

o MUSIC  city COUNSELOR

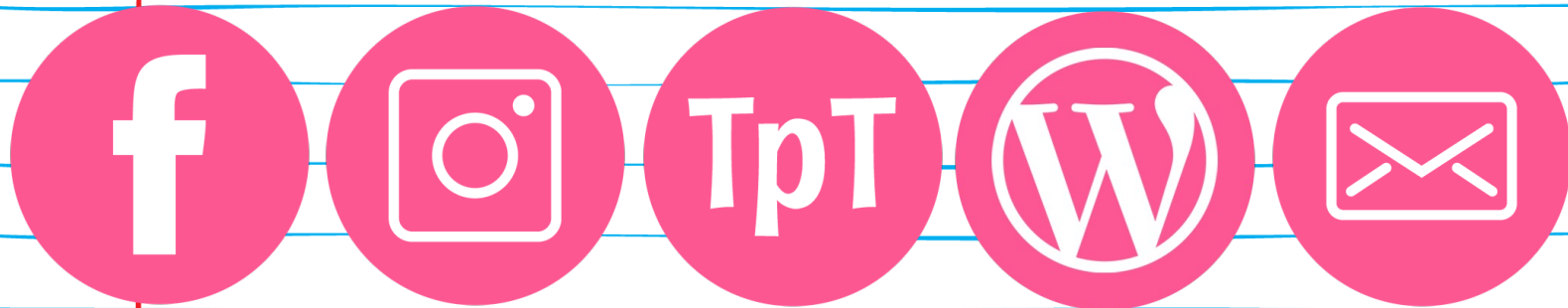
THANK YOU FOR YOUR PURCHASE!



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:

This activity works best with individual students and small groups, but it can be adapted for use with whole group as well! It helps students identify and understand their anxiety triggers.

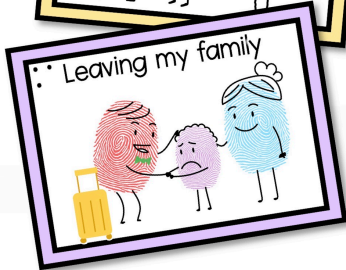
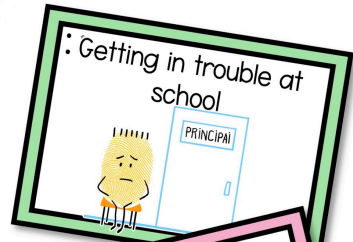
Materials Needed:

- Printed materials
- Scissors
- If using the color version: hook-and-loop fastener dots
- If using the black/white version: glue stick and crayons

Directions:

1. Both full color and black/white versions of this activity are included
2. Please cut out the anxiety trigger cards and the "Calm, Worried, and Panicked" labels
3. Please review the Anxiety Scale with students.
4. Please review the Anxiety Triggers definition with students.
5. Please review and discuss all of the anxiety trigger cards with students.
6. Please put the "Calm," "Worried," and "Panicked" labels in separate areas on the table. Please put all of the anxiety triggers cards in a pile.
7. Please ask students to choose an anxiety trigger card from the pile and rate it: decide whether the situation would make them feel calm, worried, or panicked. Then, students can place the card on the blank square on the label that corresponds with how they would feel. Students should end up having little piles of cards on each of the 3 labels.
8. Once students have sorted all of the cards into the 3 piles on the labels, they can choose 6 cards from the panicked pile (or the worried pile if they don't have 6 on the panicked pile). Please ask them to choose the 6 trigger cards that they feel make them feel the MOST anxious/panicked. Students can take these 6 cards and glue them onto the "My Top Six" Anxiety Triggers page. Or, if you are using the full color version, you may choose to laminate the materials and have students stick the cards on with hook and loop fastener dots so the activity is reusable.

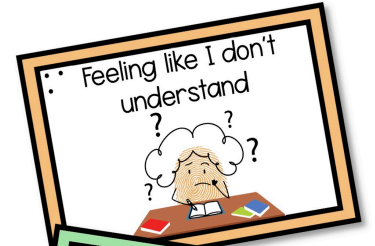
SAMPLE:



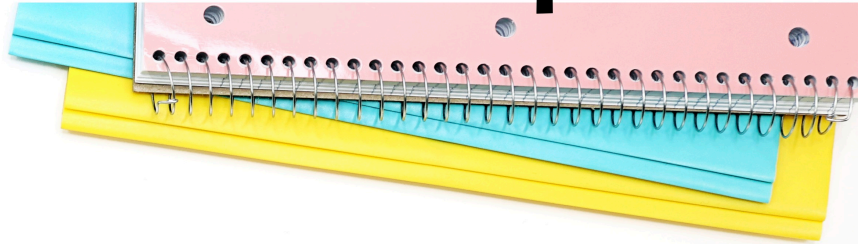
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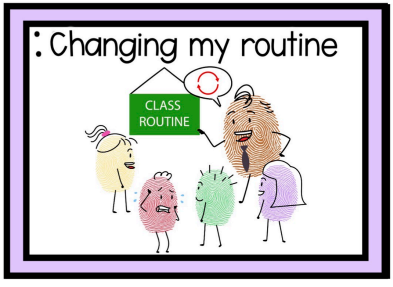
My Top Six ANXIETY TRIGGERS

Feeling like someone is in my space	
	Taking tests
Worrying about past mistakes	Being in a crowd



SAMPLE:



 **CALM** 

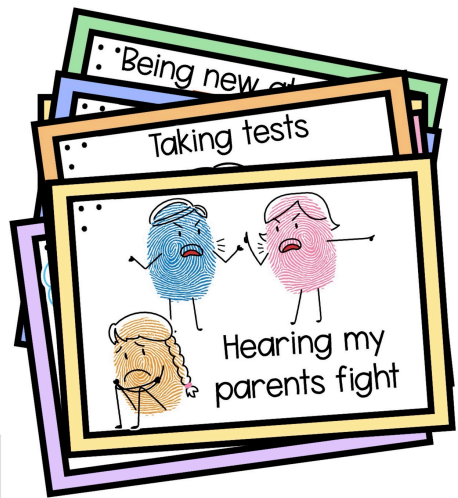
The 'CALM' card features a blue fingerprint character with closed eyes and a peaceful expression. The 'Calm' card shows a group of fingerprint characters gathered around a sign that says 'CLASS ROUTINE', with one character pointing to a speech bubble containing a red 'X'.

 **WORRIED** 

The 'WORRIED' card features a pink fingerprint character with a sad expression and a hand to her forehead. The 'Worried' card shows a pink fingerprint character with arrows pointing towards her from all directions, indicating she is being judged.

 **PANIC** 

The 'PANIC' card features an orange fingerprint character with a wide-eyed, open-mouthed expression. The 'Panic' card shows a group of fingerprint characters standing in front of a sign that says 'WELCOME'.



FULL COLOR

ANXIETY TRIGGERS

Things, places, + situations
that make me feel anxious.



ANXIETY SCALE

PANICKED

5



I am overwhelmed with anxiety. I'm gasping for breath. My chest hurts. I feel dizzy. I lost control.

