

○ 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!

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

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

# ASCA MINDSETS & BEHAVIORS:

## Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

## Behavior Standards:

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 6: Ability to identify and overcome barriers
- B-SMS 7: Effective coping skills
- B SS-8: Advocacy skills for self and others and ability to assert self, when necessary



# DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

## Recommended Sequence:

1. Read the book, "Hello, Anxiety" by Jessica Sinarski aloud to students. You can grab it here: <https://amzn.to/3G70UsD>
2. Review the PowerPoint or digital for Google Slides™ presentation.
3. Review (and display) the posters with students.
4. Create a bookmark with students.
5. Choose a worksheet or coloring page to close the lesson.
6. Use the "anxiety quiz" when students are feeling upset.

## Materials Needed:

- Printed materials
- Markers or crayons
- Pencils
- Glue sticks
- Scissors
- (Optional) ribbons and hole punch to tie a bow in the bookmarks

## Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation goes along with the story, "Hello Anxiety" by Jessica Sinarski. Please be sure to read the book aloud first.

The presentation teaches the concept from the book of carrying "heavy books in our backpacks" that hold big feelings that weigh us down. It also teaches how anxiety makes us worry about the "what-ifs," which feelings hide under our anxiety, and what anxiety looks like in our body. Next, the presentation teaches how anxiety is like sounding an alarm (often a false alarm) in our brain and the part of the brain this alarm comes from is the amygdala. Then, the presentation teaches 4 coping skills for managing anxiety (using our whole brain, 4-7-8 breathing, breaking down tasks into smaller tasks, and using fidgets and tools). Next, the presentation offers 3 scenarios that show a child experiencing

# DIRECTIONS PAGE 2:

anxiety and asks students to share how they could calm their nerves.

Students can talk through the scenarios with a partner and then volunteer to share their responses with the class. Finally, the presentation asks students to share about a time when they felt anxious and what they did to cope.

## Posters:

9 posters are included. These are great for instruction and for displaying in your space!

## Bookmarks Craft:

In the story, Destiny's dad taught her that any time he found a useful coping strategy for anxiety, he wrote it on a bookmark. I created 10 different designs with tips and information from the book that students can cut out and color. I also included blank bookmarks so that students can create their own.

## Anxiety Quiz:

The anxiety quiz is a great tool to use with students who are feeling nervous. To use it, students color the feelings face(s) that shows how they're feeling. Then, they write what is worrying them. Finally, they color the kids that show which feelings they think are hiding under their anxiety. I recommend keeping this quiz in the Calm Corner in your classroom and/or having it available for students to grab and use when their feelings start to escalate.

## Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included to close the



# DIRECTIONS PAGE 3:

lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

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

PS I SO appreciate when you please take a moment to review my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

# POSTERS



# UNDER MY ANXIETY

When anxiety shows up, there are usually other feelings hiding underneath it.



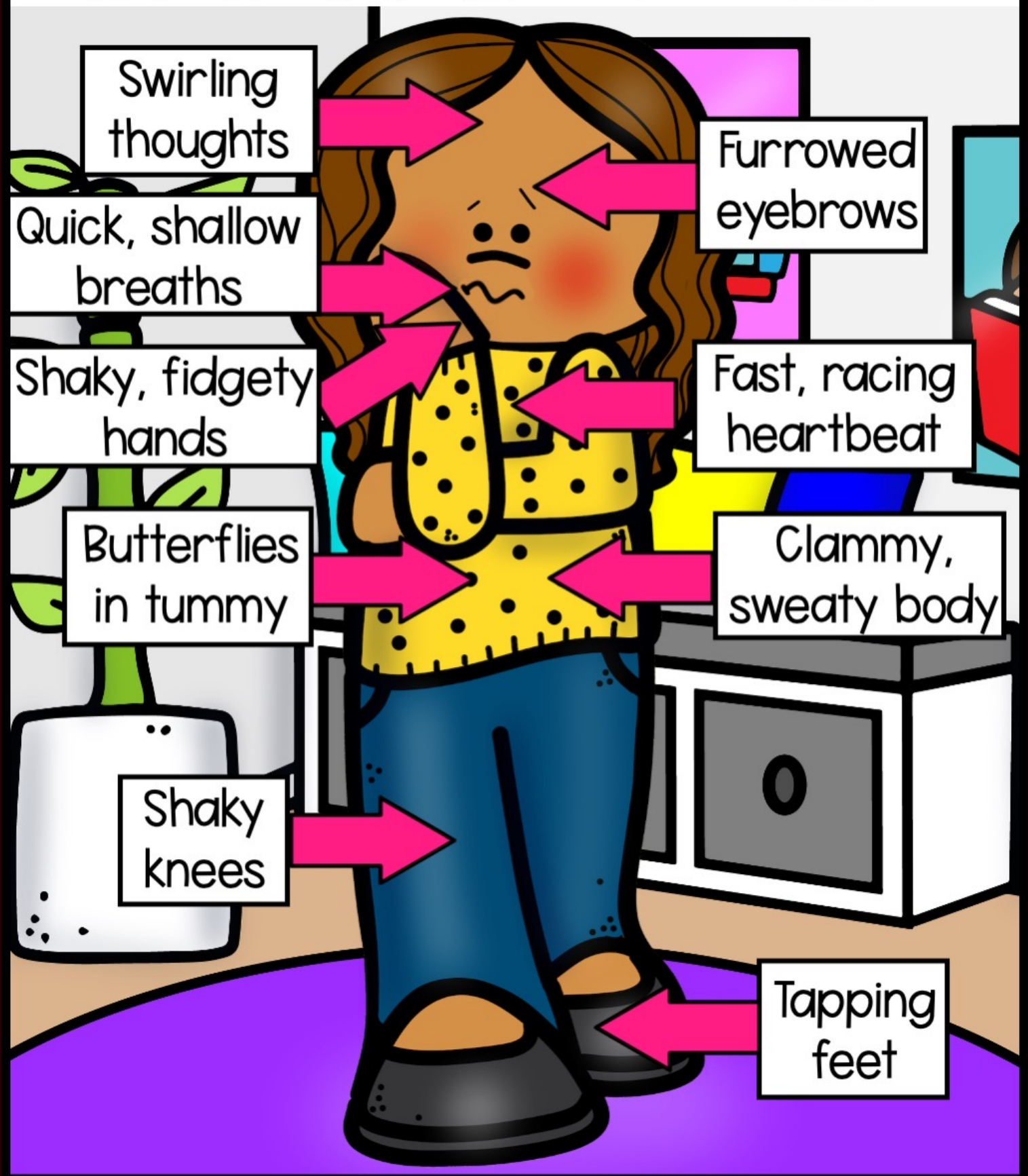
# THE "WHAT-IFS"

