

○ MUSIC city COUNSELOR

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○

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

# **DIRECTIONS:**

**Materials Needed: printed workbook, pencil, crayons, scissors, glue stick**

**This workbook helps children:**

- Understand how anxiety looks and feels in their body
- Identify their triggers to anxiety
- Explore their anxious thoughts
- Cope with anxiety

The workbook is offered in both full color and black/white. I recommend using it with individual and small groups of students who struggle with anxiety.

2 cover page choices are included: please choose the one that best fits your student.

Directions for almost every exercise are included at the top of each page.

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

# Full Color



Name: \_\_\_\_\_

# CALM BOOK



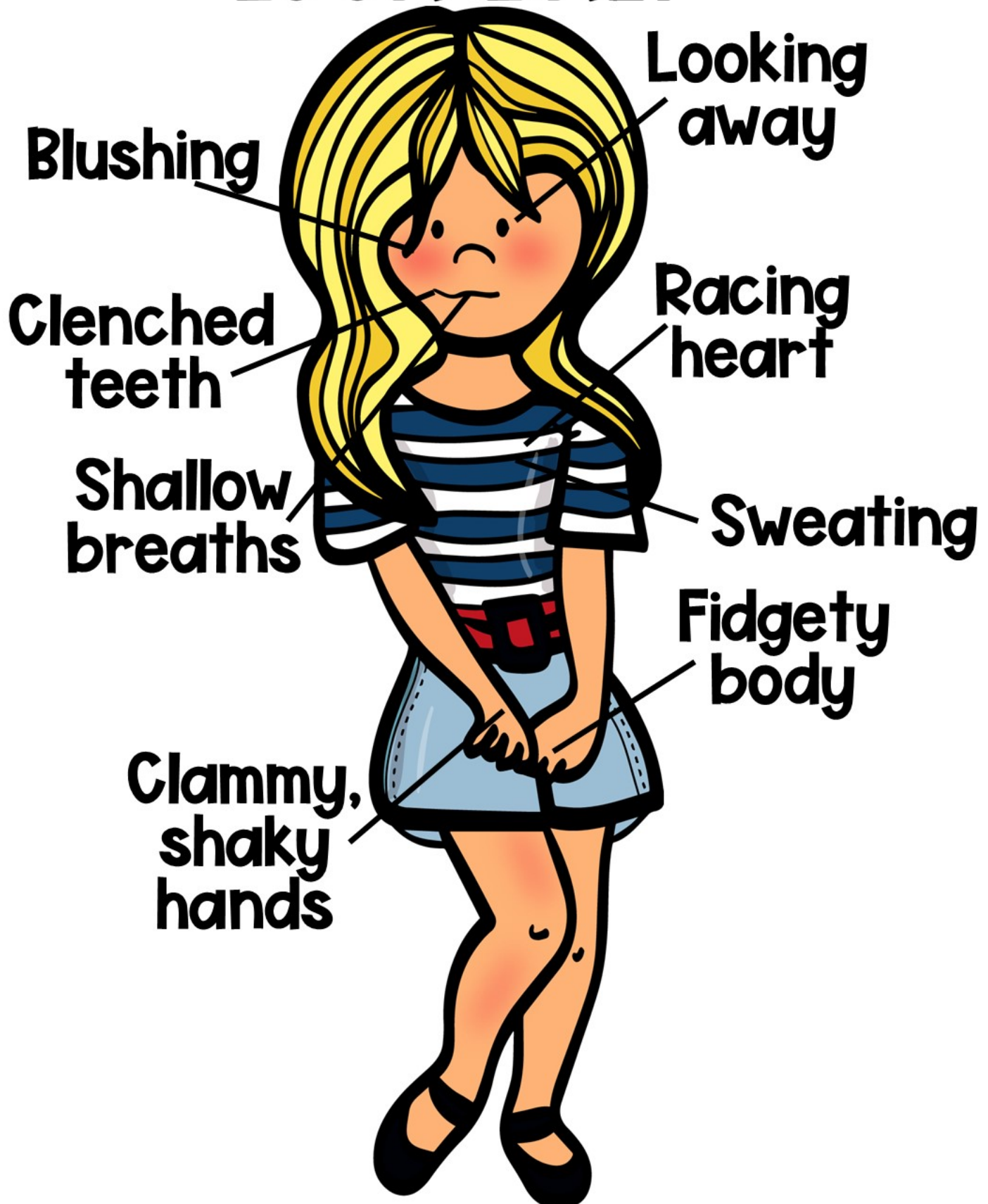


Name: \_\_\_\_\_

# CALM BOOK



# WHAT DOES ANXIETY LOOK LIKE?





# WHAT DOES ANXIETY FEEL LIKE?



**Afraid  
something  
bad will  
happen**

**Ashamed,  
full of self-doubt**



**Annoyed,  
snappy,  
irritated**

**Uncomfortable,  
nervous,  
unsure**



**Wanting  
to be  
alone, to  
escape**





# HOW DO YOU FEEL TODAY?

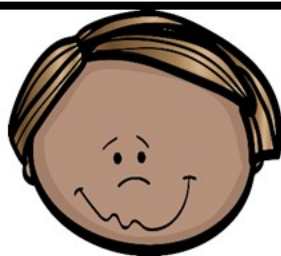
Rate your anxiety from 1 to 5 in each of these parts of your life. Write your answer on the line.



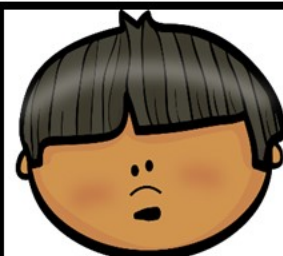
**CALM**



**UNCOMFORTABLE**



**NERVOUS**



**ANXIOUS**



**PANICKED**

**1**

**2**

**3**

**4**

**5**



**FRIENDSHIPS**



**HOME & FAMILY**



**SCHOOL**



**MY CHOICES**



**ACTIVITIES**



**SOMETHING ELSE**



# ANXIOUS THOUGHTS



# FEELS LIKE, LOOKS LIKE:

Write about what each feeling looks and feels like for you.



**PANICKED**

5

---

---

---



**ANXIOUS**

4

---

---

---



**NERVOUS**

3

---

---

---



**UNCOMFORTABLE**

2

---

---

---



**CALM**

1

---

---

---



# MY COPING SKILLS

A large, empty rectangular box with a light blue border and a black inner border, intended for writing a coping skill. It features three small dots in the top right corner.