NERVOUS

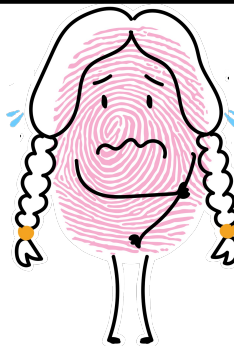
4



I feel shaky and sweaty. My heart is beating so fast. I can't think straight. I'm having trouble breathing.

WORRIED

3



I'm having trouble concentrating on anything but my worry. My mind is racing. I'm starting to sweat.

UNEASY

2



Something feels not quite right. I feel a little bit tense. I notice butterflies in my tummy.

CALM

1



I am peaceful and relaxed. My body feels comfortable. Everything is okay.

My Top Six

ANXIETY TRIGGERS

A rectangular box with a purple border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.

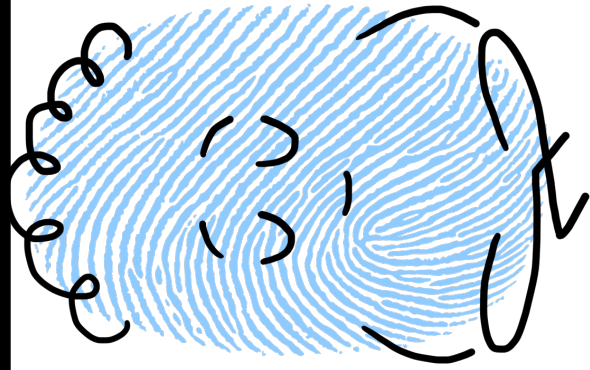
A rectangular box with a pink border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.

A rectangular box with a green border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.

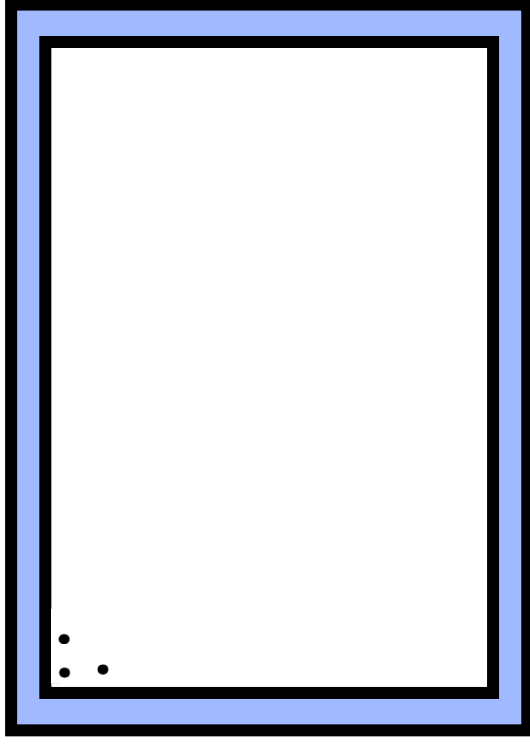
A rectangular box with an orange border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.

A rectangular box with a blue border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.

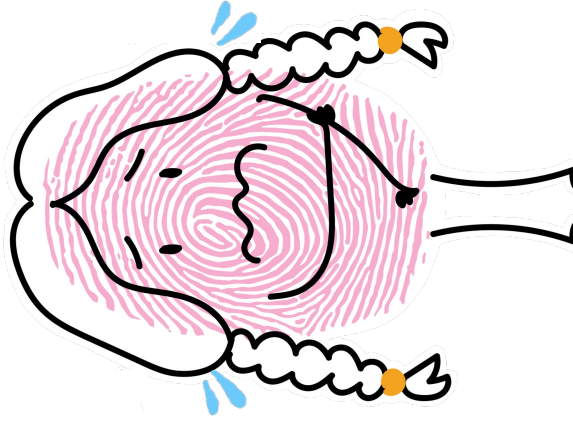
A rectangular box with a yellow border and a black outline. In the top-left corner, there are three dots arranged in a small list: two dots on the top line and one dot on the line below.



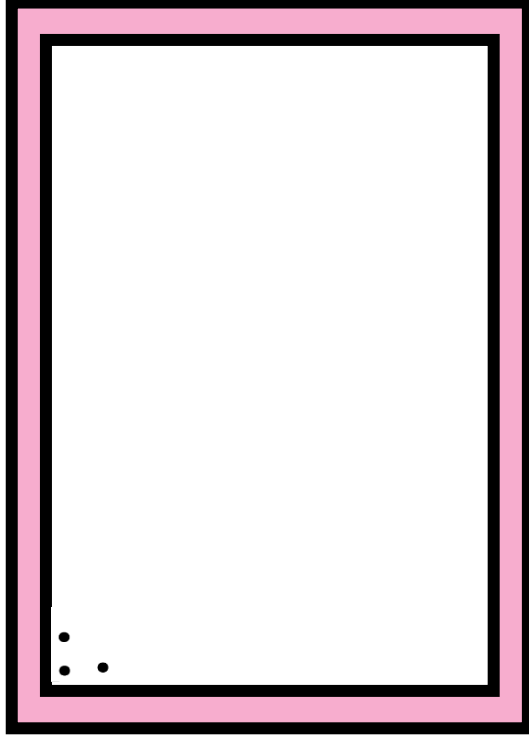
CALM



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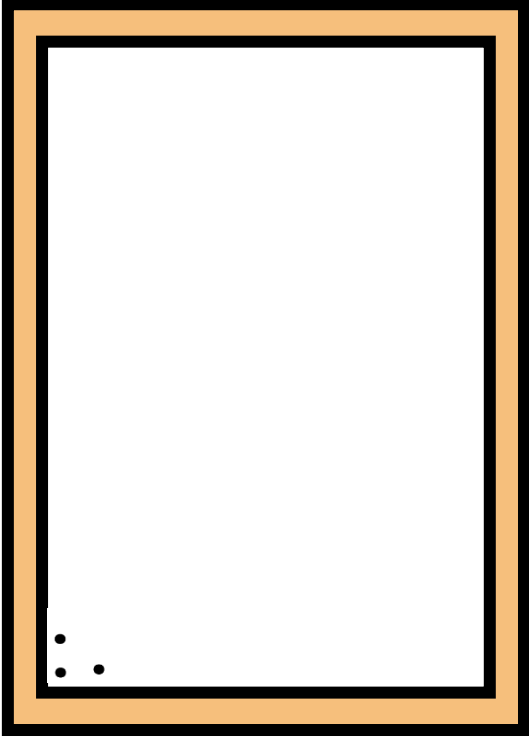
WORRIED



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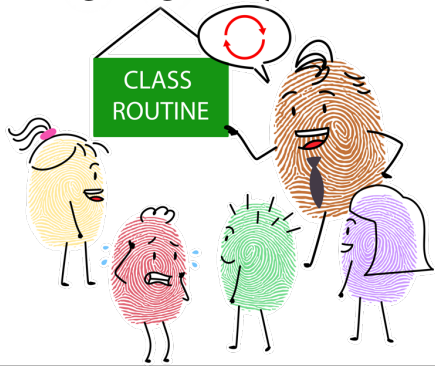


PANICKED

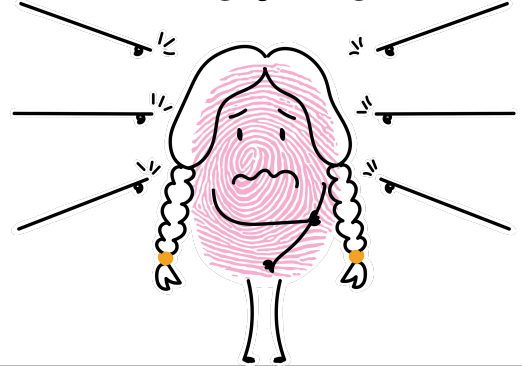


Please cut out these anxiety triggers.