Anxiety makes us expect the worst to happen and worry about the "what-ifs."



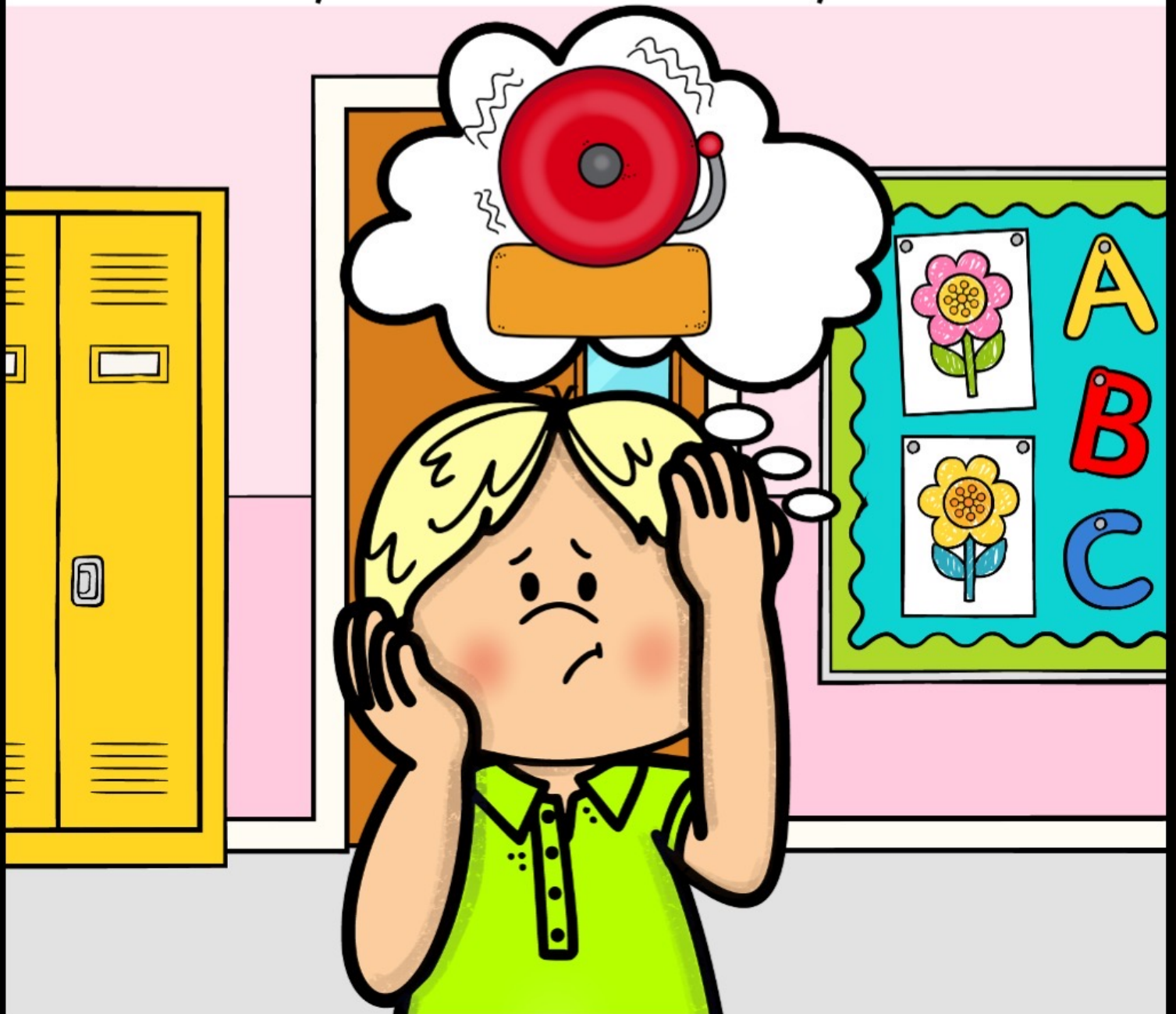


# ANXIETY LOOKS LIKE



# Anxiety is like an **ALARM SOUNDING**

in our brain. It tries to protect us, but sometimes, it goes off