

○ MUSIC  city COUNSELOR

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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*

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For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

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"Hello, Anxiety" Presentation Directions:

- Before reviewing this presentation, please read the story "Hello, Anxiety" by Jessica Sinarski aloud to students.
- This presentation summarizes the content of the story. It teaches students the concepts from the book about the "heavy backpacks" we carry and how other big feelings hide underneath our anxiety.
- Students learn about worrying about the "what-ifs," what anxiety looks like, how anxiety is like our brain sounding an alarm, the amygdala, and 4 coping strategies.
- The presentation also includes 4 scenarios that show a child feeling anxious and ask how they can cope with their nerves. It closes with asking students to share about a time when they felt anxious and what they did to cope. Students can type directly in the text boxes that say, "Type here."
- Questions? Contact me at laura@musiccitycounselor.com.

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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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