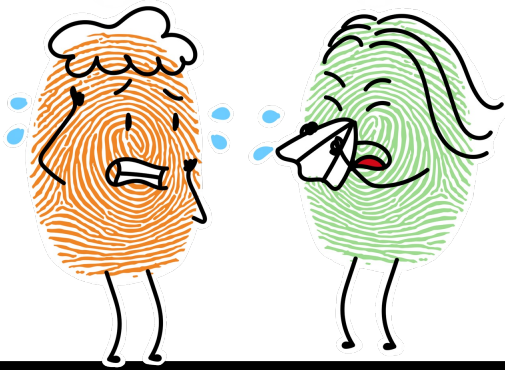
: Changing my routine



: Feeling judged



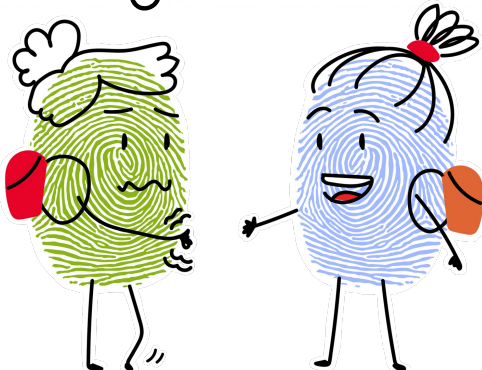
: Being around germs



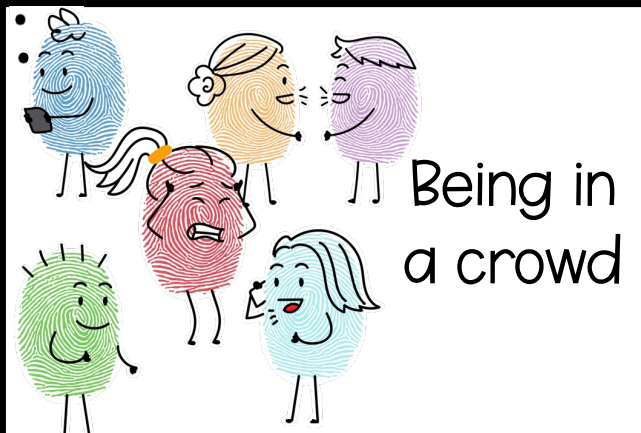
: Having too much work



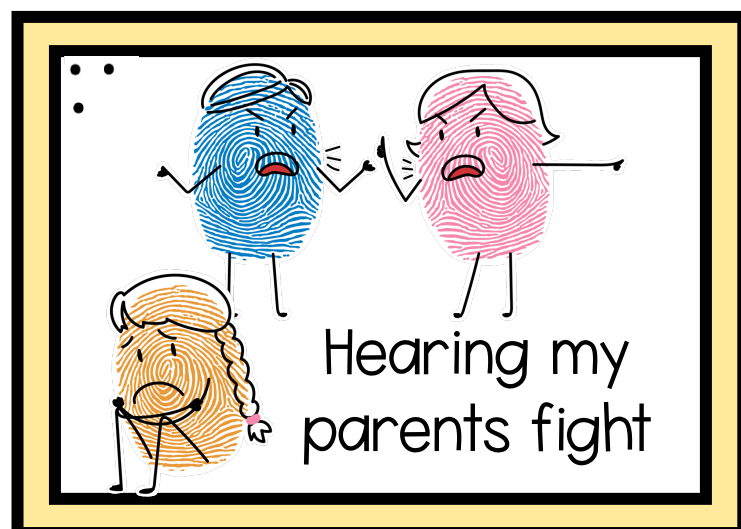
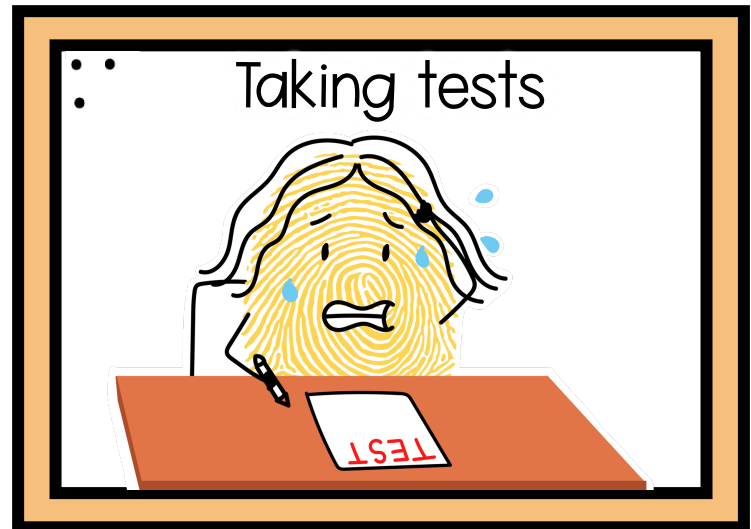
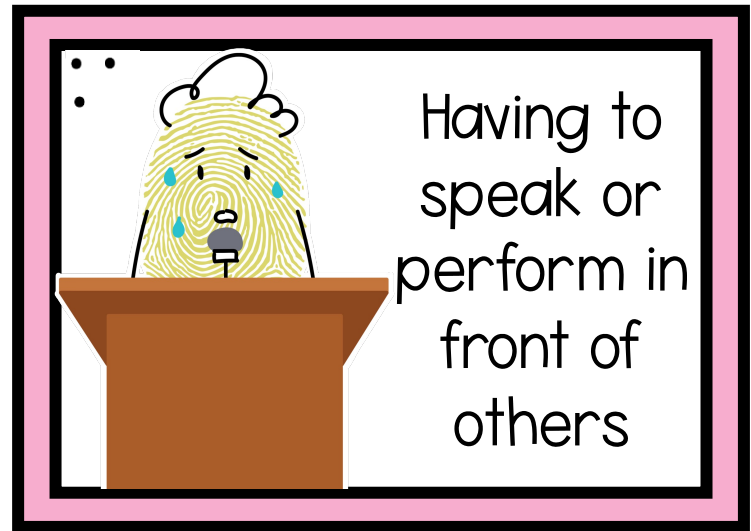
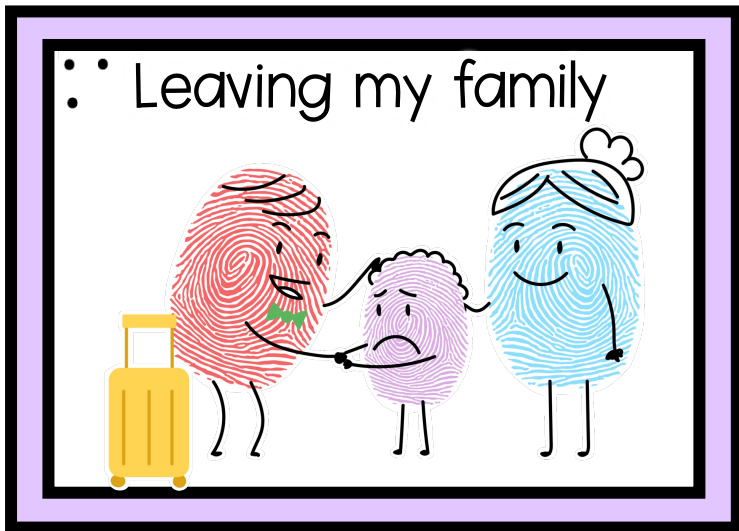
: Meeting someone new



