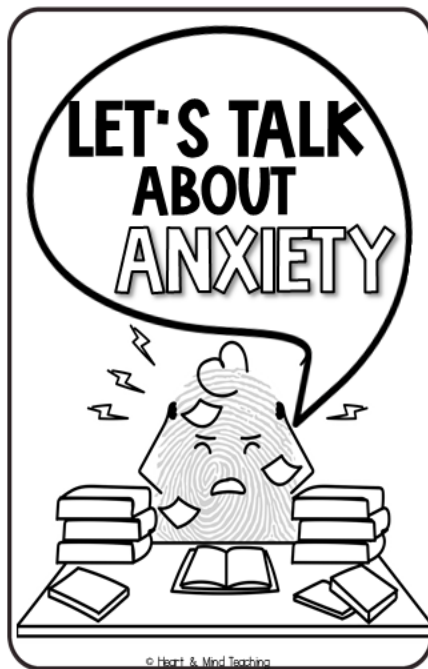
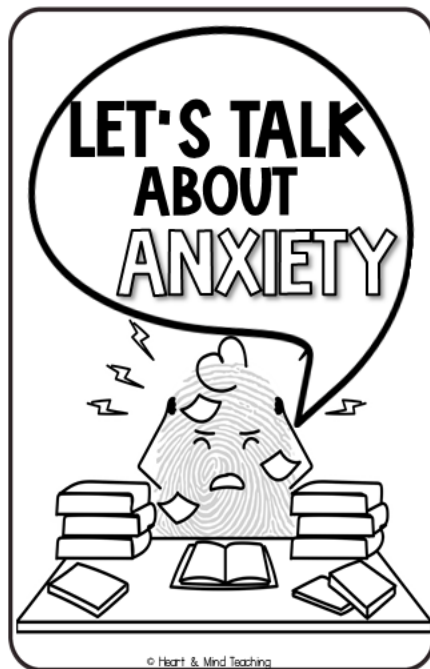
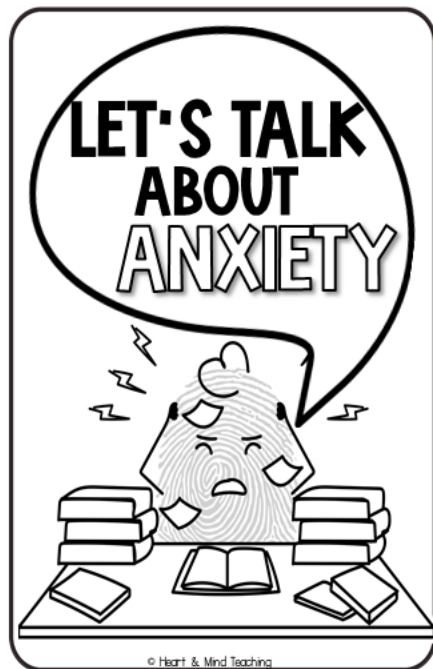
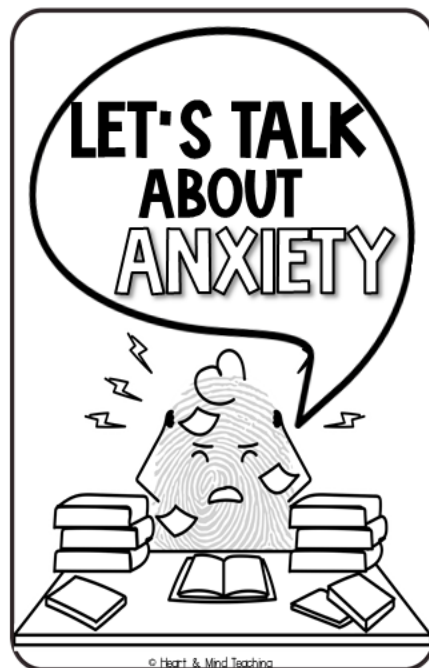
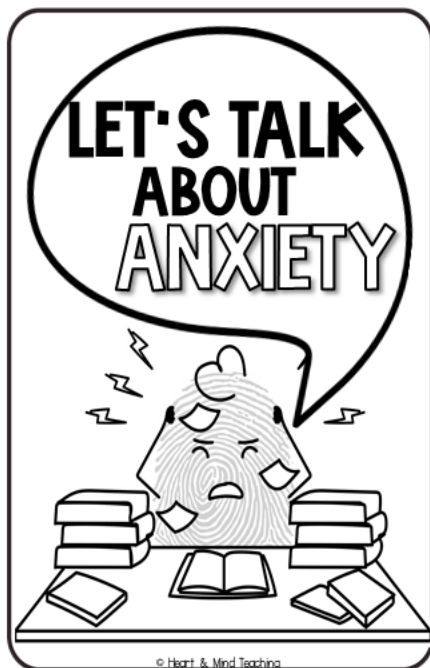
... **ANXIETY** ...