when there's no real danger. It makes us feel jumpy, sweaty, and shaky when we're actually safe.

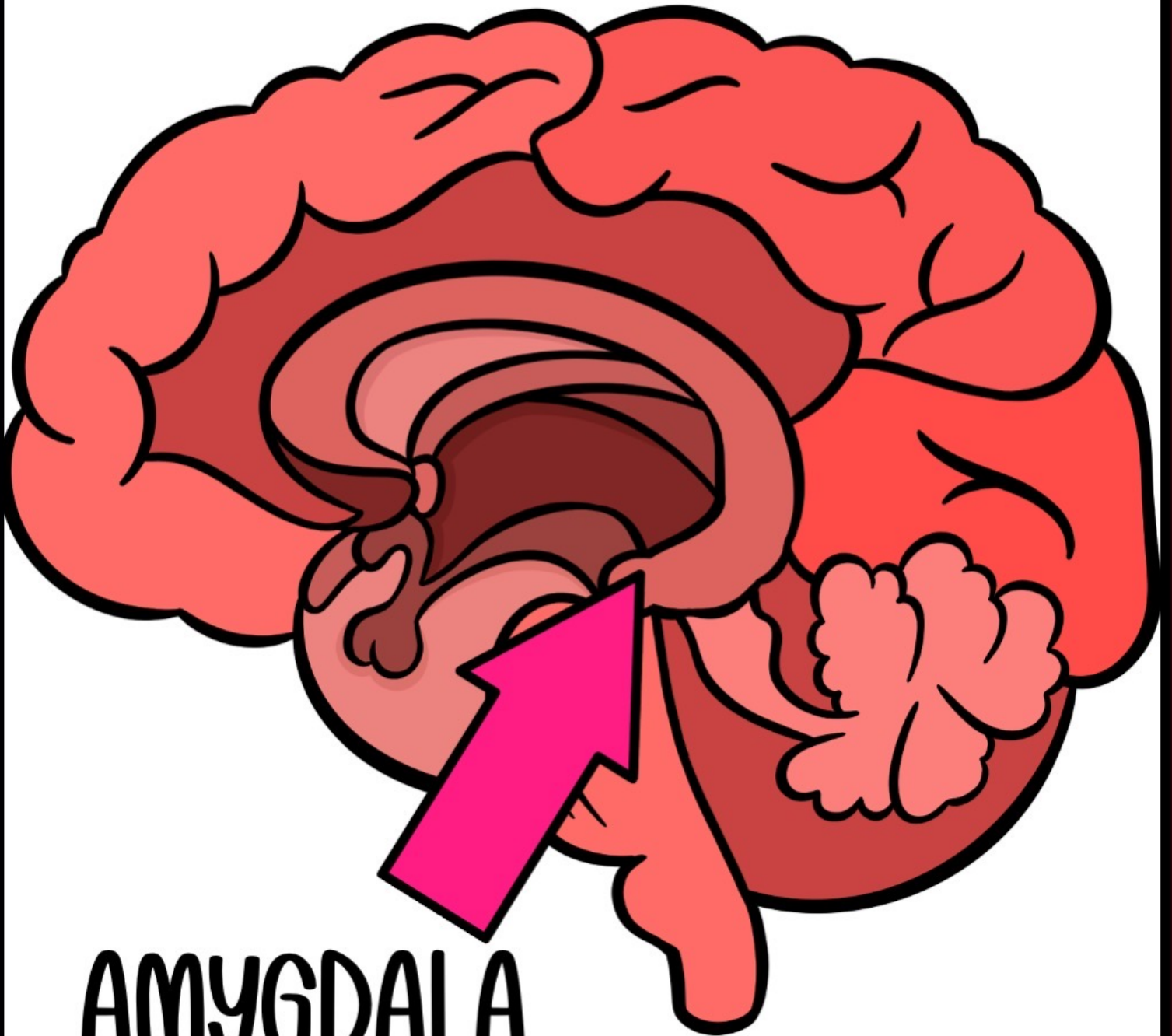




Anxiety comes from the

# AMYGDALA

in our brain. It signals, "WARNING!  
DANGER!" - but is a false alarm.