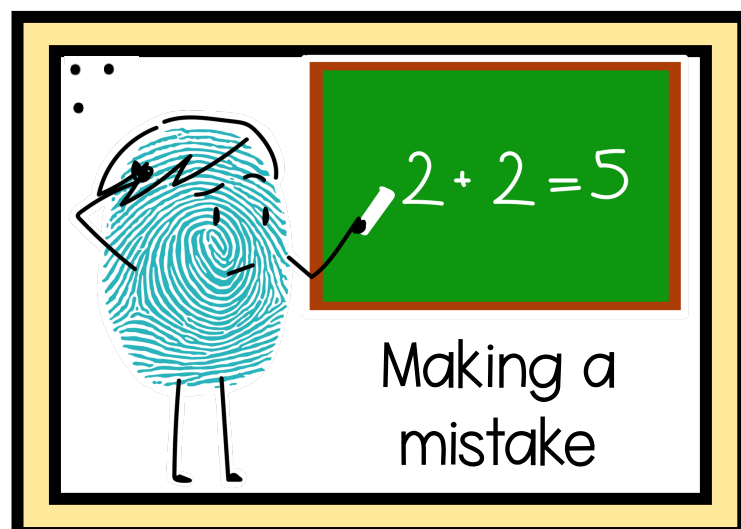
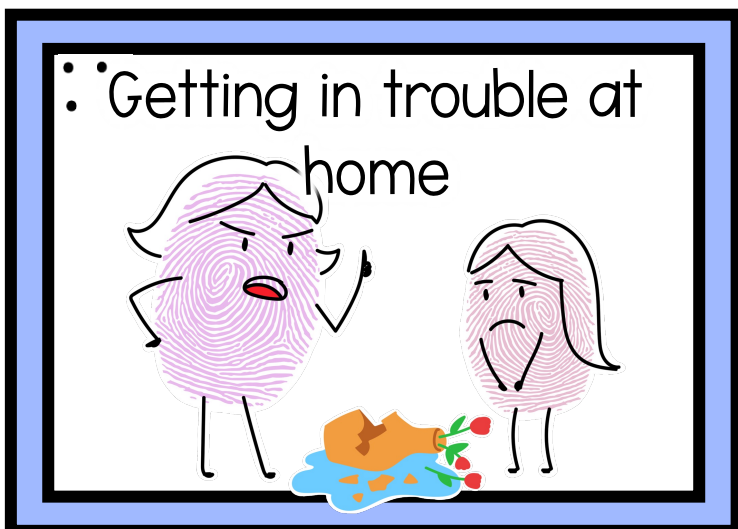
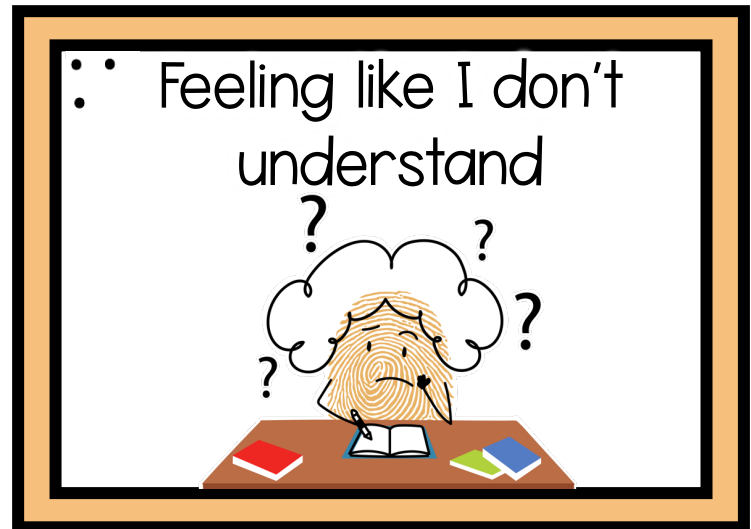
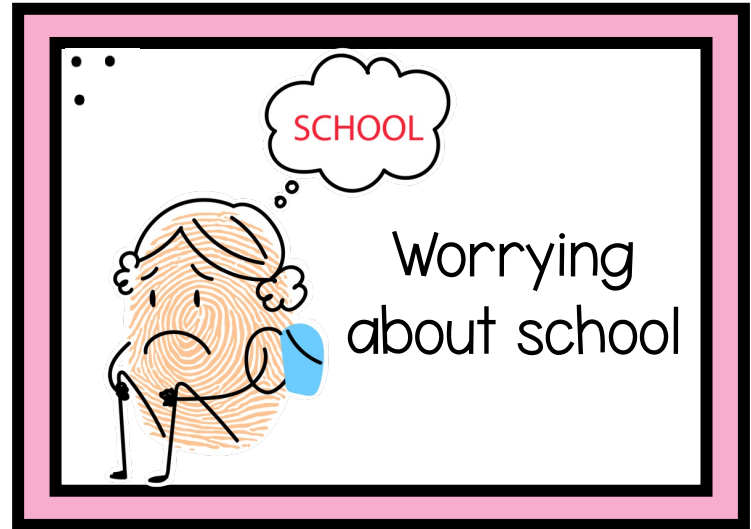
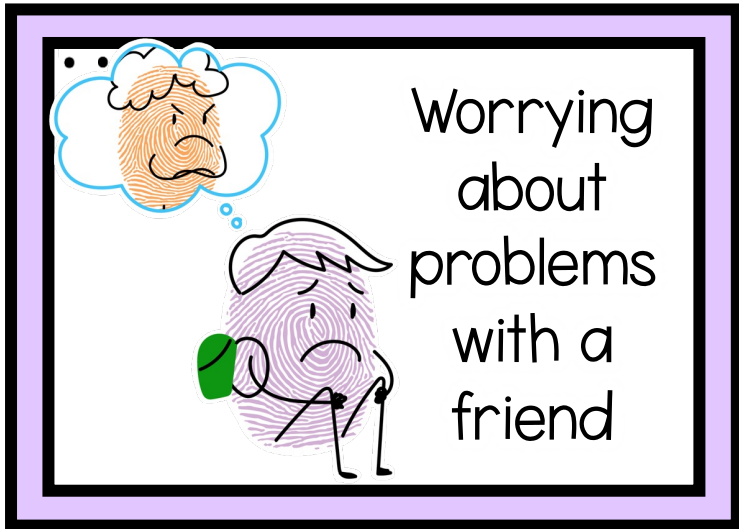
: Being in a crowd



