

# MUSIC city COUNSELOR

Thank you for your purchase!



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!



For helpful ideas and free resources, please check out my website!  
[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

# Directions Page 1:

## To assemble the lap book:

**MATERIALS:** file folder, hook and loop fastener dots, scissors, glue, and printed pages

I use a file folder and hook and loop fastener dots to make my Anxiety Lap Book durable and easy-to-use. Please note that all pages of the lap book are included in full color and black/white, so please only print the pages that you need. Please see the sample lap book on the next slides as a guide for creating yours!

1. Please glue the cover page that says "ANXIETY" in big green letters to the front of the file folder.
2. Then, please glue the page that says "LET'S GROUND!" to the back of the file folder.
3. Next, please open the file folder and glue the "Today I am FEELING..." page to the top half of the inside of the folder.
4. Then, please glue the "To COPE WITH ANXIETY, I can..." page to the bottom half of the inside of the manila folder.
5. Next, please cut out each of the little squares.
6. Please place one side of a hook and loop fastener dot on the back of each little square. Please place the other side of the hook and loop fastener dot on each blank square and each blank sticky note on the inside of the folder.
7. Then, please stick each of the little squares onto the blank squares in the inside of the file folder. They can be placed in any order as long as they are placed in the correct section. This makes the lap book interactive and reusable for your students!

# Directions Page 2:

## To use the lap book:

This lap book helps students explore their feelings, identify their triggers to anxiety, and practice coping skills. I recommend using it with students who struggle with anxiety and worry, and revisiting it with them often as feelings, behaviors, and experiences change over time! I also suggest keeping it in your Calm Corner or in another place that students can easily and freely access it as needed. I love using this resource with both individual students and small groups!


1. Students start by learning about anxiety on the front cover page. It teaches students about what anxiety may look and feel like in their body. This is a great opportunity to discuss how anxiety typically looks and feels for them.
2. Then, students open the lap book and choose which card represents how they are feeling today. They place that card on the hook-and-loop fastener dot on the top yellow sticky note.
3. Next, students choose one card that represents what they are thinking about today, and place it on the hook-and-loop fastener dot on the second sticky note.
4. Then, students choose 2 cards that represent coping skills they would like to learn and practice, and place them on the hook-and-loop fastener dots on the two bottom sticky notes.
5. Once they have finished choosing their 4 cards, please generate a discussion with the student about why they chose each card. This is a great time to reflect on feelings, thoughts, and experiences. Also, please practice the coping skills they chose and any others they'd like to learn.
6. Finally, the back page of the lap book offers a grounding exercise. It asks students to look around them and name 5 things they can see, 4 things they can feel, 3 things they can hear, 2 things they can smell, and 1 thing they can taste.

# SAMPLE LAP BOOK:

## FRONT:


# ANXIETY

FEELS LIKE, LOOKS LIKE




Blushing  
Clenched teeth  
Clammy, shaky hands


WANTING TO BE ALONE, TO ESCAPE




UNCOMFORTABLE, NERVOUS, UNSURE




ANNOYED, SNAPPY, IRRITATED



AFRAID SOMETHING BAD WILL HAPPEN



ASHAMED, FULL OF SELF-DOUBT



## BACK:

### LET'S GROUND!

I have thousands of thoughts running through my head each day. When I think anxious thoughts, I expect the worst to happen and look for the bad in the situation. When I feel nervous and anxious, I can look around me and name:



# SAMPLE LAP BOOK: INSIDE:








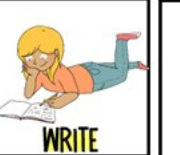
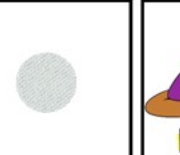





Today I am **FEELING...**

 NERVOUS	 ANXIOUS	 PANICKED		 CALM
------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------