# AMYGDALA

To cope with anxiety, we use our  
**WHOLE BRAIN,**  
not just our amygdala. And think,  
**"I CAN DO THIS!"**

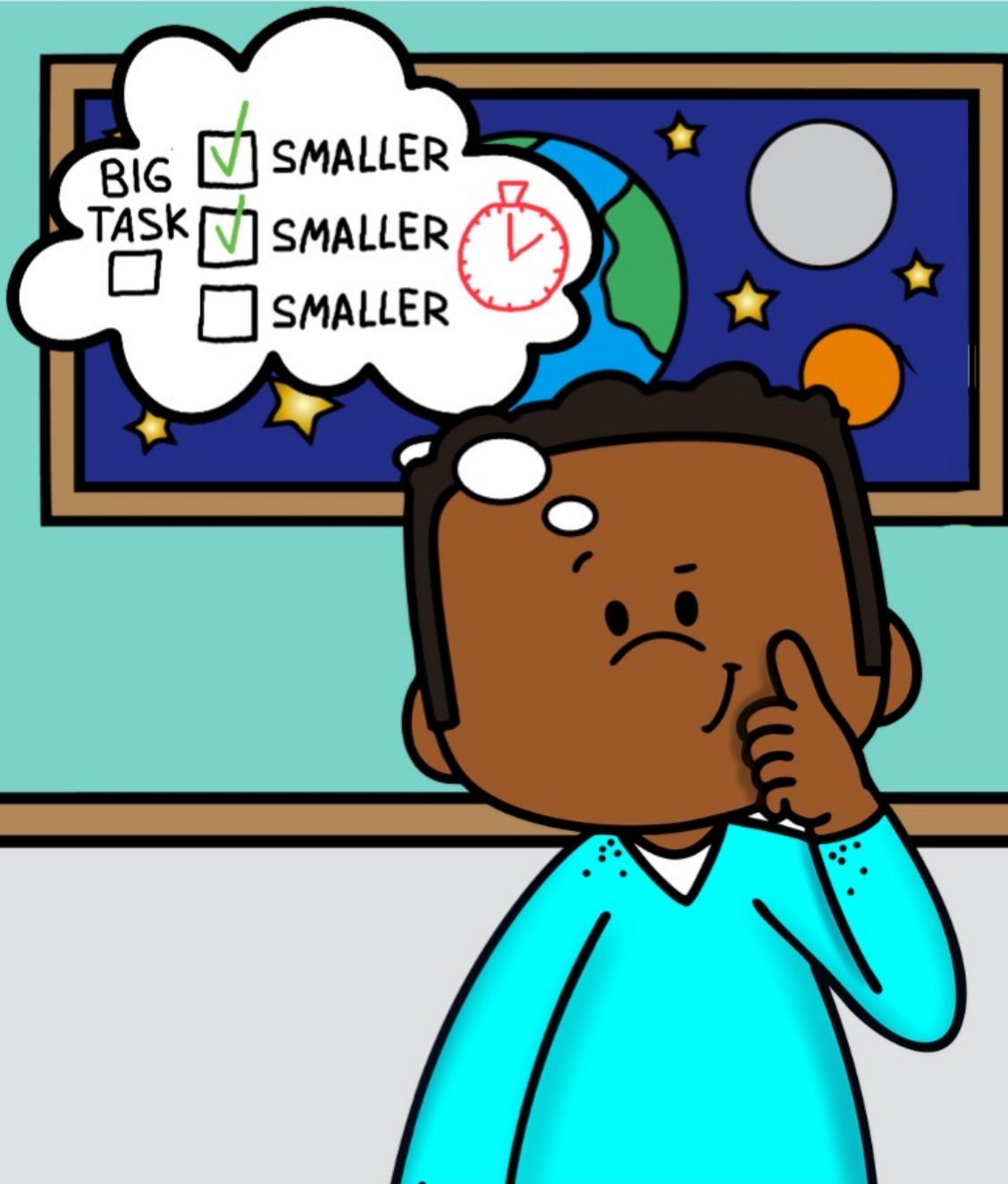




To cope with anxiety, we can try  
**4-7-8 BREATHING.**



To cope with anxiety, we can  
**BREAK DOWN**  
a big task into  
**SMALLER STEPS.**