8

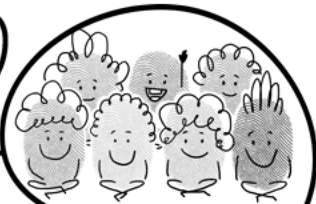


**WHAT ARE
SOME POSITIVE
WAYS TO
MANAGE
WORRIES?**

... **ANXIETY** ...



9



WHAT DO YOU
DO TO STAY CALM
DURING A SCHOOL
ASSEMBLY OR
OTHER LARGE
EVENT?

... ANXIETY ...

10



HOW CAN
YOU TURN A
WORRY INTO A
POSITIVE
THOUGHT?

... ANXIETY ...

Draw Two



WHAT ARE SOME
WAYS TECHNOLOGY
CAN HELP YOU
RELAX WHEN YOU'RE
FEELING STRESSED?

... ANXIETY ...

Reverse



WHY IS IT
IMPORTANT TO LET
GO OF WORRIES
THAT AREN'T
HELPFUL?

... ANXIETY ...

Skip



CAN SOCIAL MEDIA
HELP YOU COPE
WITH FEELINGS, OR
CAN IT SOMETIMES
MAKE THINGS
HARDER?

... ANXIETY ...

Skip



WHAT SHOULD
YOU DO IF YOU
FEEL WORRIED
ALL THE TIME?

... ANXIETY ...

Draw Two



HOW CAN
PRACTICING
SOMETHING MAKE
YOU FEEL LESS
ANXIOUS?