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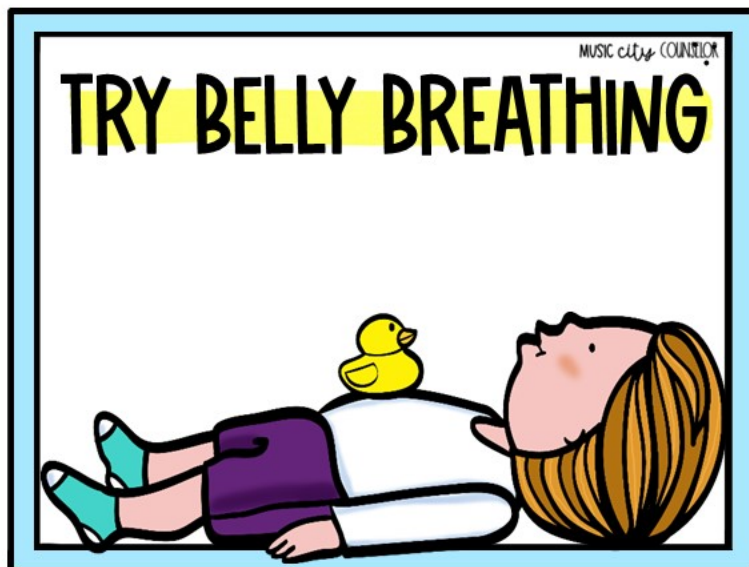
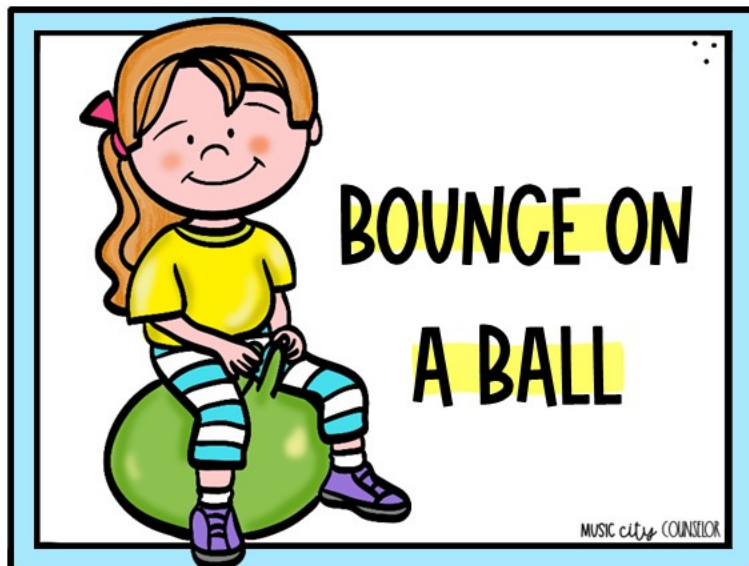
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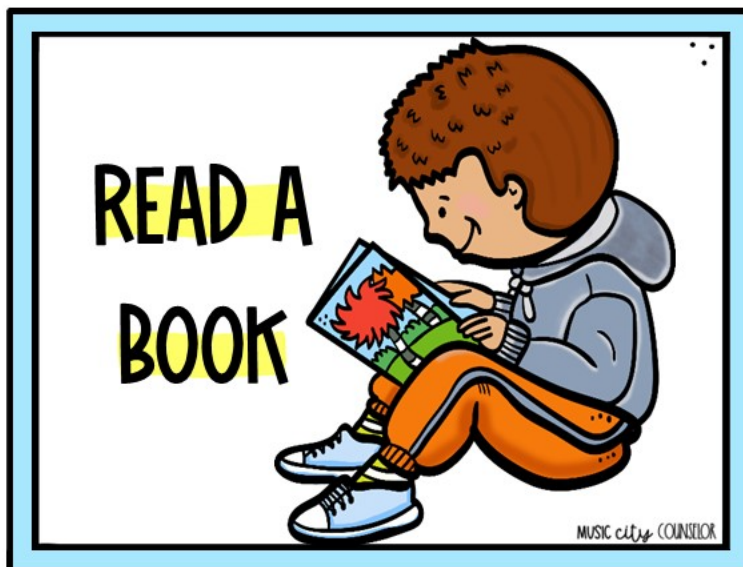
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Please cut out these coping skills. Then, choose your 6 favorite that you would like to practice and use in the future, and glue them onto the "My Coping Skills" page!

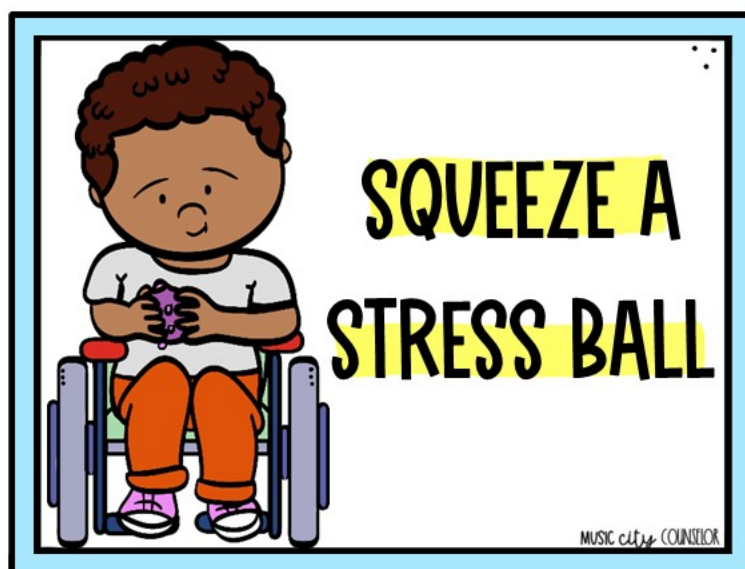
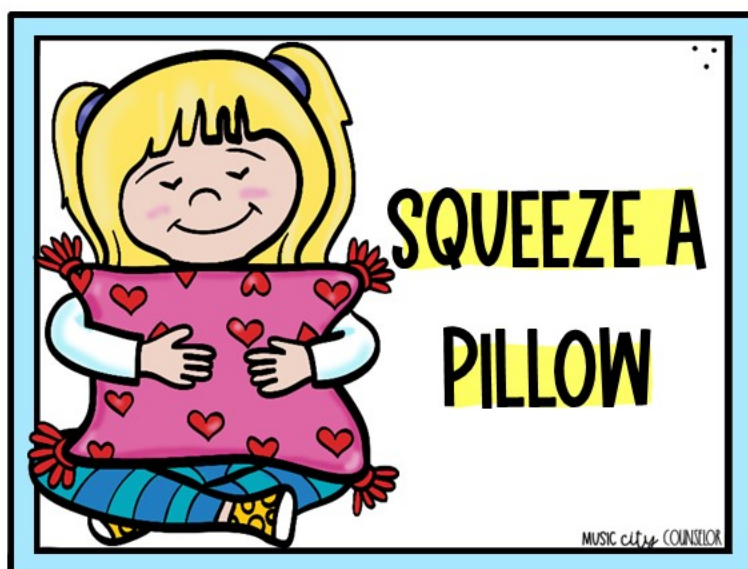
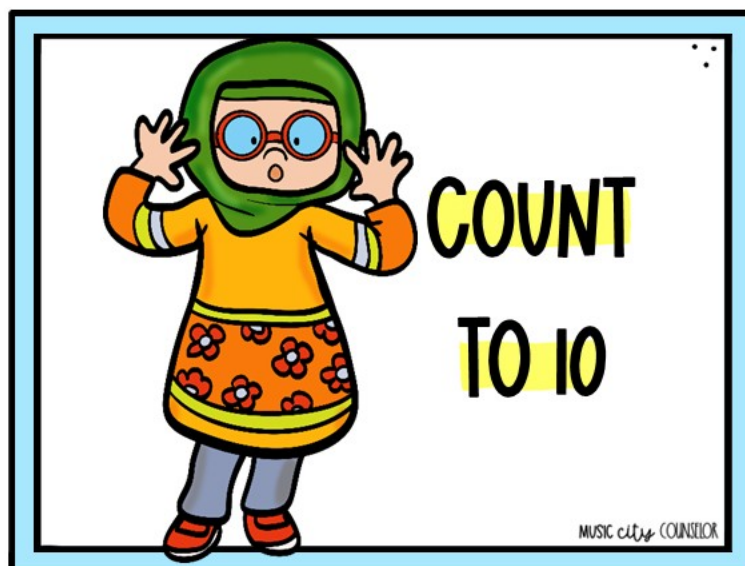
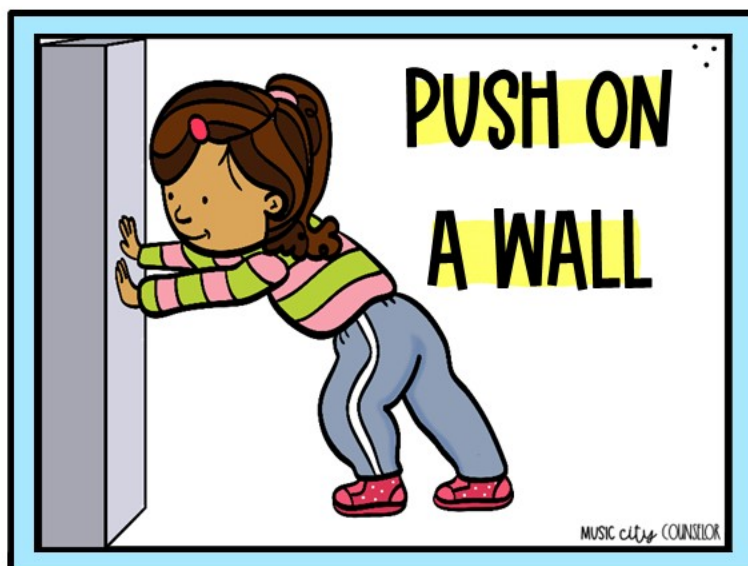
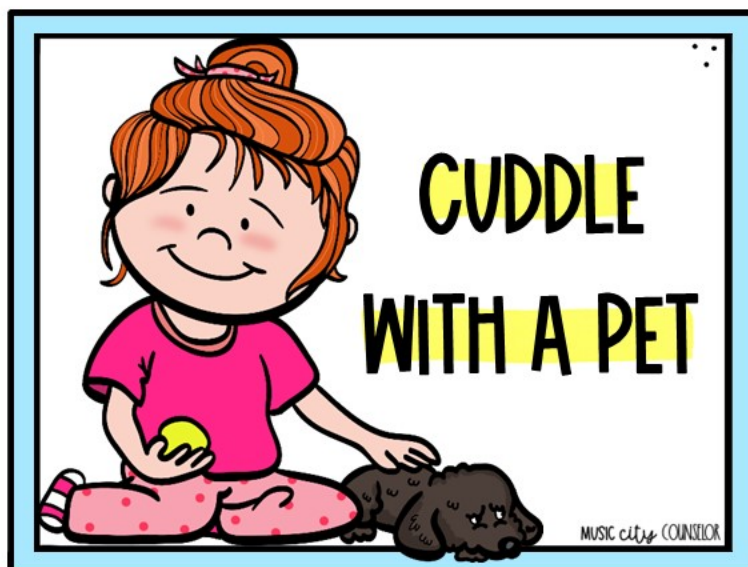




