


# MUSIC city COUNSELOR

## THANK YOU FOR YOUR PURCHASE!



 *laura sathout*

Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) if you have questions, suggestions, or requests for resources! I am here for you!

## LET'S CONNECT!



 **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

 **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# DIRECTIONS:

This folded craft activity teaches students all about anxiety. It's a great resource to use in lessons, with individual students, and with small groups of kids that need support with coping with anxiety and worry.

I included both a blank inside page and an inside page full of text. You may choose to have students create the resource with the text written in OR you may prefer to have students write in the text themselves as you teach it and/or in their own words.

## MATERIALS NEEDED:

- Printed materials
- Glue sticks
- Scissors
- Pencils
- Crayons or markers

## TO MAKE THE FOLDED ACTIVITY:

1. Please see the sample on the next page!
2. Please print the front labels page and the inside page of your choice (with or without text).
3. Please color the front labels with markers or crayons.
4. Please cut out each of the front labels individually.
5. On the inside page, please cut along the dotted lines so you have 6 attached strips.
6. Please fold each of the 6 strips that you just cut in towards the "Coping with Anxiety" title.
7. Please glue each of the front labels onto the front of the strips. Please make sure they're glued in the correct order, so the outside labels match the inside labels and descriptions.

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

PS Please take a moment to leave a review on this resource on my TpT store!

# SAMPLE

**What is ANXIETY?** 

**What does ANXIETY LOOK LIKE?** 

**What does ANXIETY FEEL LIKE?** 

**What are ANXIETY TRIGGERS?** 


Take a deep breath in through your nose. Count to 5. Breathe out slowly.


**How to cope: DEEP BREATHING**

**How to cope: PRACTICE GROUNDING** © 2018 C.A. Carter



*Coping with ANXIETY*


**What is ANXIETY?** 

**What does ANXIETY LOOK LIKE?** 

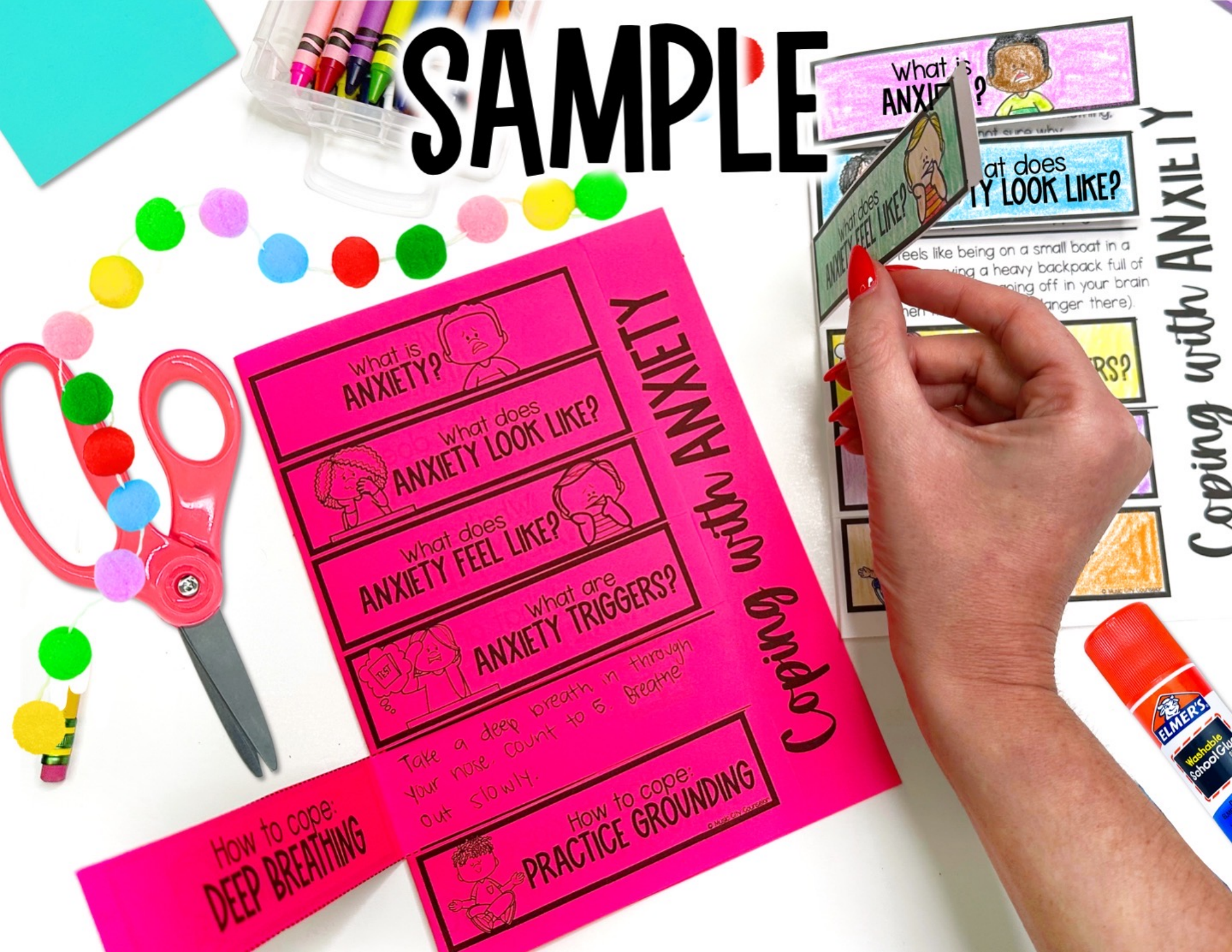
Feels like being on a small boat in a heavy backpack full of things popping off in your brain (anger there).

**What are ANXIETY TRIGGERS?**

**How to cope: PRACTICE GROUNDING**



*Coping with ANXIETY*



# FRONT LABELS

What is  
**ANXIETY?**



What does  
**ANXIETY LOOK LIKE?**



What does  
**ANXIETY FEEL LIKE?**



What are  
**ANXIETY TRIGGERS?**



How to cope:  
**DEEP BREATHING**



How to cope:  
**PRACTICE GROUNDING**



## What is **ANXIETY?**

An uneasy feeling when you are worried that something bad may happen. You may feel really nervous or scared about something, even if you're not sure why.

## What does **ANXIETY LOOK LIKE?**

Anxiety looks like: furrowed eyebrows; fidgety, shaky hands; butterflies in your tummy; sweaty body; biting fingernails; fast heartbeat; shaky knees; and tapping feet.

## What does **ANXIETY FEEL LIKE?**

Anxiety feels like being on a small boat in a stormy sea, carrying a heavy backpack full of worries, or a fire alarm going off in your brain (even when there's no real danger there).

## What are **ANXIETY TRIGGERS?**

Things that happen that make us feel anxious. We all have different anxiety triggers. Examples are performing in front of the class, worrying about the future, or taking a test.

## How to cope: **DEEP BREATHING**

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth. Keep breathing and counting until your body and brain feel calm.

## How to cope: **PRACTICE GROUNDING**

Be present in the "here and now." Focus on your 5 senses. Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

*Coping with ANXIETY*

What is  
**ANXIETY?**

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What does  
**ANXIETY LOOK LIKE?**

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What does  
**ANXIETY FEEL LIKE?**

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What are  
**ANXIETY TRIGGERS?**

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How to cope:  
**DEEP BREATHING**

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How to cope:  
**PRACTICE GROUNDING**

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*Coping with ANXIETY*

# TERMS OF USE:

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