When I think **ABOUT...**

 HOME & FAMILY	 FRIENDSHIPS	 SCHOOL		 MY CHOICES
 ACTIVITIES	 MY GRADES	 MY FEARS	 OTHER	

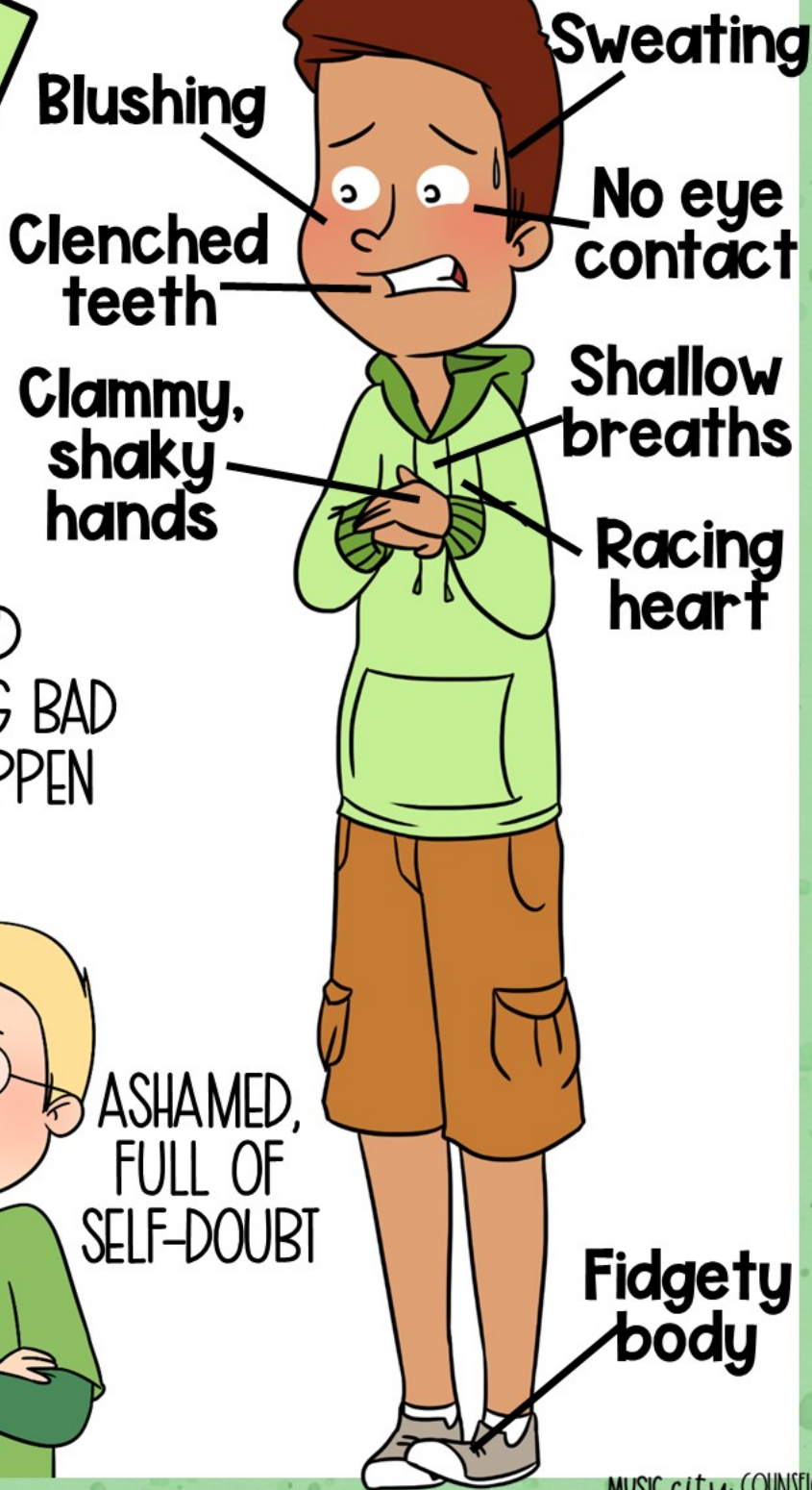
To **COPE WITH ANXIETY**, I can...

 TALK IT OUT		 COUNT TO 10	 BREATHE DEEPLY	 THINK POSITIVE
 DRAW	 PRACTICE YOGA	 WRITE		 EXERCISE
 READ A BOOK	 STRESS BALL	 ASK FOR A HUG	 ENJOY MUSIC	