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# CALM THOUGHTS





# LET'S GROUND

5

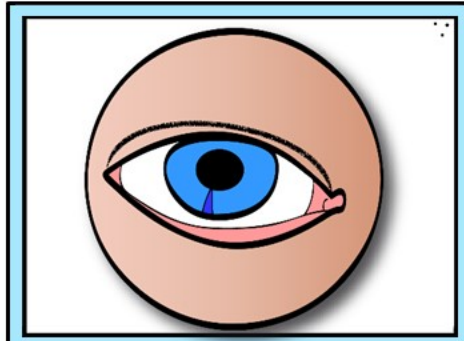
4

3

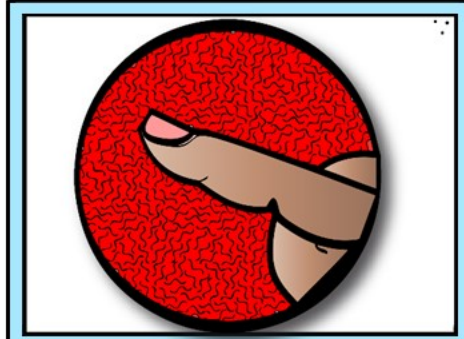
2

1

THINGS I CAN...



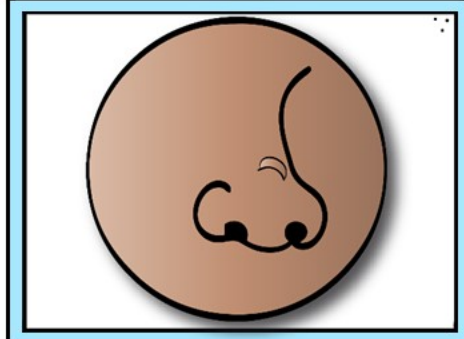
SEE



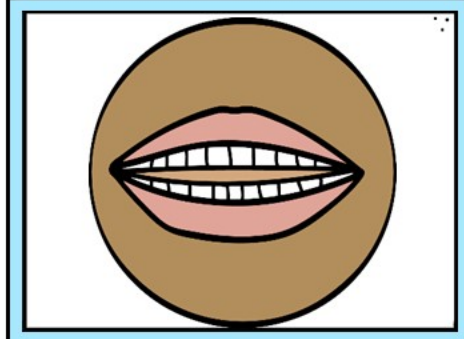
TOUCH



HEAR



SMELL



TASTE



# MY COPING SKILLS





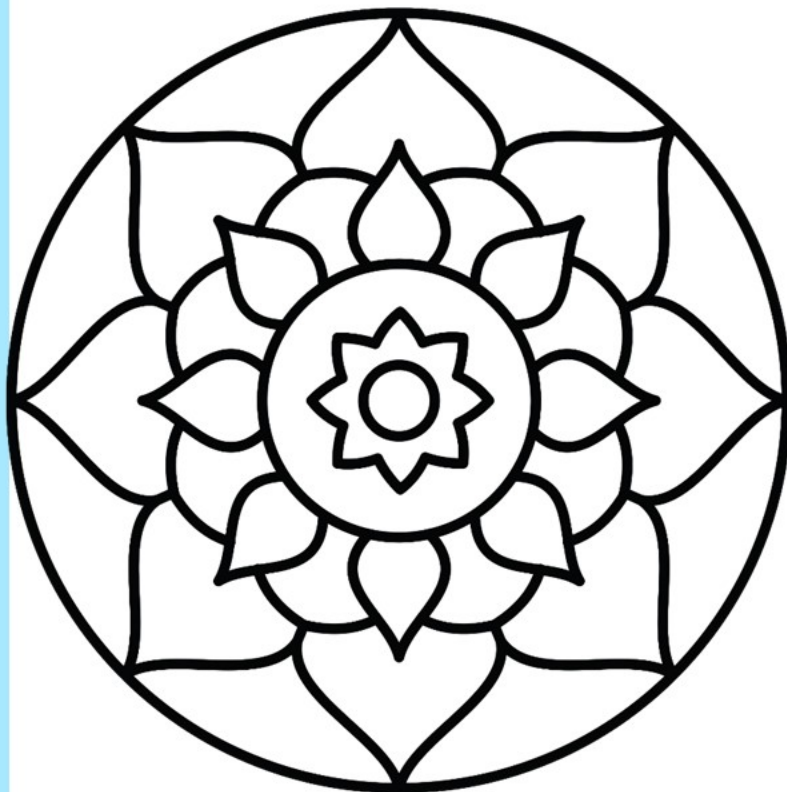
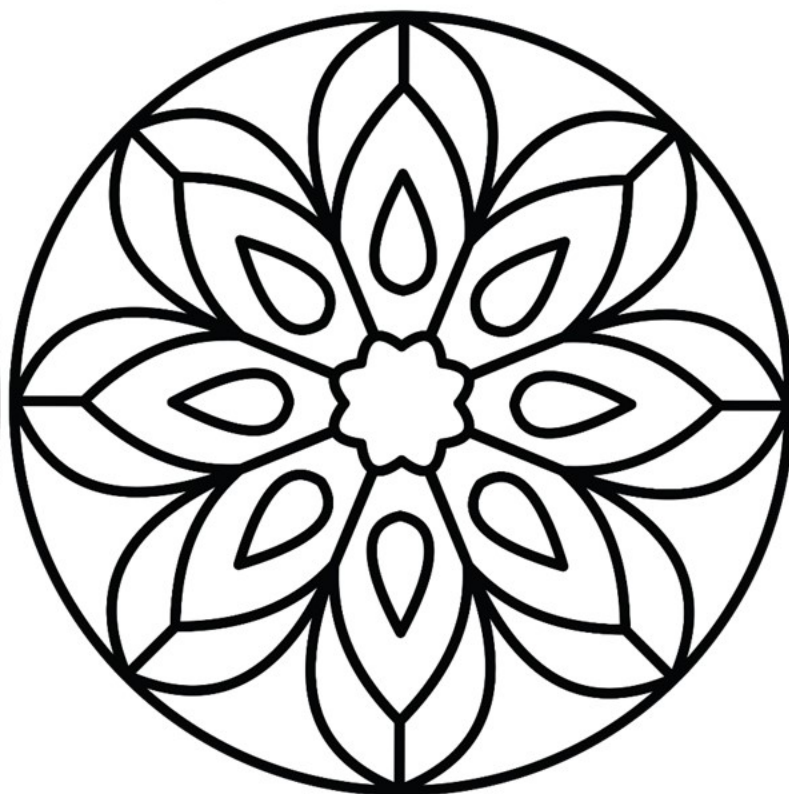
# MY COPING SKILLS