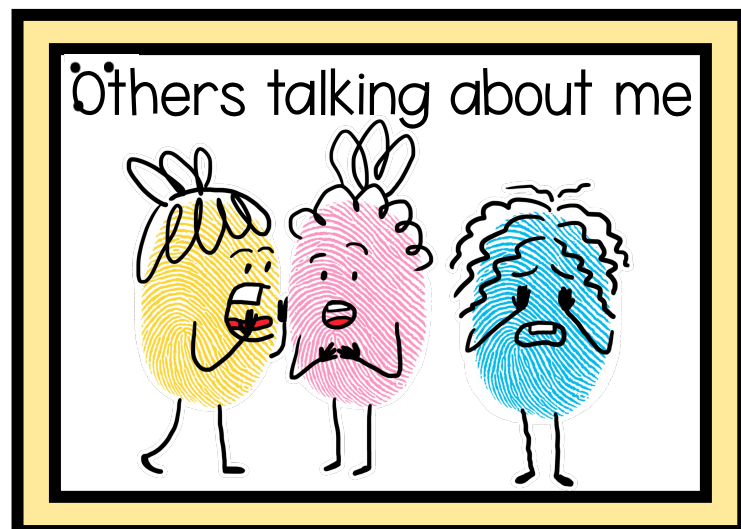
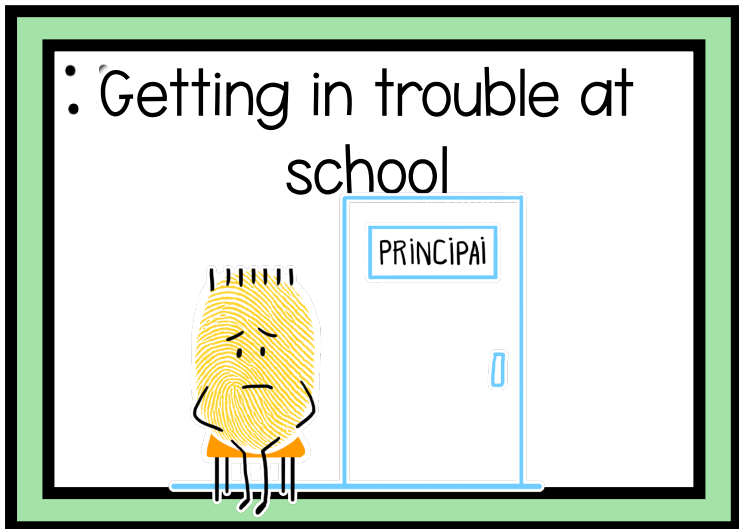
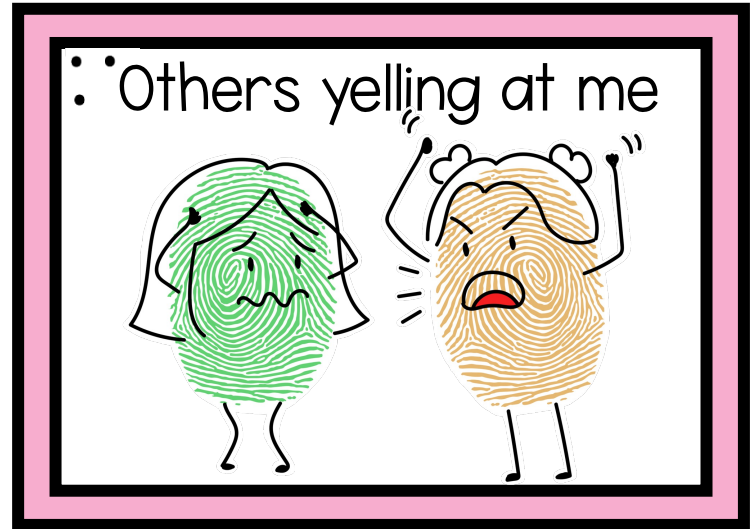
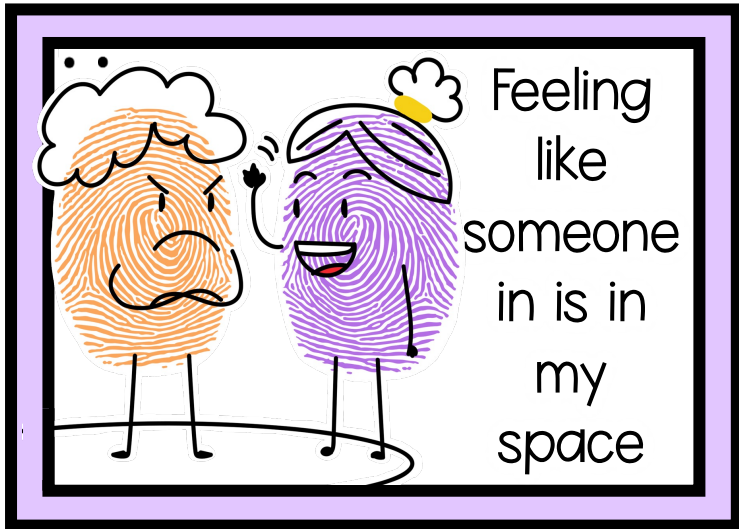
Please cut out these anxiety triggers.



Please cut out these anxiety triggers.



Please cut out these anxiety triggers.



BLACK &

WHITE

ANXIETY TRIGGERS

Things, places, + situations
that make me feel anxious.



ANXIETY SCALE

PANICKED

5



I am overwhelmed with anxiety. I'm gasping for breath. My chest hurts. I feel dizzy. I lost control.

NERVOUS

4



I feel shaky and sweaty. My heart is beating so fast. I can't think straight. I'm having trouble breathing.

WORRIED

3



I'm having trouble concentrating on anything but my worry. My mind is racing. I'm starting to sweat.

UNEASY

2



Something feels not quite right. I feel a little bit tense. I notice butterflies in my tummy.

CALM

1



I am peaceful and relaxed. My body feels comfortable. Everything is okay.

My Top Six

ANXIETY TRIGGERS

A large empty rectangular box with a double-line border. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