**Full Color**

# ANXIETY

FEELS LIKE, LOOKS LIKE



Sweating

Blushing

No eye contact

Clenched teeth

Shallow breaths

Clammy, shaky hands

Racing heart

Fidgety body

WANTING TO BE ALONE, TO ESCAPE

AFRAID SOMETHING BAD WILL HAPPEN

ANNOYED, SNAPPY, IRRITATED

ASHAMED, FULL OF SELF-DOUBT

UNCOMFORTABLE, NERVOUS, UNSURE

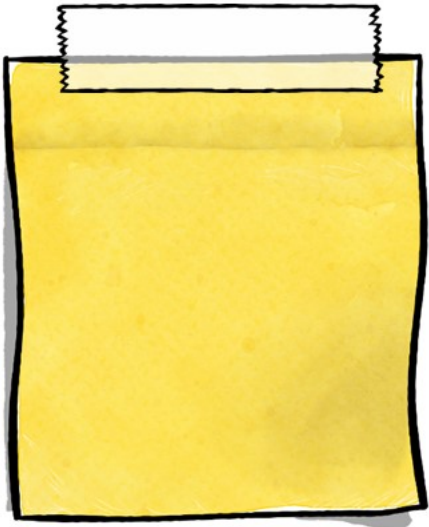


Today I am FEELING...

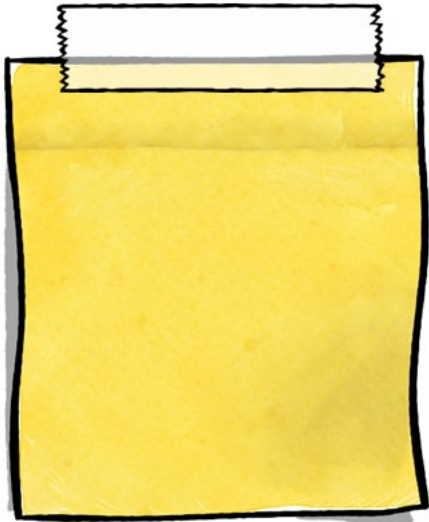


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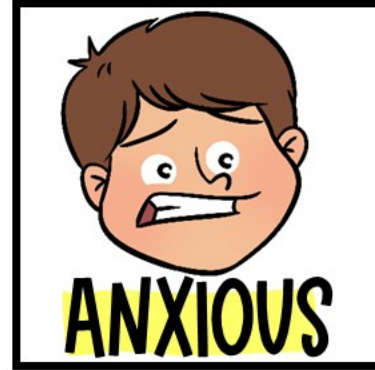
When I think ABOUT...



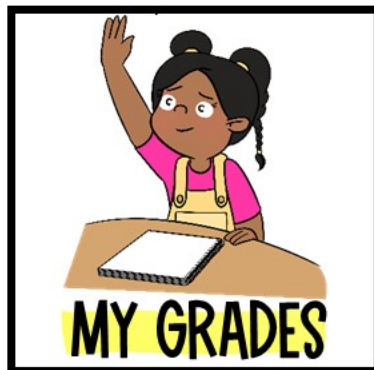
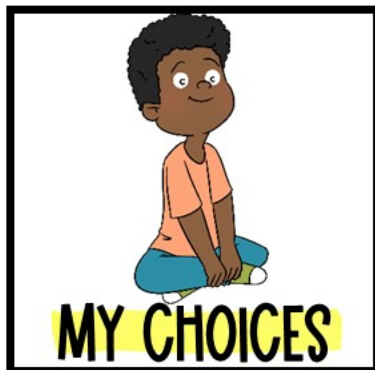

# To COPE WITH ANXIETY, I can...



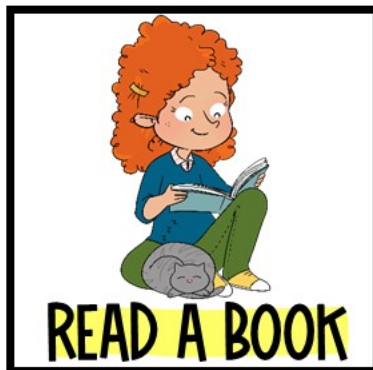
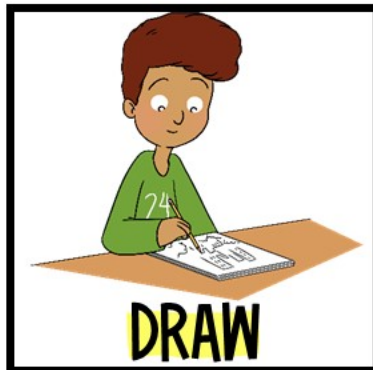
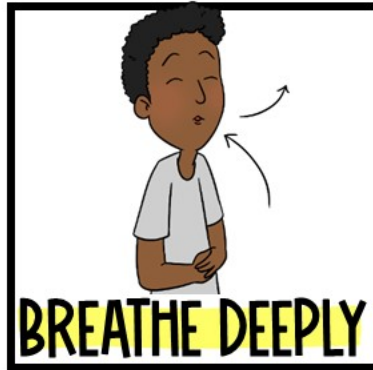