# LET'S RELAX

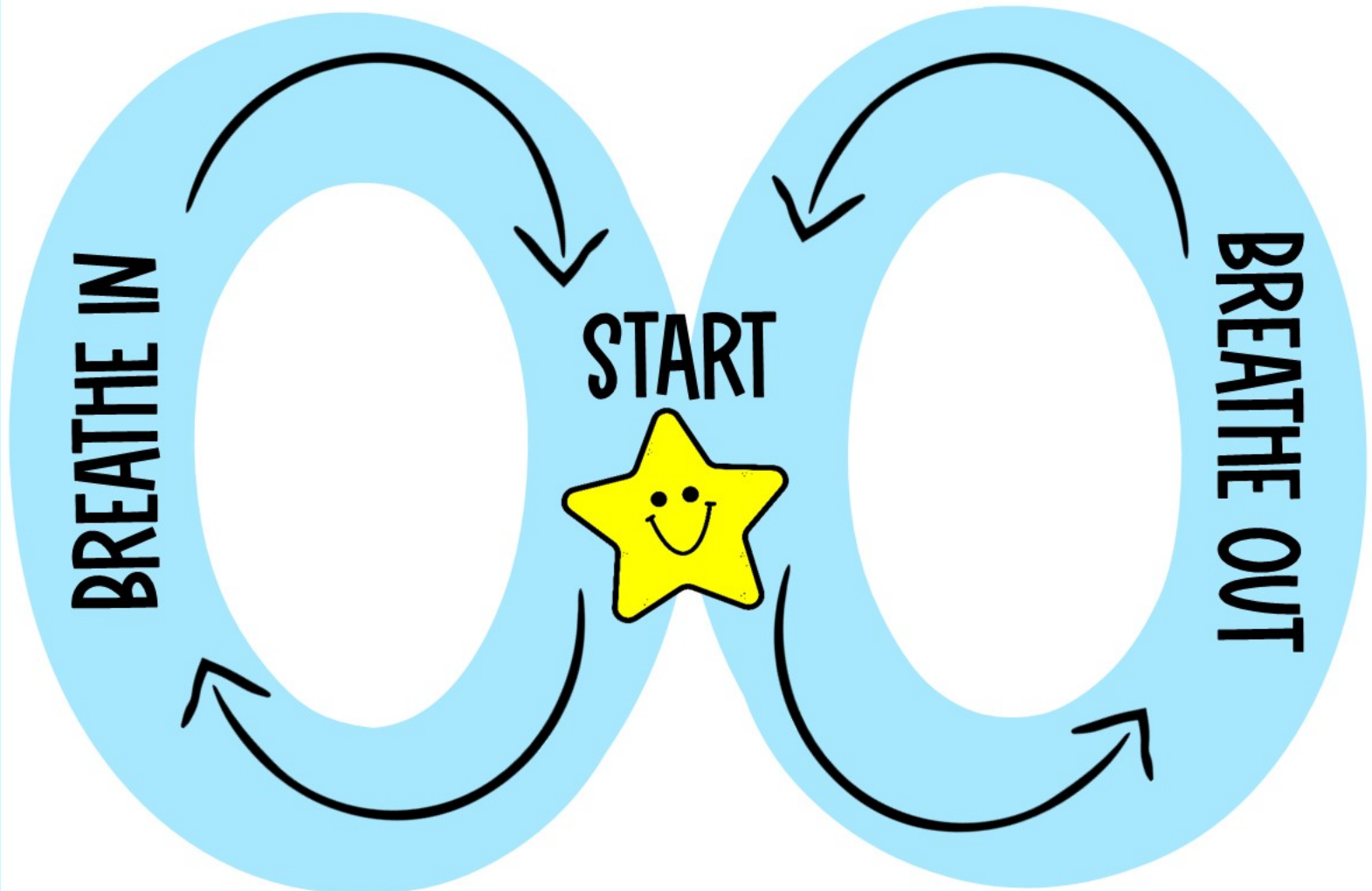
Coloring is a great coping skill for anxiety! Please color in these designs and feel your body and mind relax.





# LET'S BREATHE

Trace the Figure 8 with your finger starting at the star. As you follow the direction of the arrows, take a deep breath in. Then, cross over the star to the other side of the Figure 8 and take a deep breath out. Notice your body becoming calmer and more at peace with each breath you take.



**Black  
&  
White**



Name: \_\_\_\_\_

# CALM BOOK



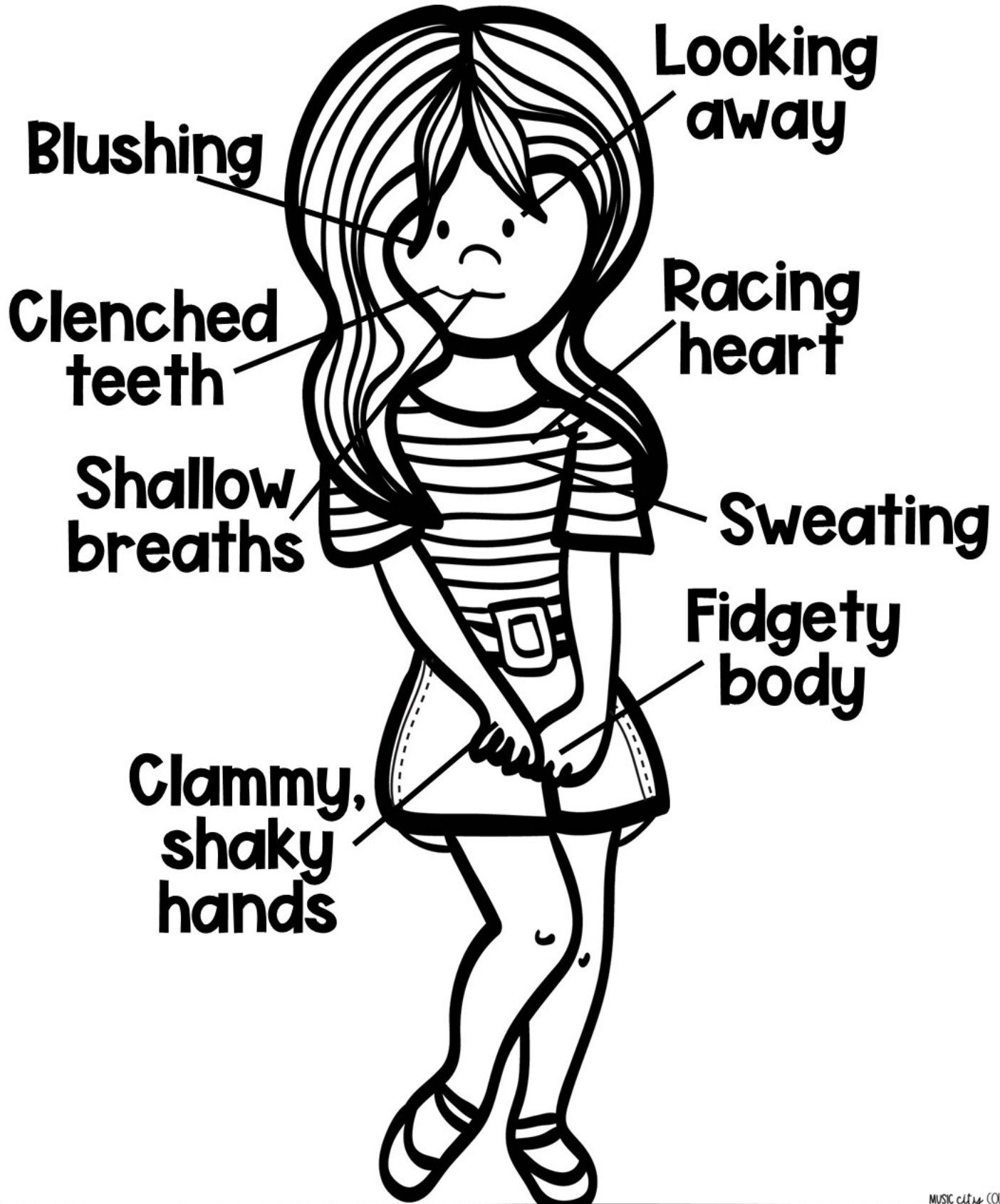
Name: \_\_\_\_\_

# CALM BOOK





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Rate your anxiety from 1 to 5 in each of these parts of your life. Write your answer on the line.