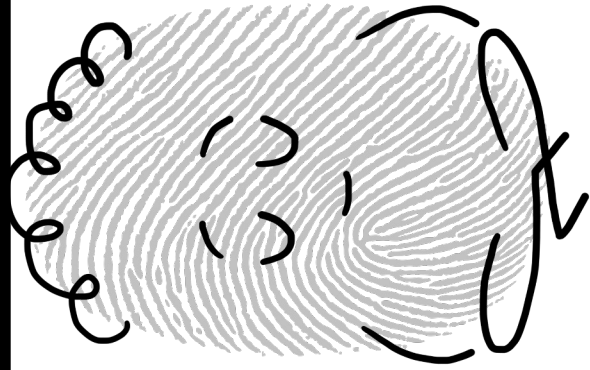
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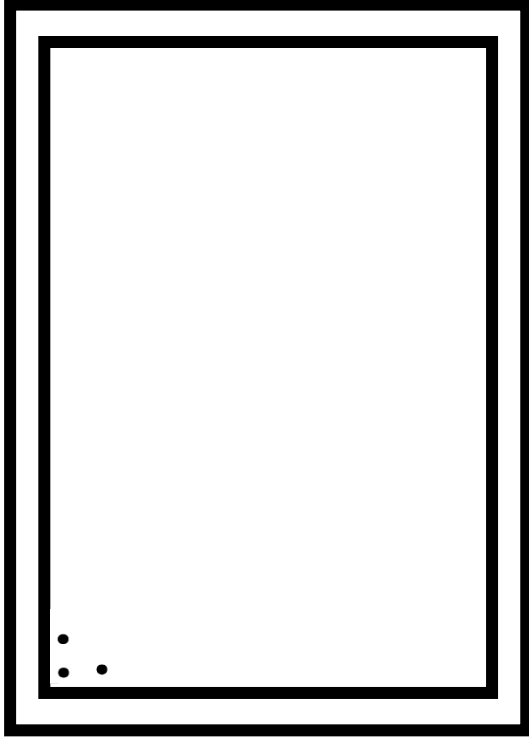
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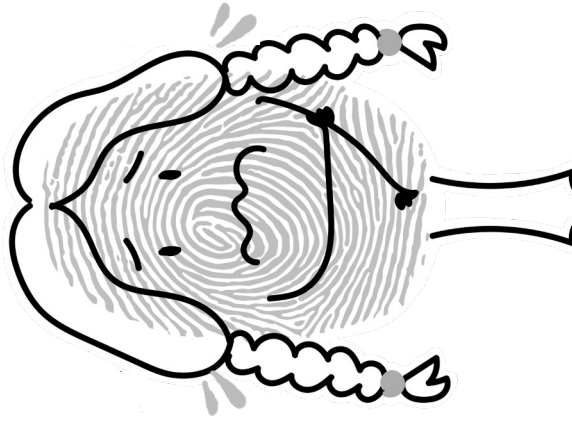
A large empty rectangular box with a double-line border. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.



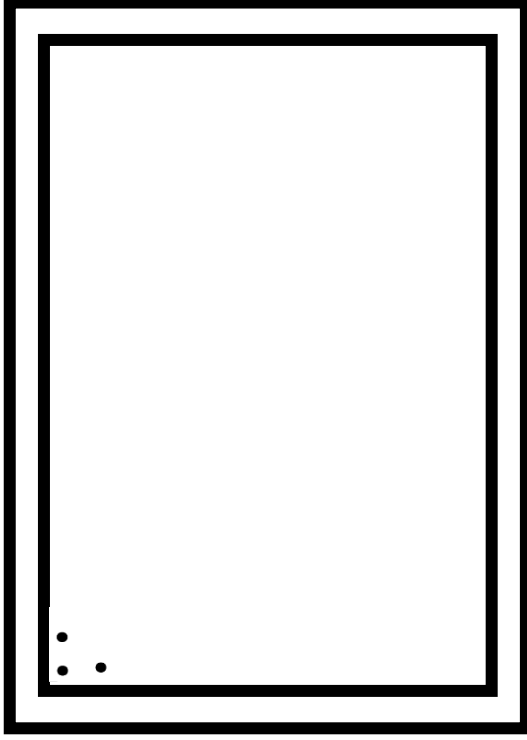
CALM



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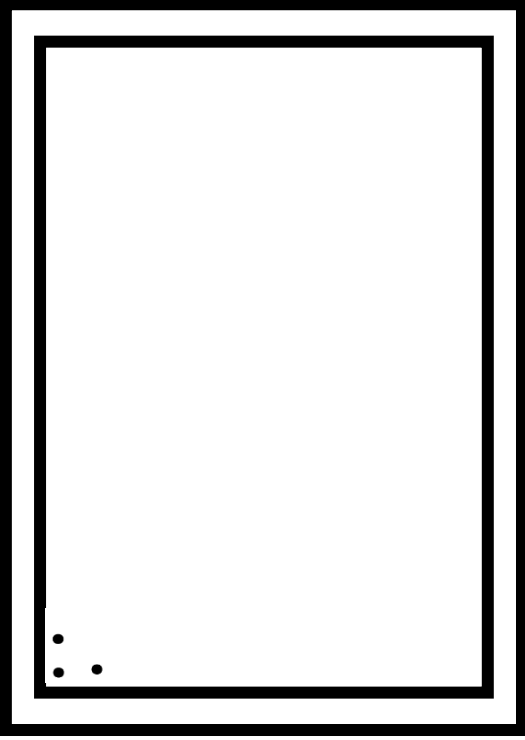
WORRIED



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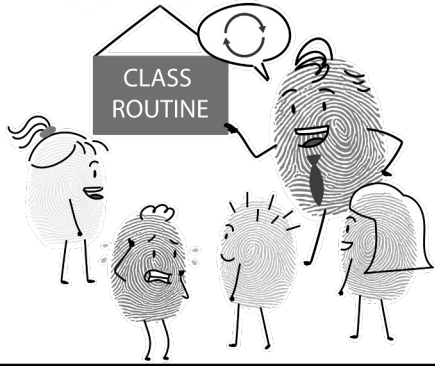


PANICKED

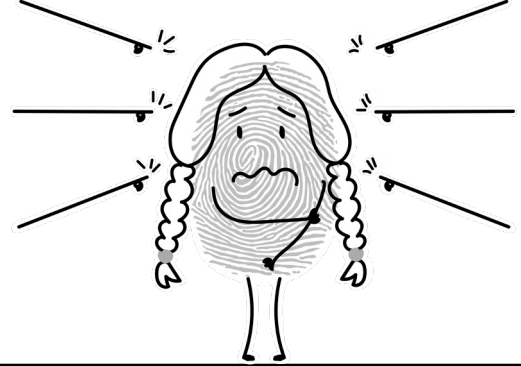


Please cut out these anxiety triggers.

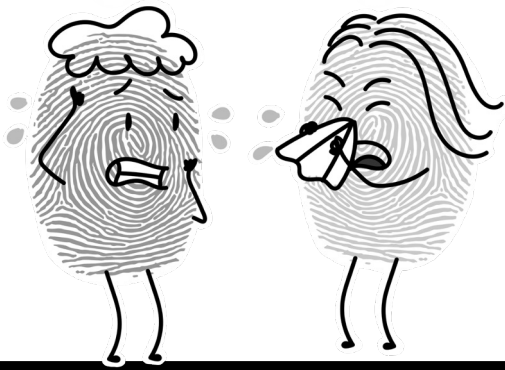
: Changing my routine



: Feeling judged



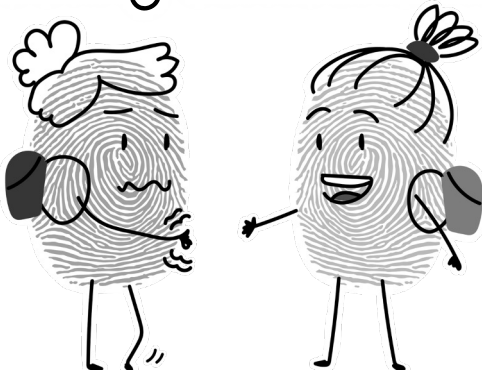
: Being around germs



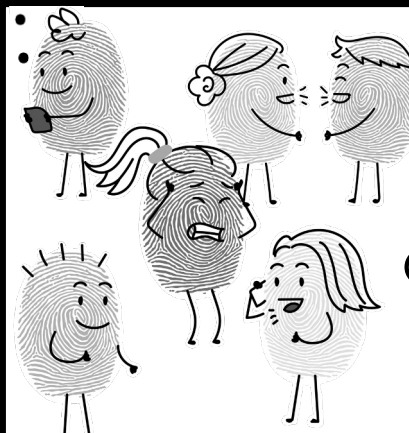
: Having too much work



: Meeting someone new



: Being in a crowd



Please cut out these anxiety triggers.