To cope with anxiety, we can use  
**BRACELETS, STRESS  
BALLS, & FIDGETS.**



# BOOKMARKS

# CRAFT





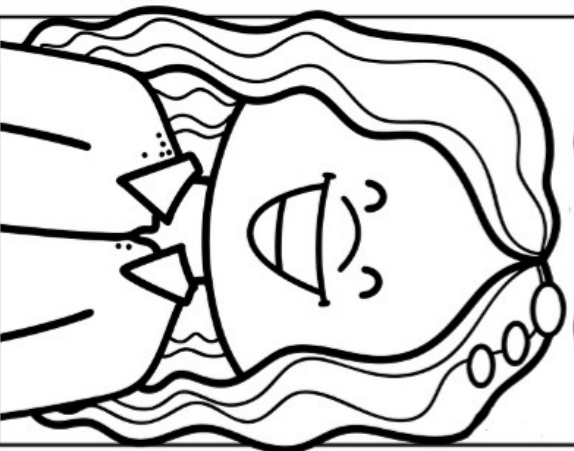
I can use my

**WHOLE**

**BRAIN**

to cope with

**ANXIETY!**



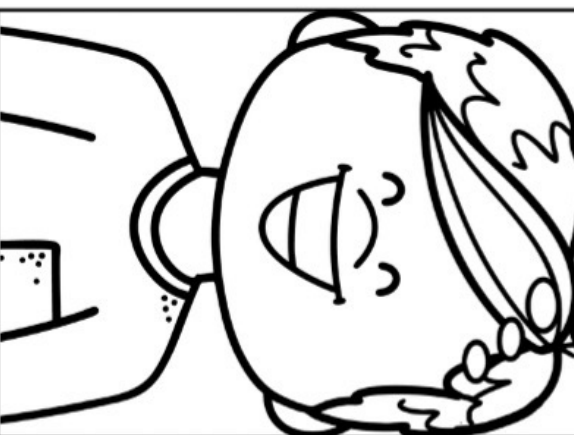
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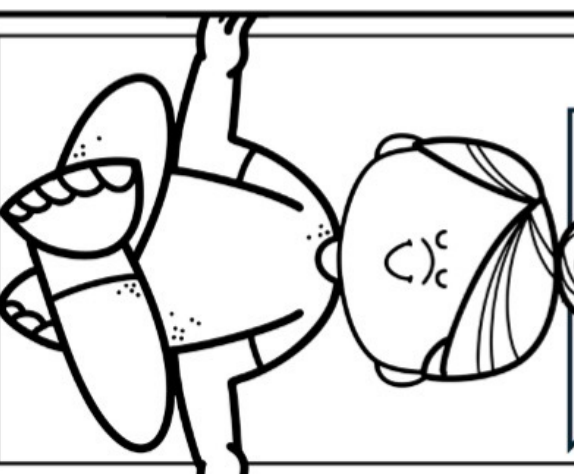
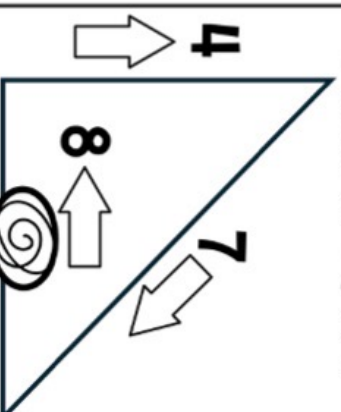
I can use

**4-7-8**

**BREATHING**

to cope with

**ANXIETY!**



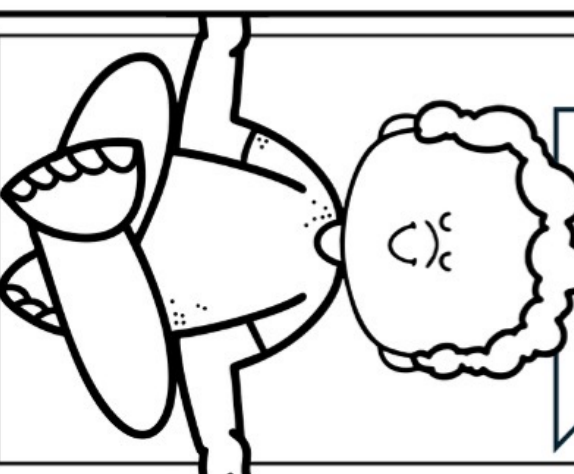
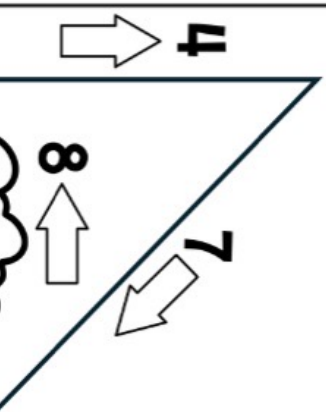
I can use