CALM



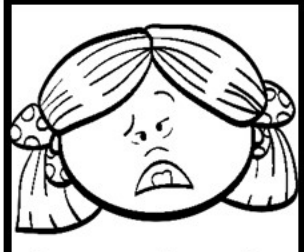
UNCOMFORTABLE



NERVOUS



ANXIOUS



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FRIENDSHIPS



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NERVOUS

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UNCOMFORTABLE

2

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CALM


1

---

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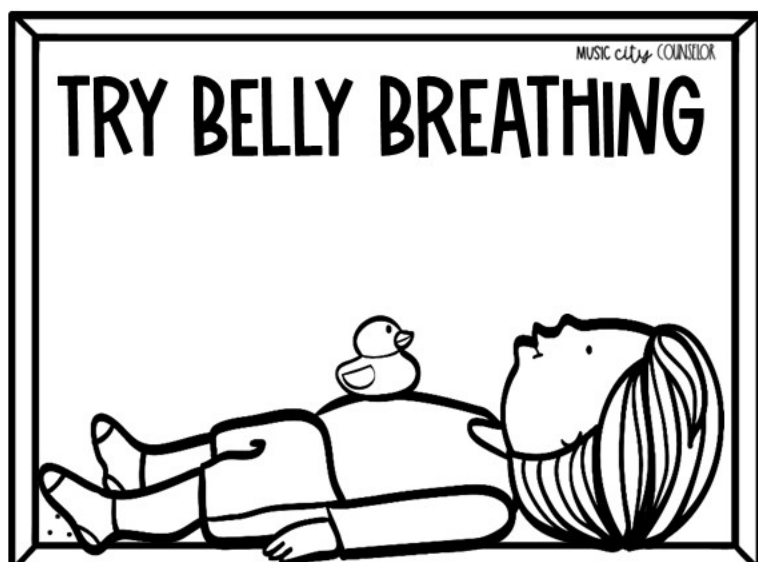
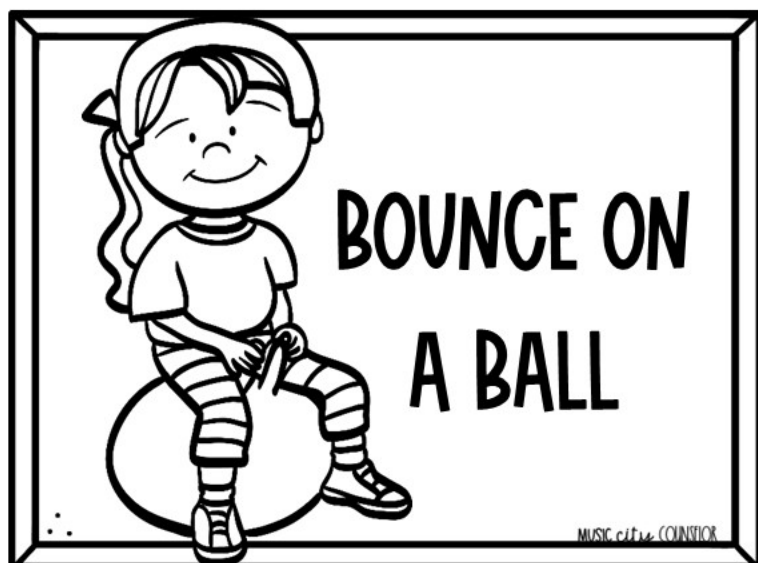
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# MY COPING SKILLS