∴ Leaving my family



Having to speak or perform in front of others



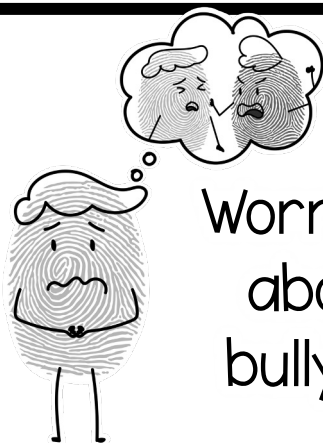
∴ Being new at school



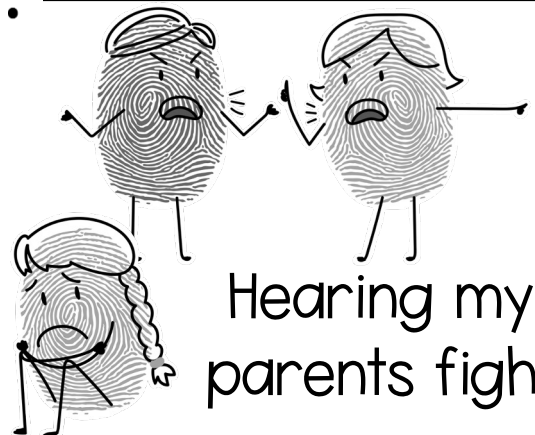
∴ Taking tests



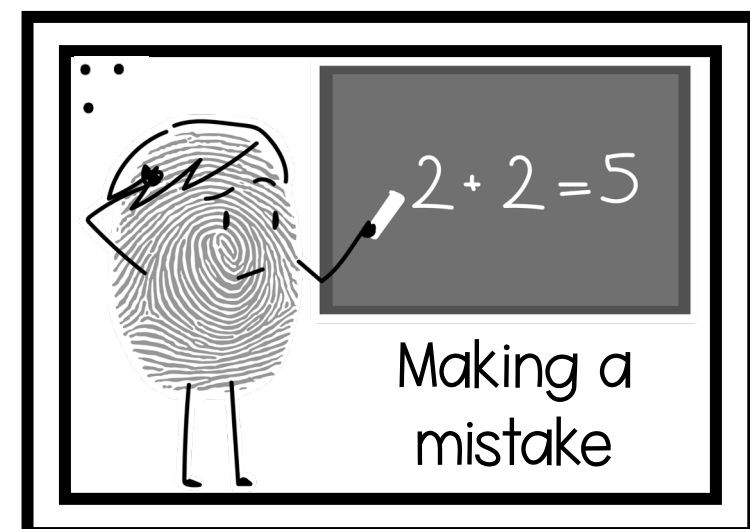
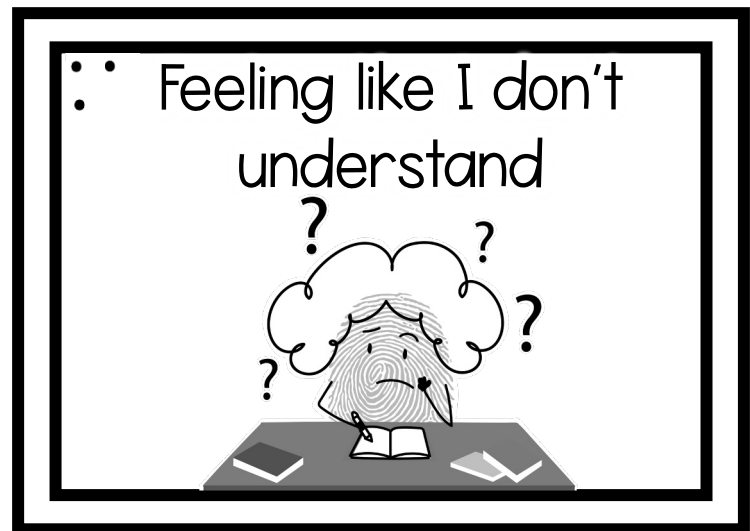
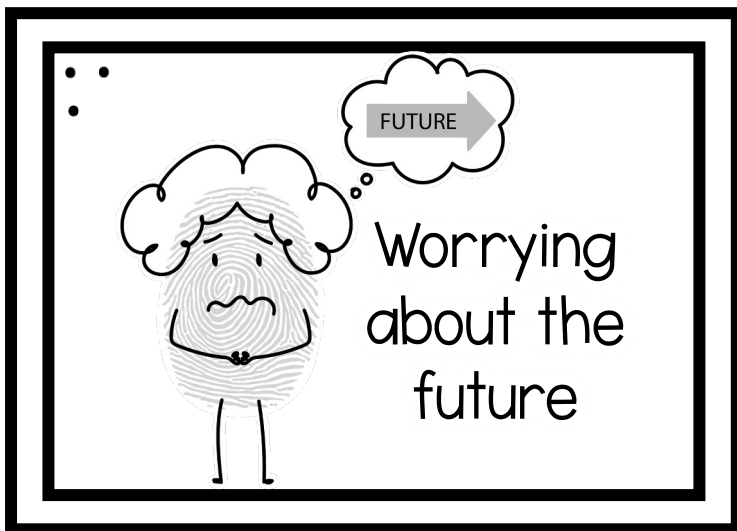
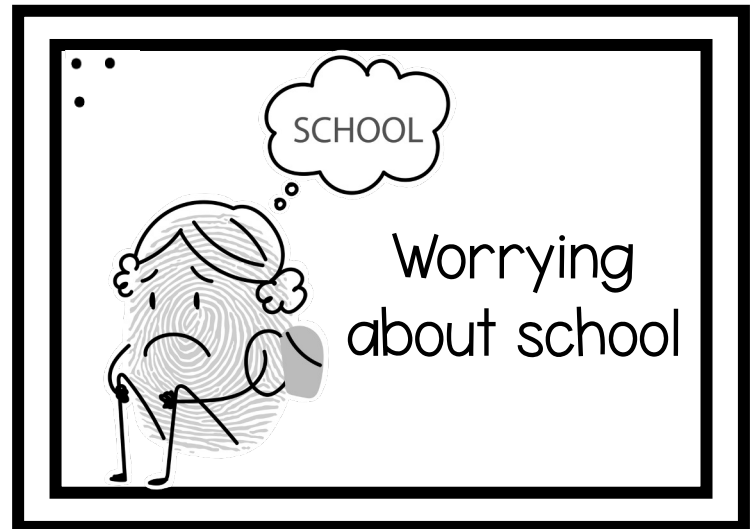
Worrying about bullying