# TODAY I AM FEELING...



# WHEN I THINK ABOUT...



# TO COPE WITH ANXIETY, I CAN...



# LET'S GROUND!

I have thousands of thoughts running through my head each day. When I think anxious thoughts, I expect the worst to happen and look for the bad in the situation. When I feel nervous and anxious, I can look around me and name:



**Black &  
white**

# ANXIETY

FEELS LIKE, LOOKS LIKE

Blushing

Sweating

Clenched teeth

No eye contact

Clammy, shaky hands

Shallow breaths

Racing heart

WANTING TO BE ALONE, TO ESCAPE



AFRAID SOMETHING BAD WILL HAPPEN



UNCOMFORTABLE, NERVOUS, UNSURE

ANNOYED, SNAPPY, IRRITATED



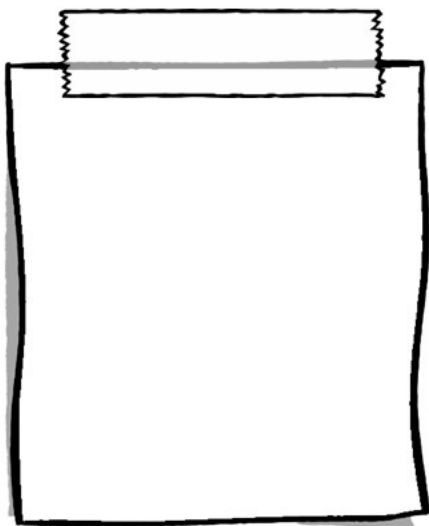
ASHAMED, FULL OF SELF-DOUBT



Fidgety body

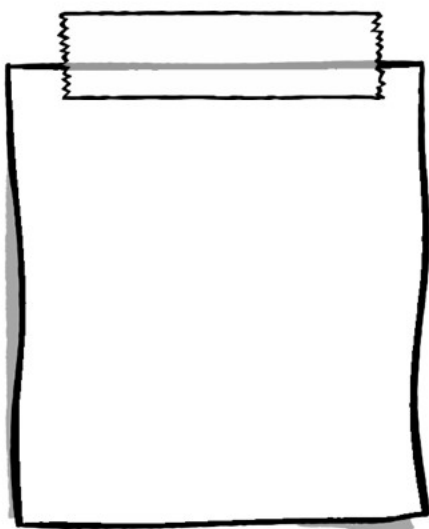


Today I am **FEELING...**

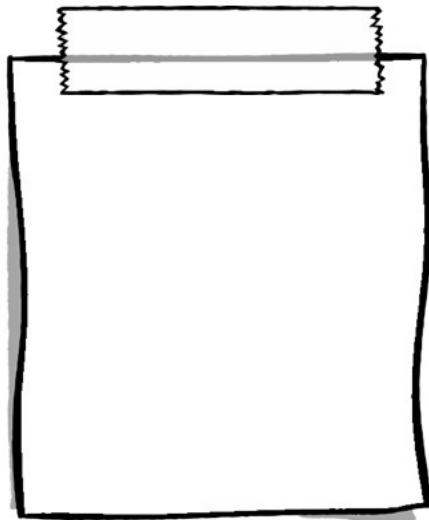
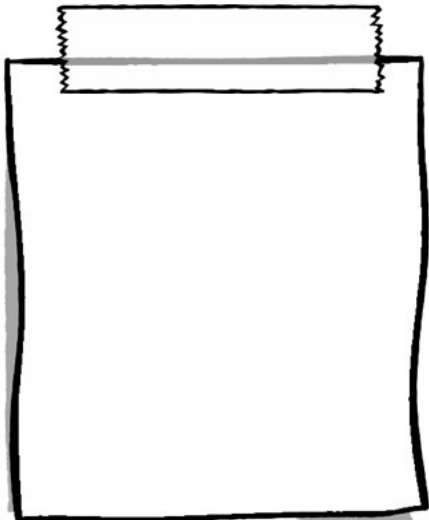


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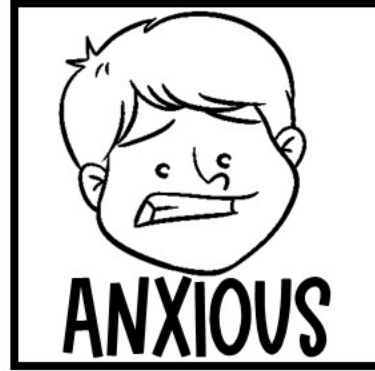
When I think **ABOUT...**