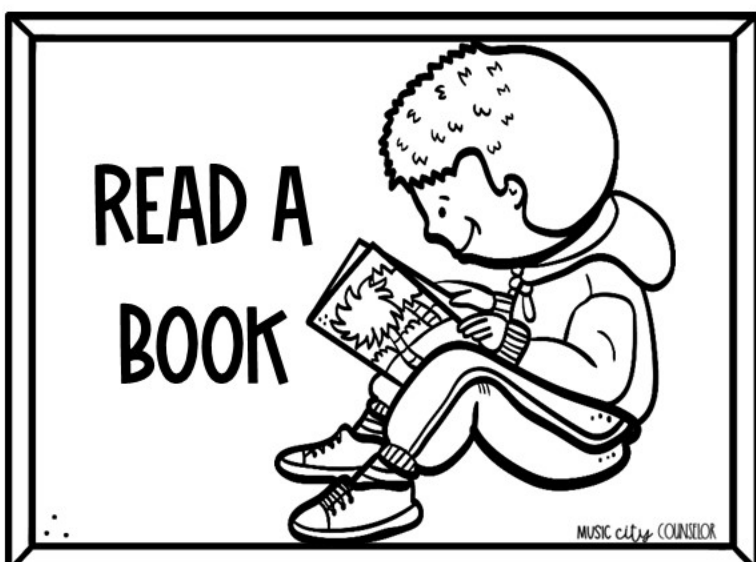
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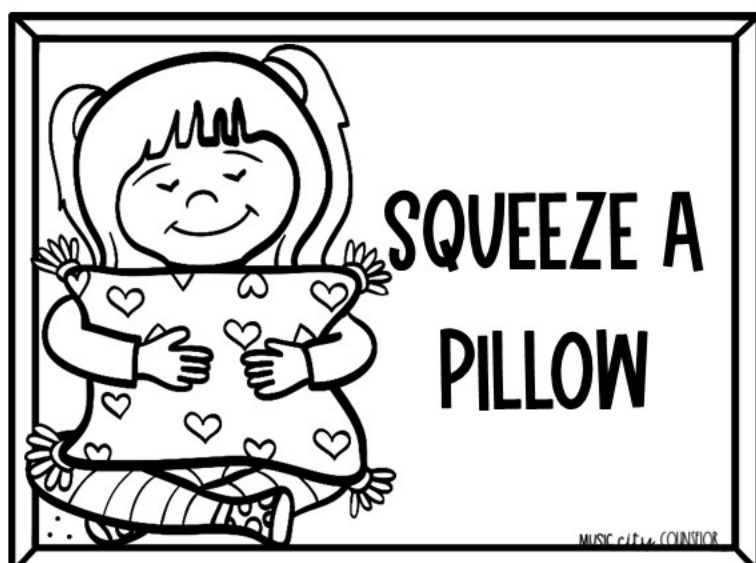
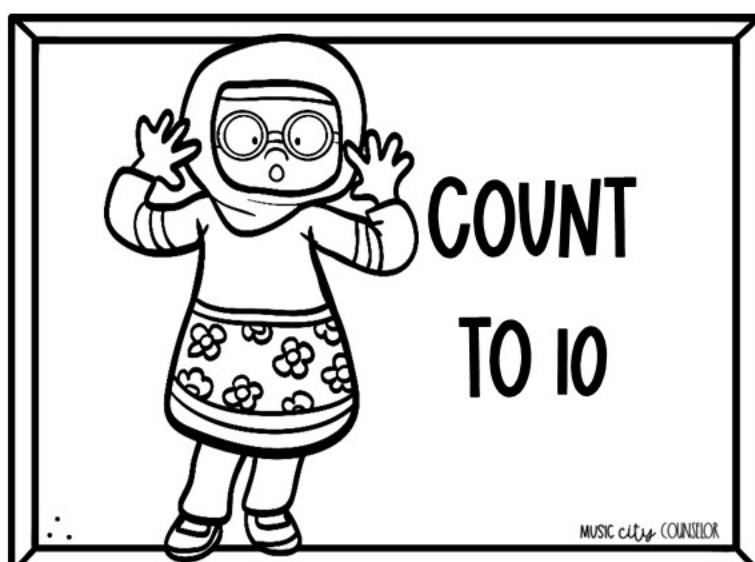
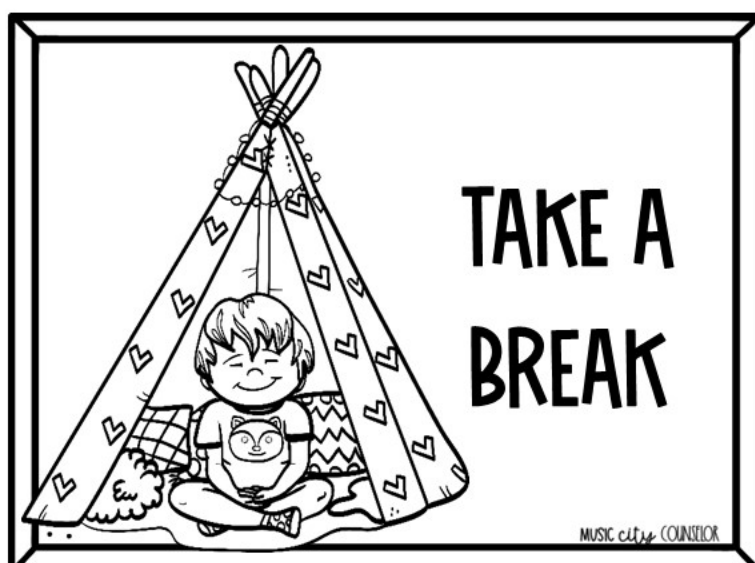
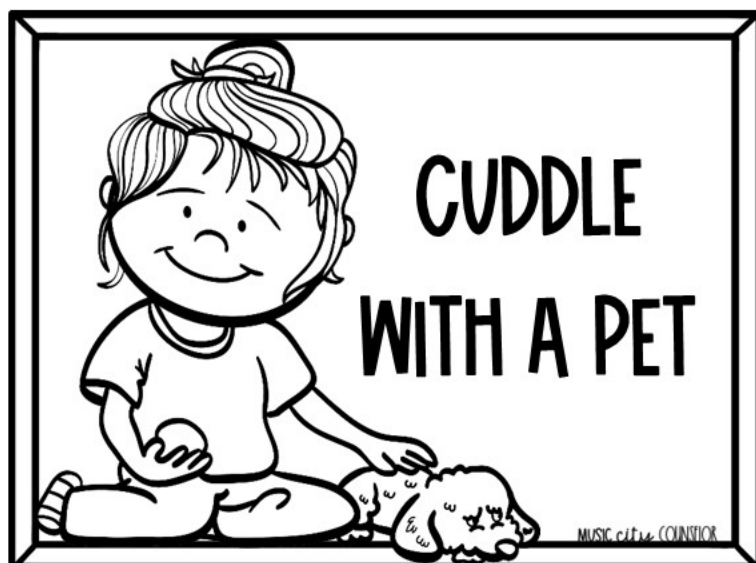


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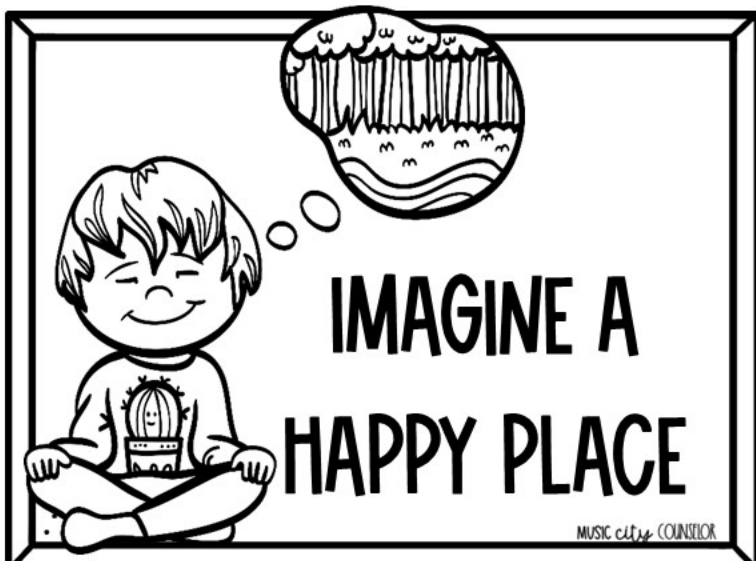




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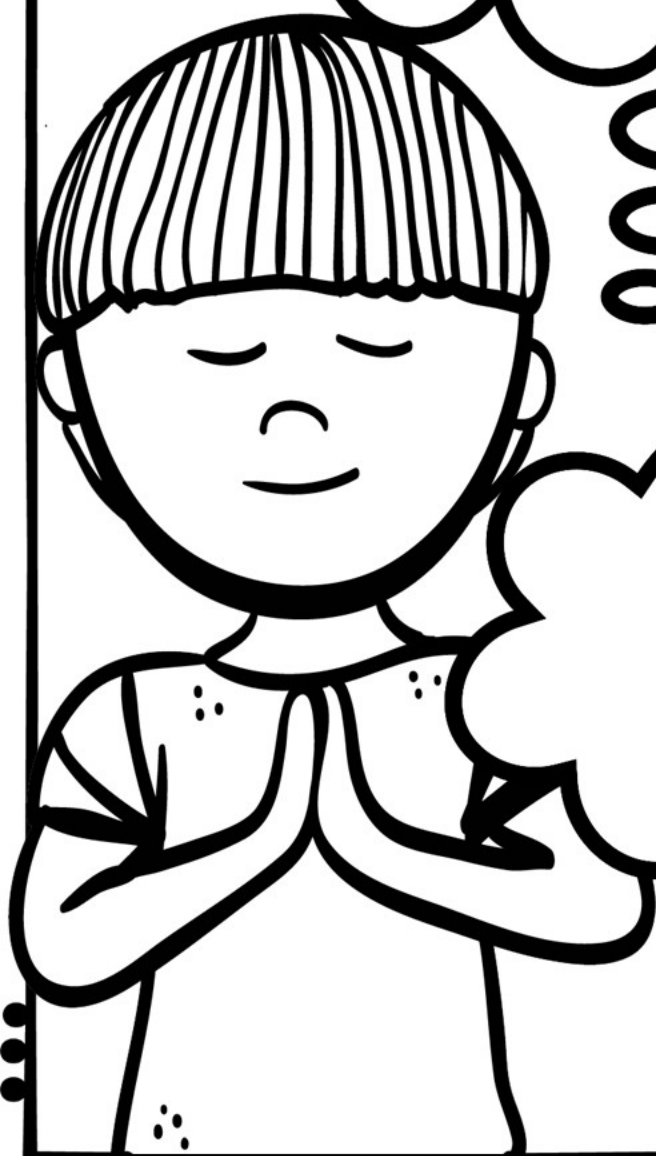