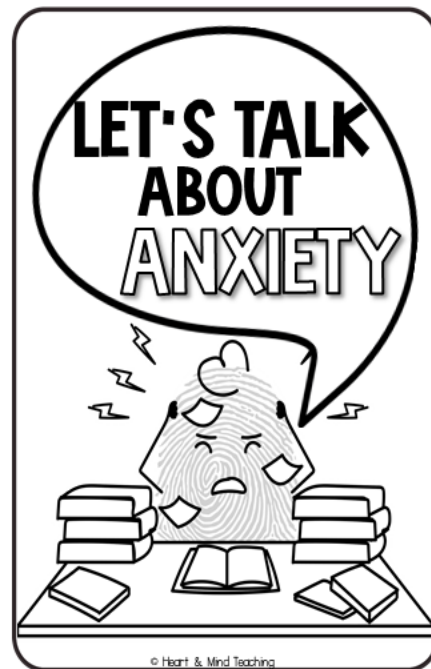
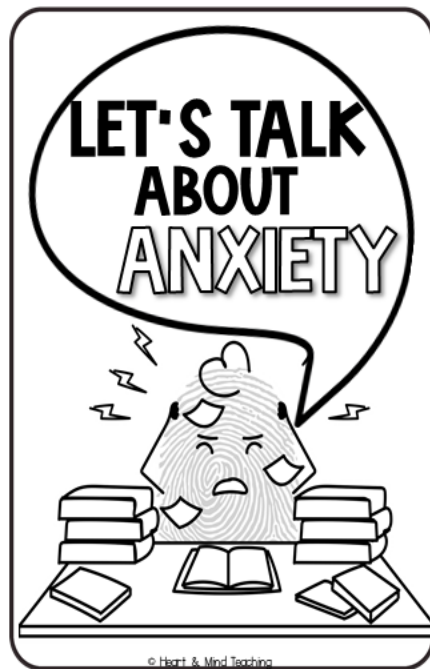
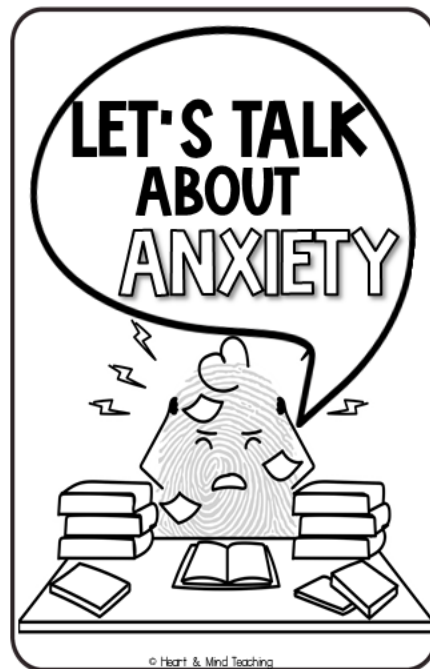
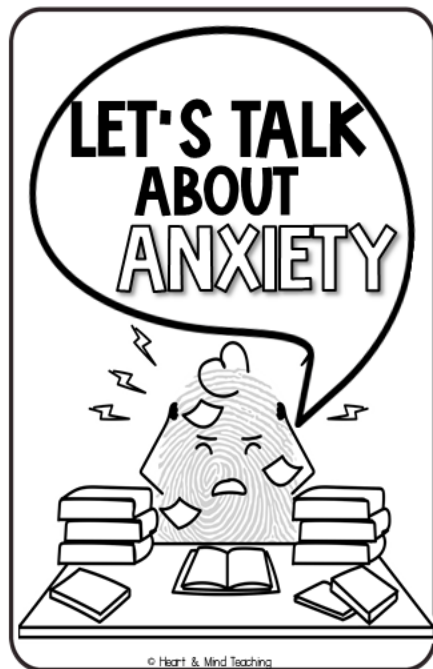
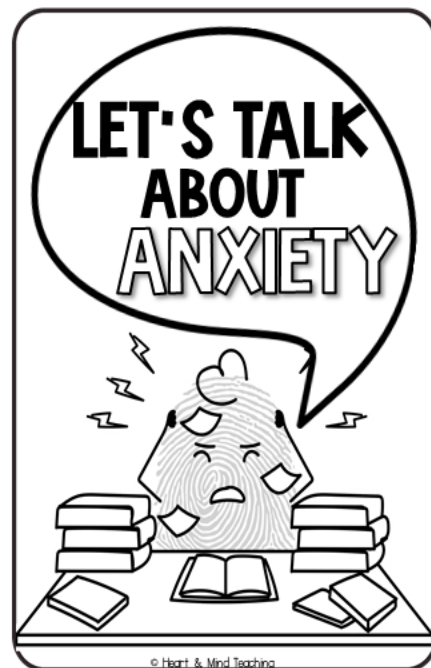
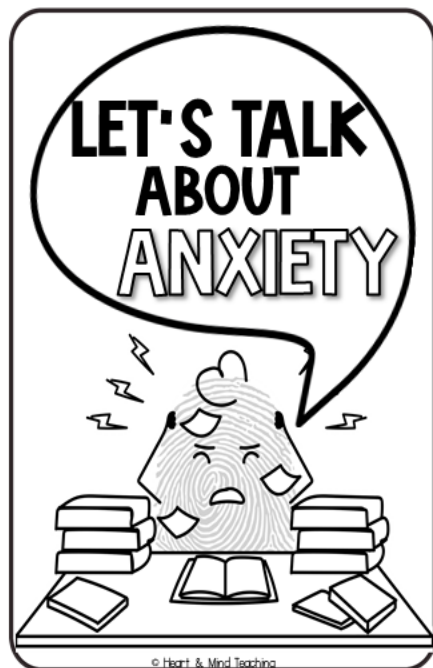
... ANXIETY ...

Reverse



HOW CAN
WRITING DOWN
YOUR WORRIES
HELP YOU FEEL
BETTER?

... ANXIETY ...



Wild



**HOW DOES
THINKING
POSITIVELY HELP
WITH ANXIETY?**

... **ANXIETY** ...

Wild



**WHAT IS ONE
COPING SKILL THAT
YOU HAVE USED
AND IT HELPED?**

... **ANXIETY** ...

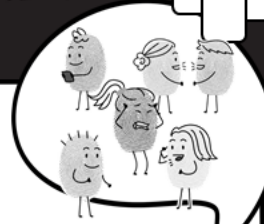
Draw Four



**DESCRIBE
FOUR COPING
SKILLS YOU SEE
YOURSELF USING.**

... **ANXIETY** ...

Draw Four



**WHO ARE FOUR
PEOPLE YOU CAN
TALK TO WHEN
ANXIOUS?**

... **ANXIETY** ...

Wild



**WHY IS IT
IMPORTANT TO BE
KIND TO YOURSELF
WHEN YOU MAKE
MISTAKES?**

... **ANXIETY** ...

Wild



**WHY IS IT
IMPORTANT TO TAKE
CARE OF YOUR
MENTAL HEALTH JUST
LIKE YOUR PHYSICAL
HEALTH?**

... **ANXIETY** ...

Draw Four



**WHAT ARE FOUR
THINGS YOU CAN
SAY TO YOURSELF
WHEN ANXIOUS?**

... **ANXIETY** ...