**4-7-8**

**BREATHING**

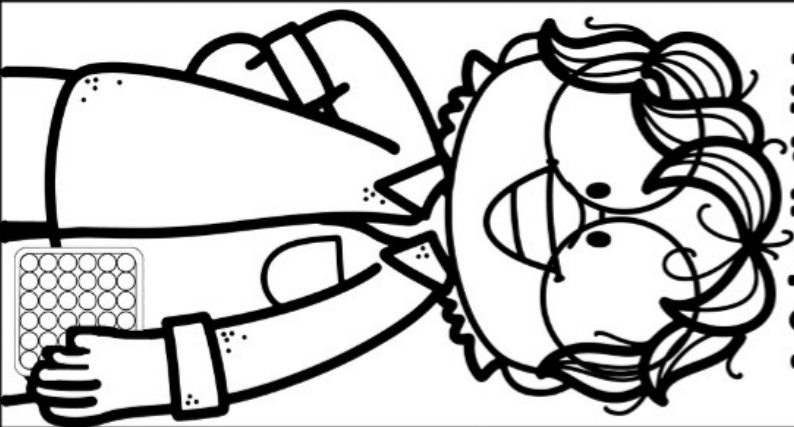
to cope with

**ANXIETY!**

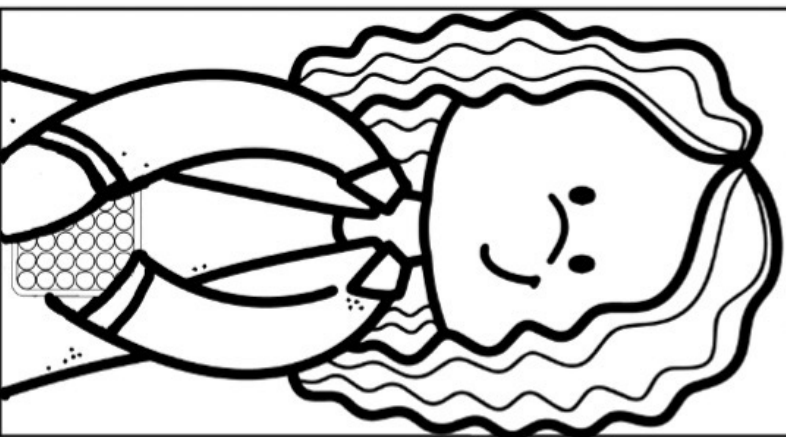




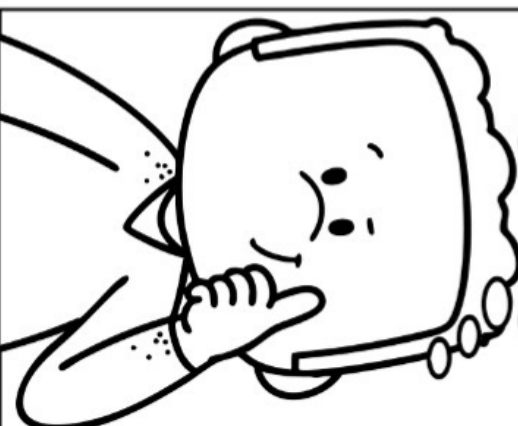
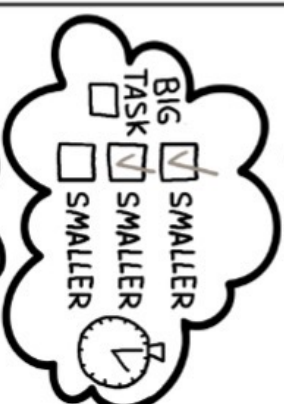
I can use  
**FIDGETS,**  
**TOOLS, &**  
**BRACELETS**  
to cope with  
**ANXIETY!**



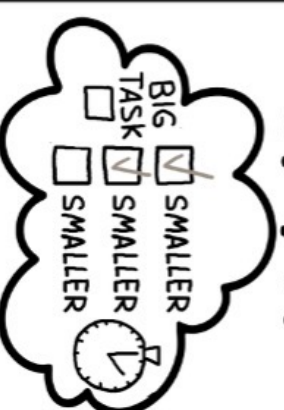
I can use  
**FIDGETS,**  
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**ANXIETY!**



I can break  
**BIG**  
**TASKS**  
into  
**SMALLER**  
**STEPS!**



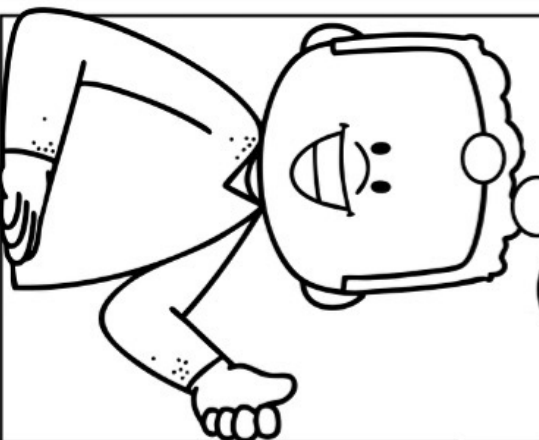
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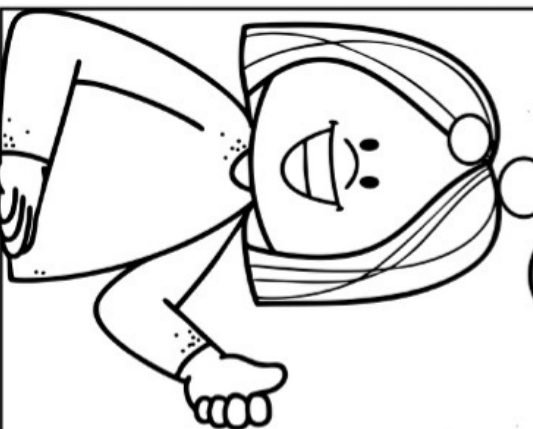