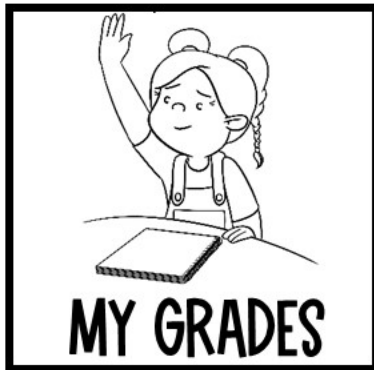

# To COPE WITH ANXIETY, I can...



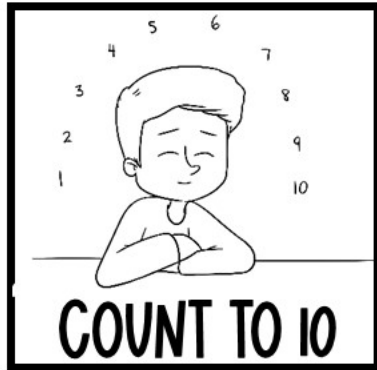

# TODAY I AM FEELING . . .



# WHEN I THINK ABOUT . . .



# TO COPE WITH ANXIETY, I CAN...



**COUNT TO 10**



**BREATHE DEEPLY**



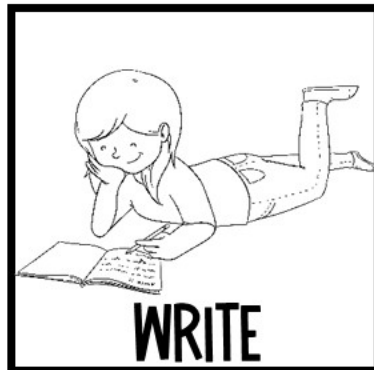
**PRACTICE YOGA**



**TALK IT OUT**



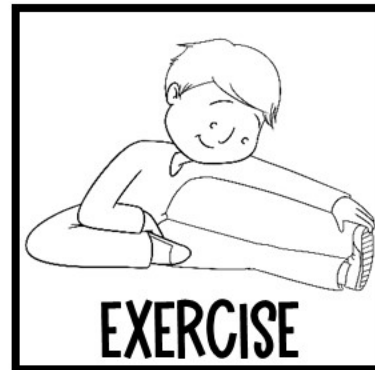
**DRAW**



**WRITE**



**THINK POSITIVE**



**EXERCISE**



**READ A BOOK**



**STRESS BALL**



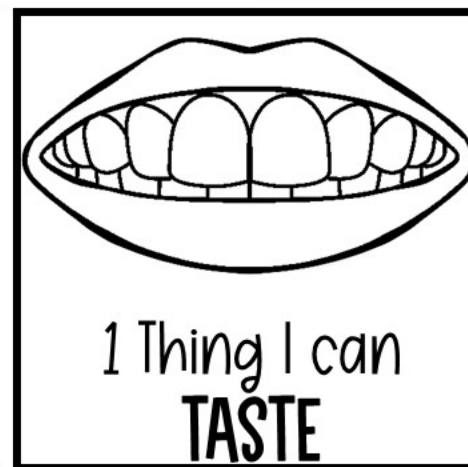
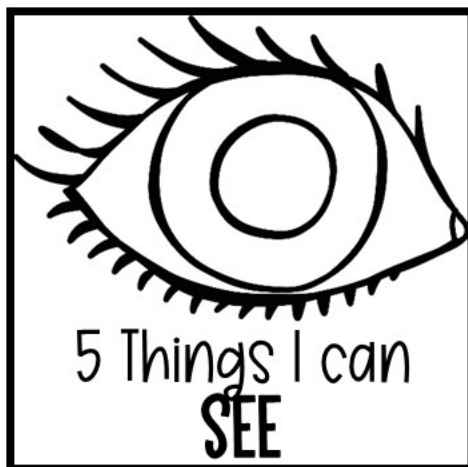
**ASK FOR A HUG**



**ENJOY MUSIC**

# LET'S GROUND!

I have thousands of thoughts running through my head each day. When I think anxious thoughts, I expect the worst to happen and look for the bad in the situation. When I feel nervous and anxious, I can look around me and name:





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