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# CALM THOUGHTS



# LET'S GROUND

5

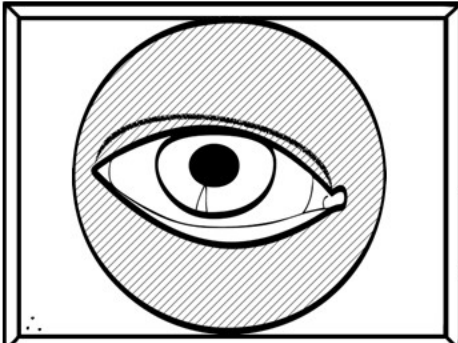
4

3

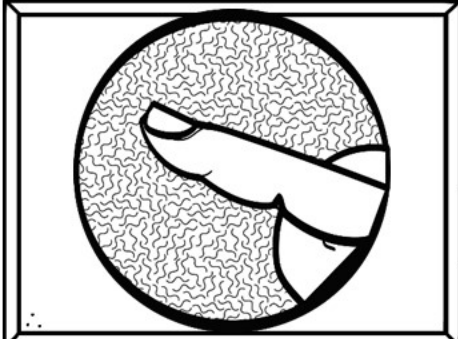
2

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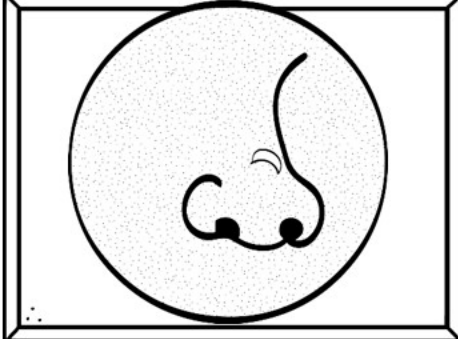
SEE