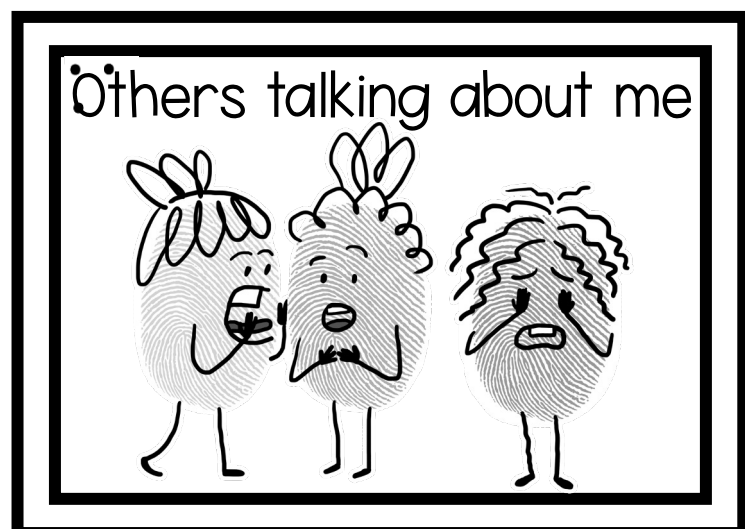
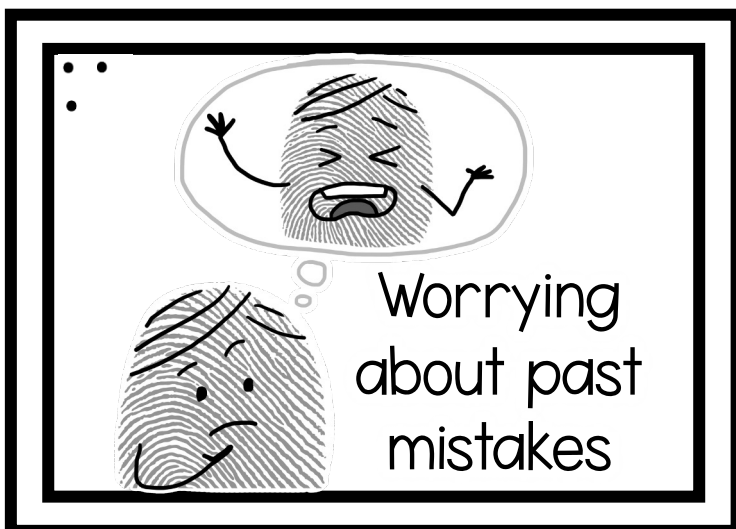
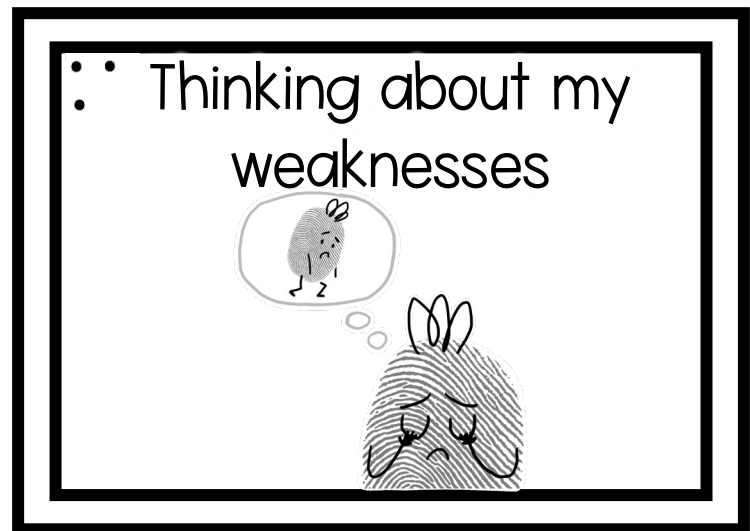
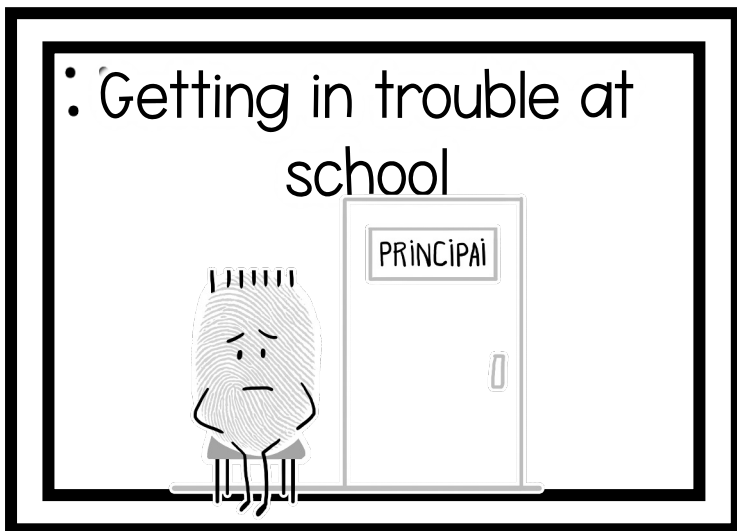
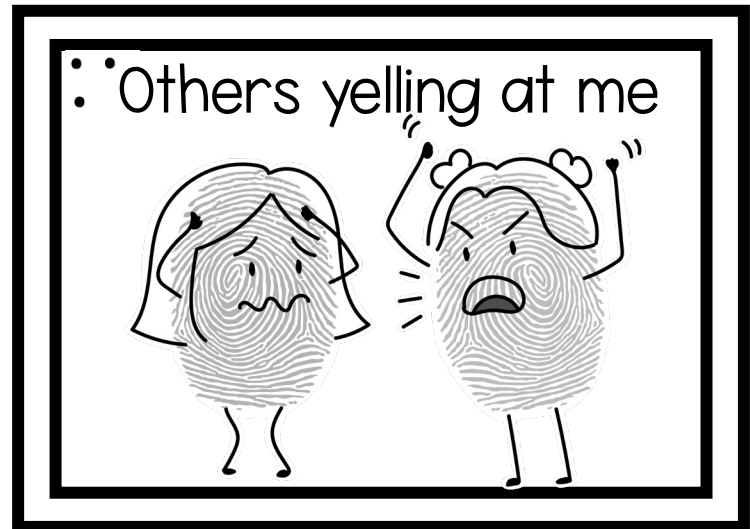
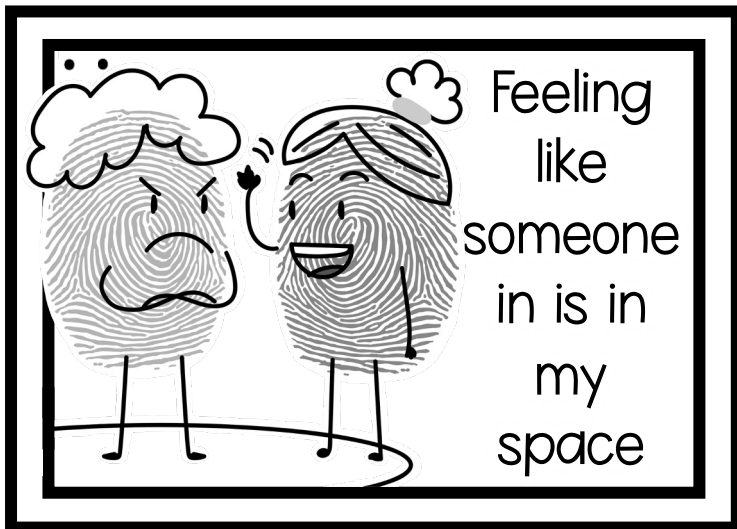
Hearing my parents fight



Please cut out these anxiety triggers.



Please cut out these anxiety triggers.



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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