Draw Four

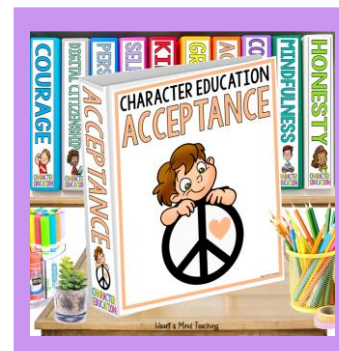
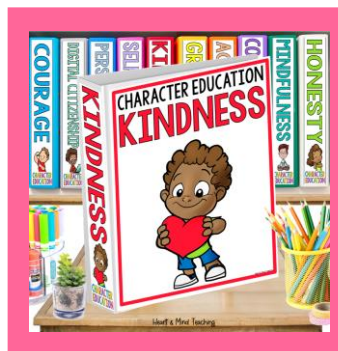
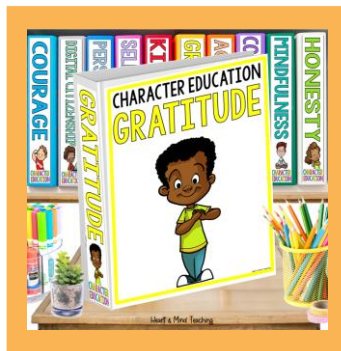
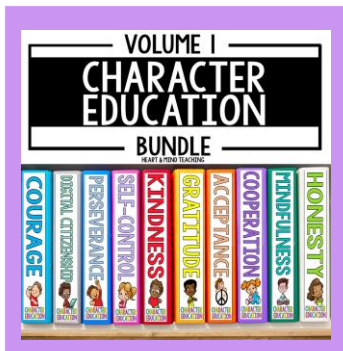
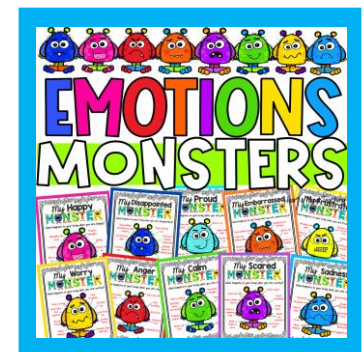
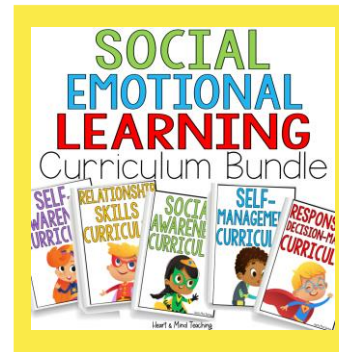
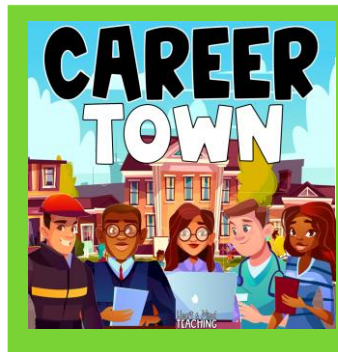
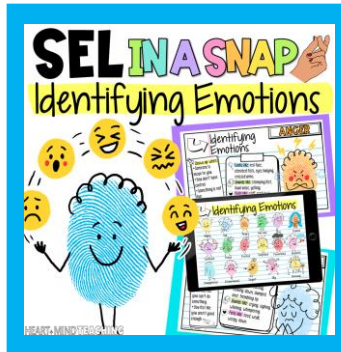
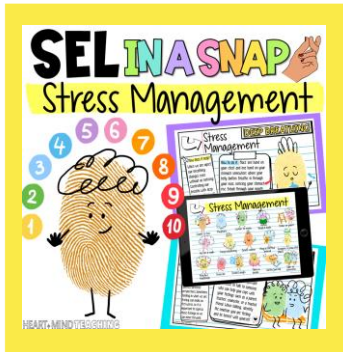


**WHAT ARE FOUR
THINGS YOU CAN
DO TO FEEL LESS
ANXIOUS?**

... **ANXIETY** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley

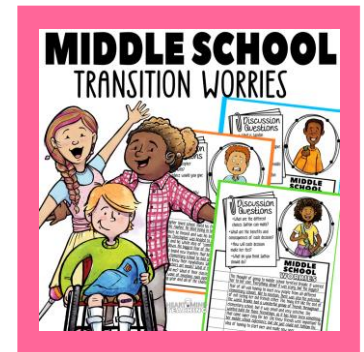


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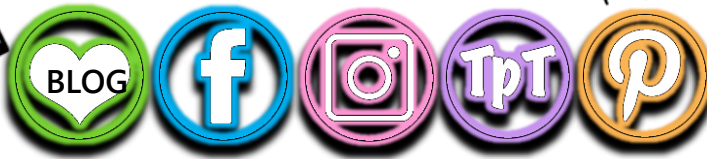
FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Ashley

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