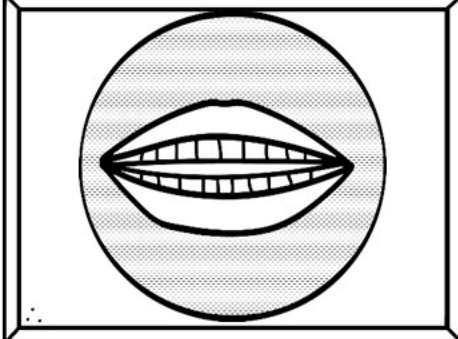
TOUCH



HEAR



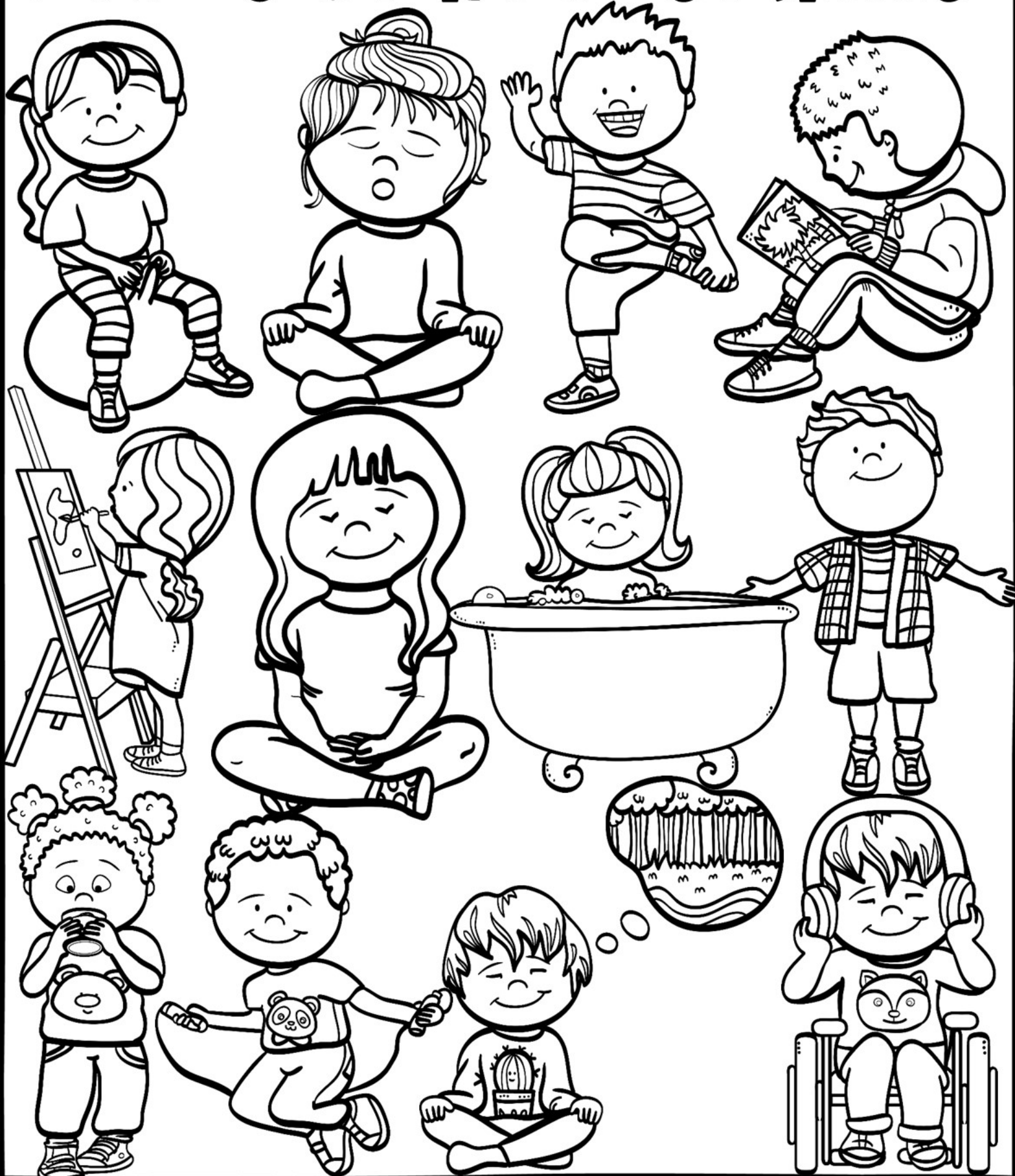
SMELL



TASTE



# MY COPING SKILLS

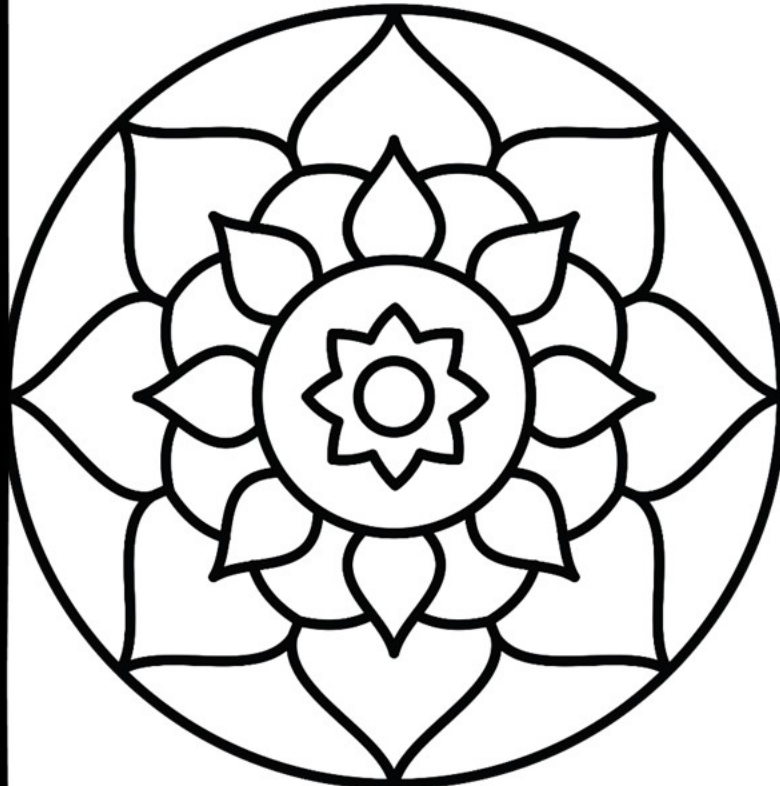
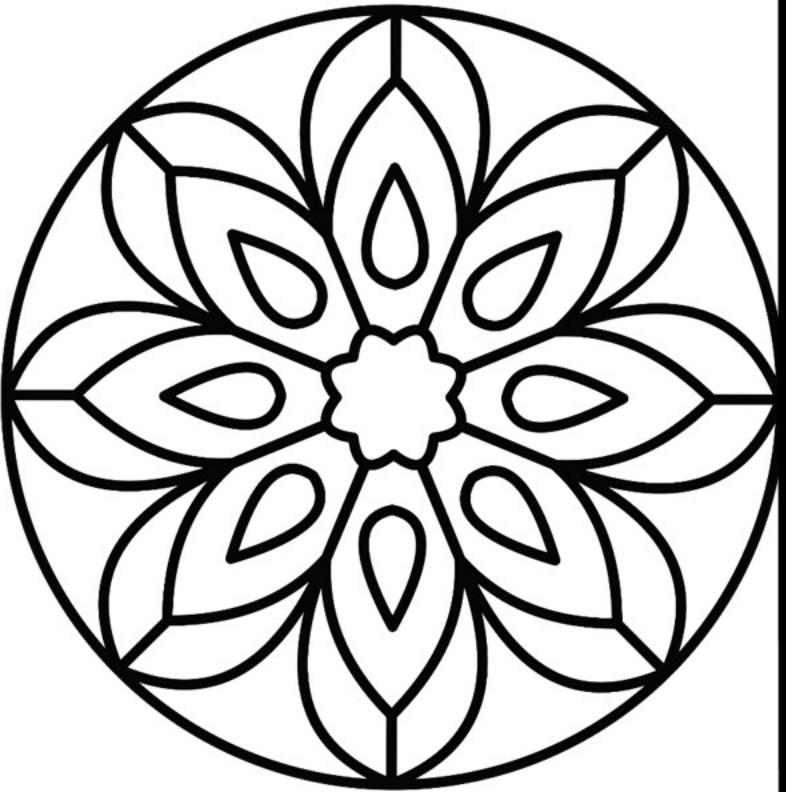
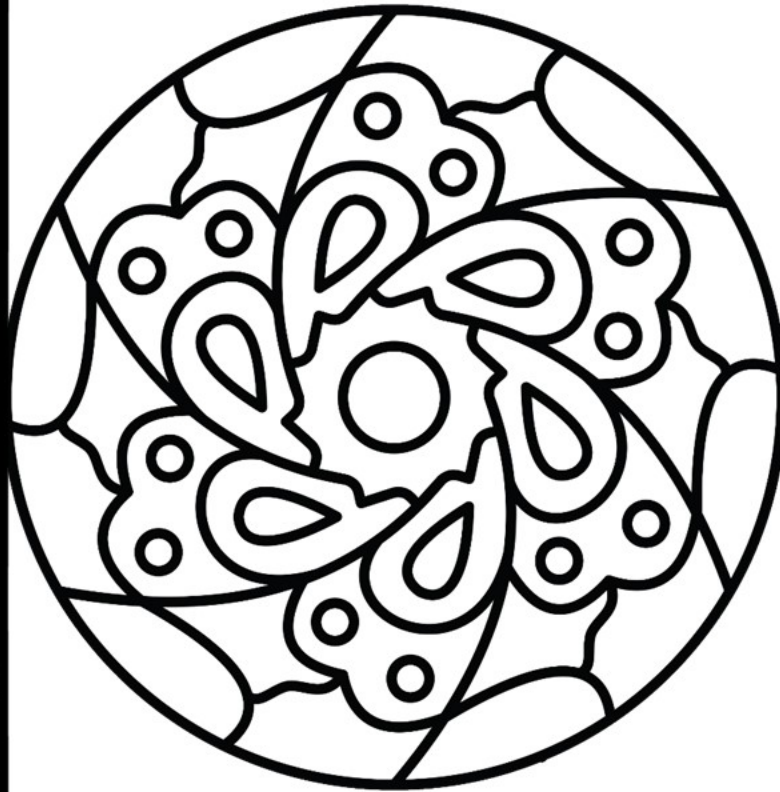


# MY COPING SKILLS



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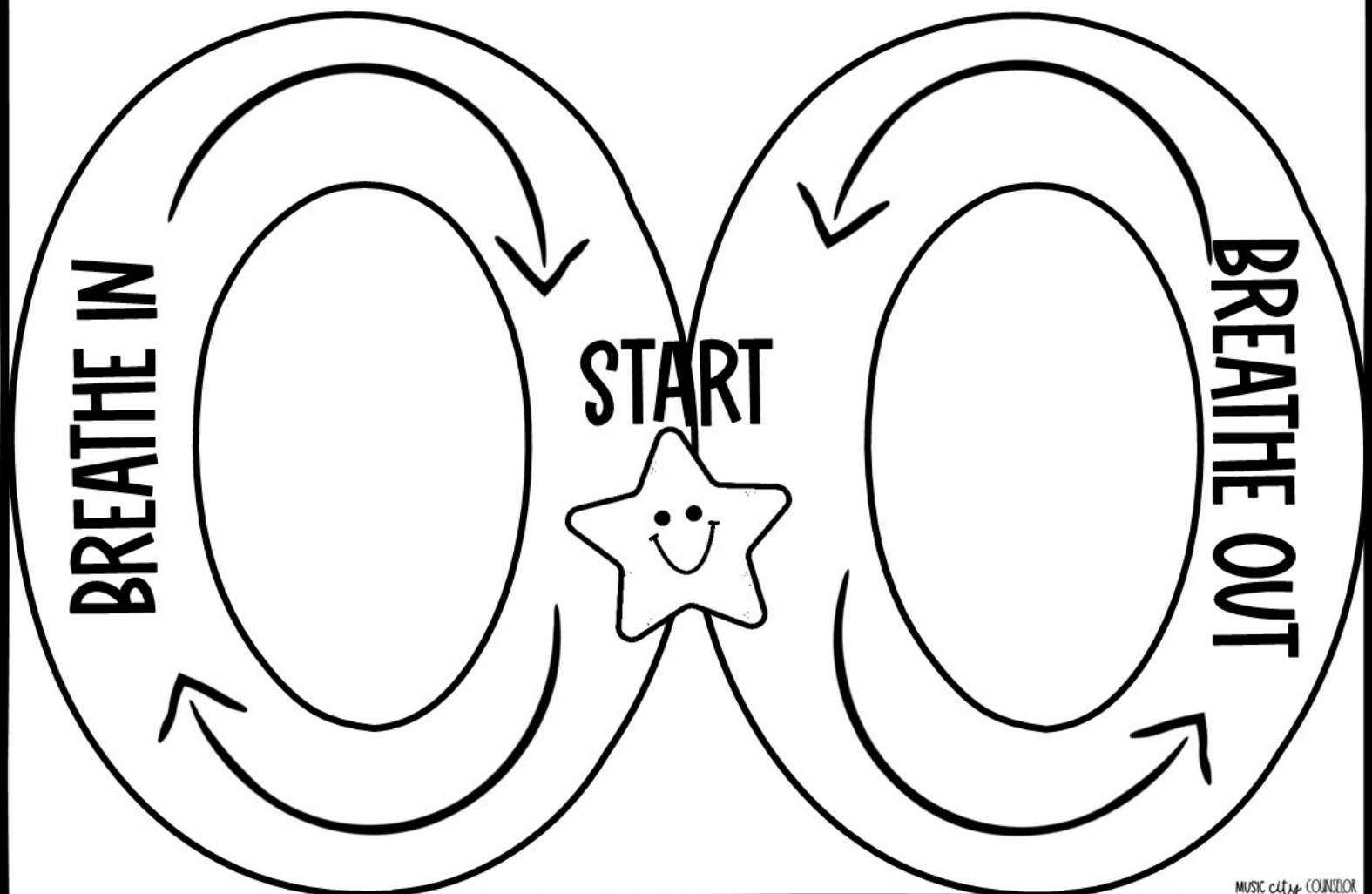
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