I can say,  
**"HELLO,**  
**ANXIETY!"**  
and tell myself,  
**"I'VE GOT**  
**THIS!"**



I can say,  
**"HELLO,**  
**ANXIETY!"**  
and tell myself,  
**"I'VE GOT**  
**THIS!"**







ANXIETY

QUIZ

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

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# UNDER MY ANXIETY

1. Color how you are feeling.



Calm



Uneasy



Worried



Nervous



Panicked

2. Share what happened.

3. Color which feelings are under your anxiety.



Fear of the Unknown



Overwhelm



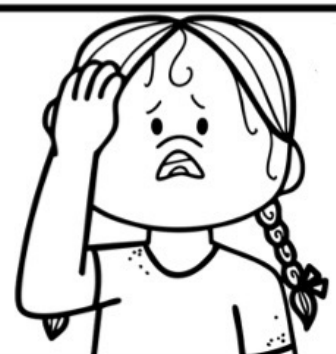
Stress



Loss of Control



Confusion



Helplessness

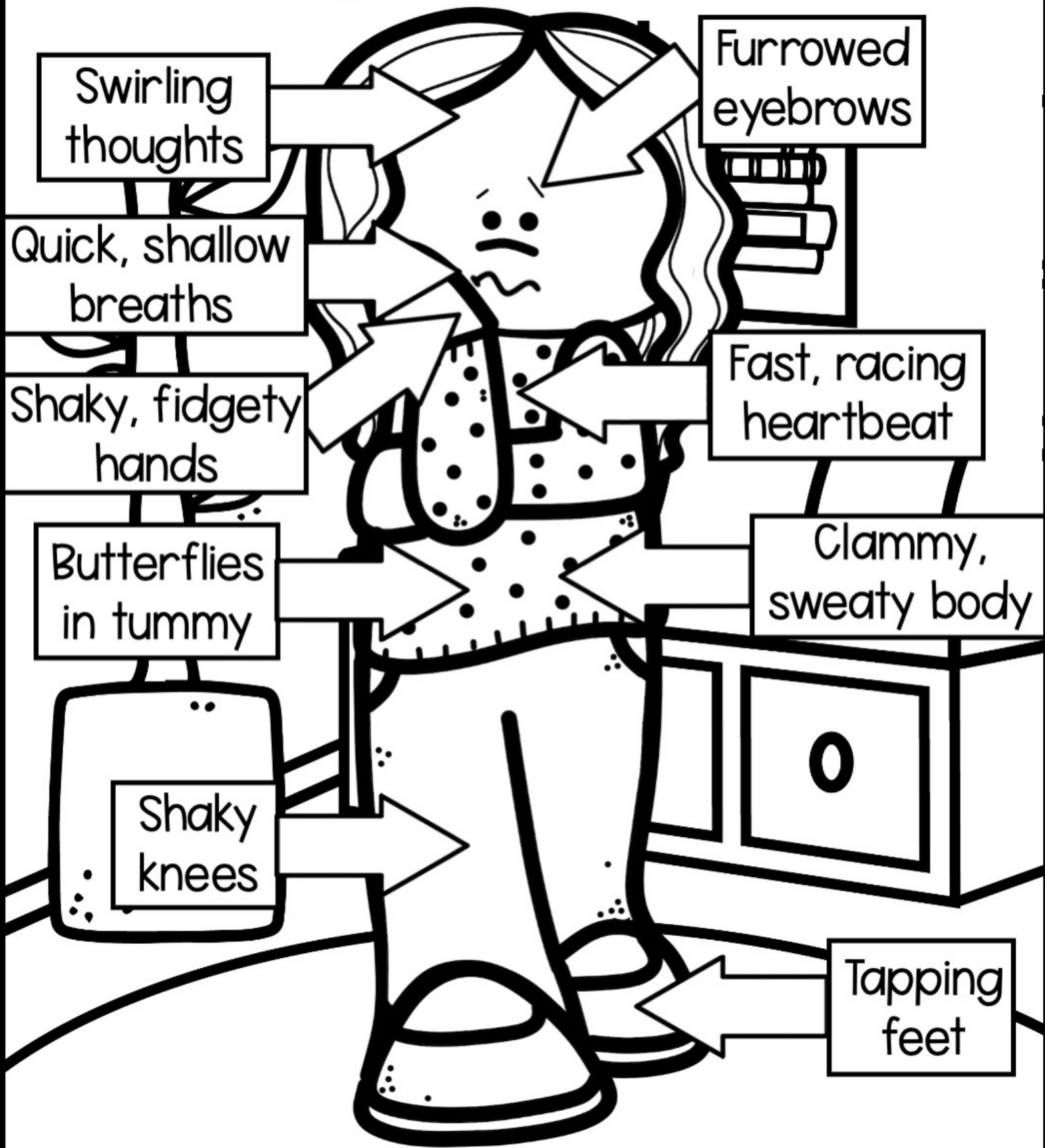


# COLORING PAGES

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

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# ANXIETY LOOKS LIKE



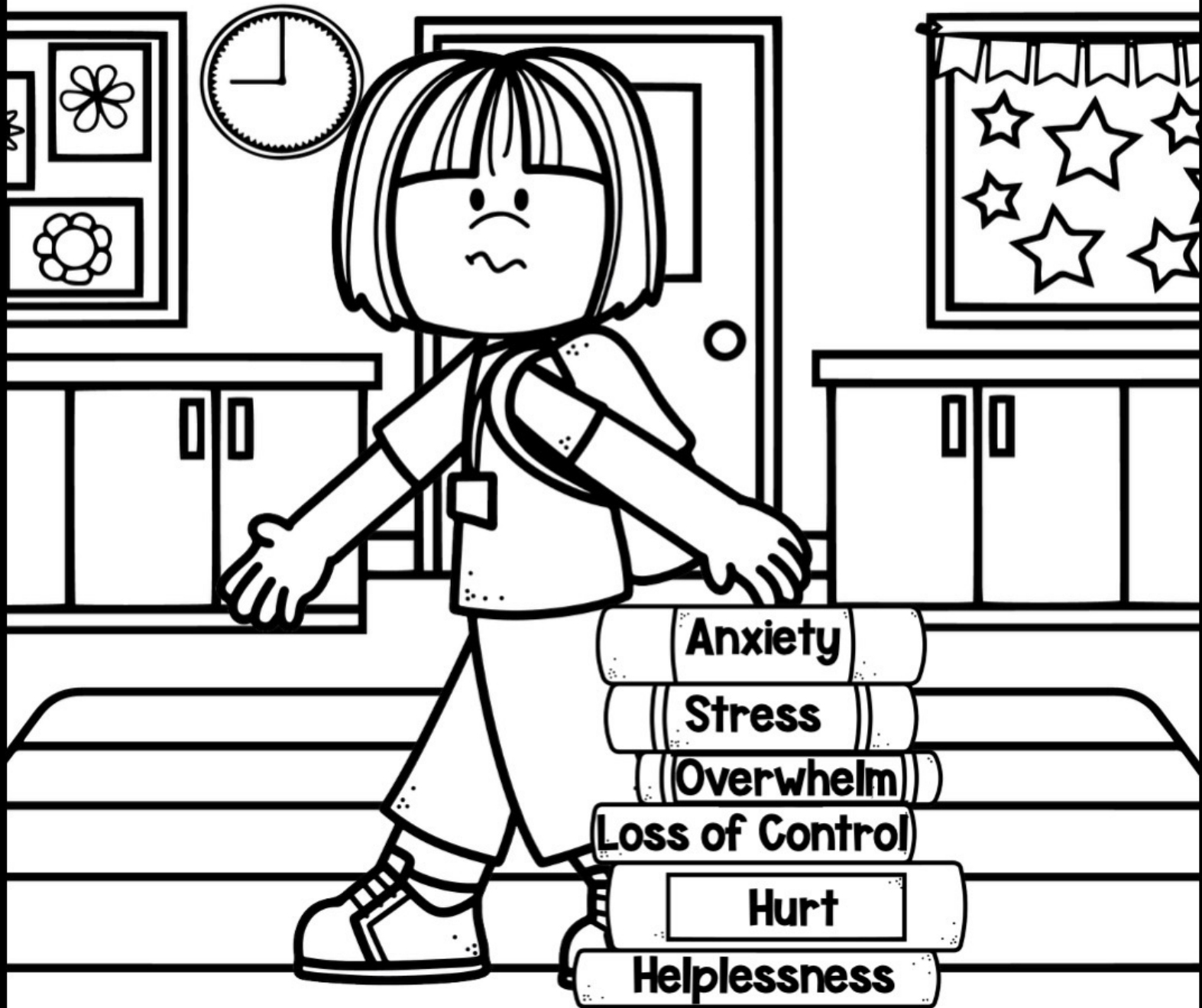


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# UNDER MY ANXIETY

When anxiety shows up, there are usually other feelings hiding underneath it.

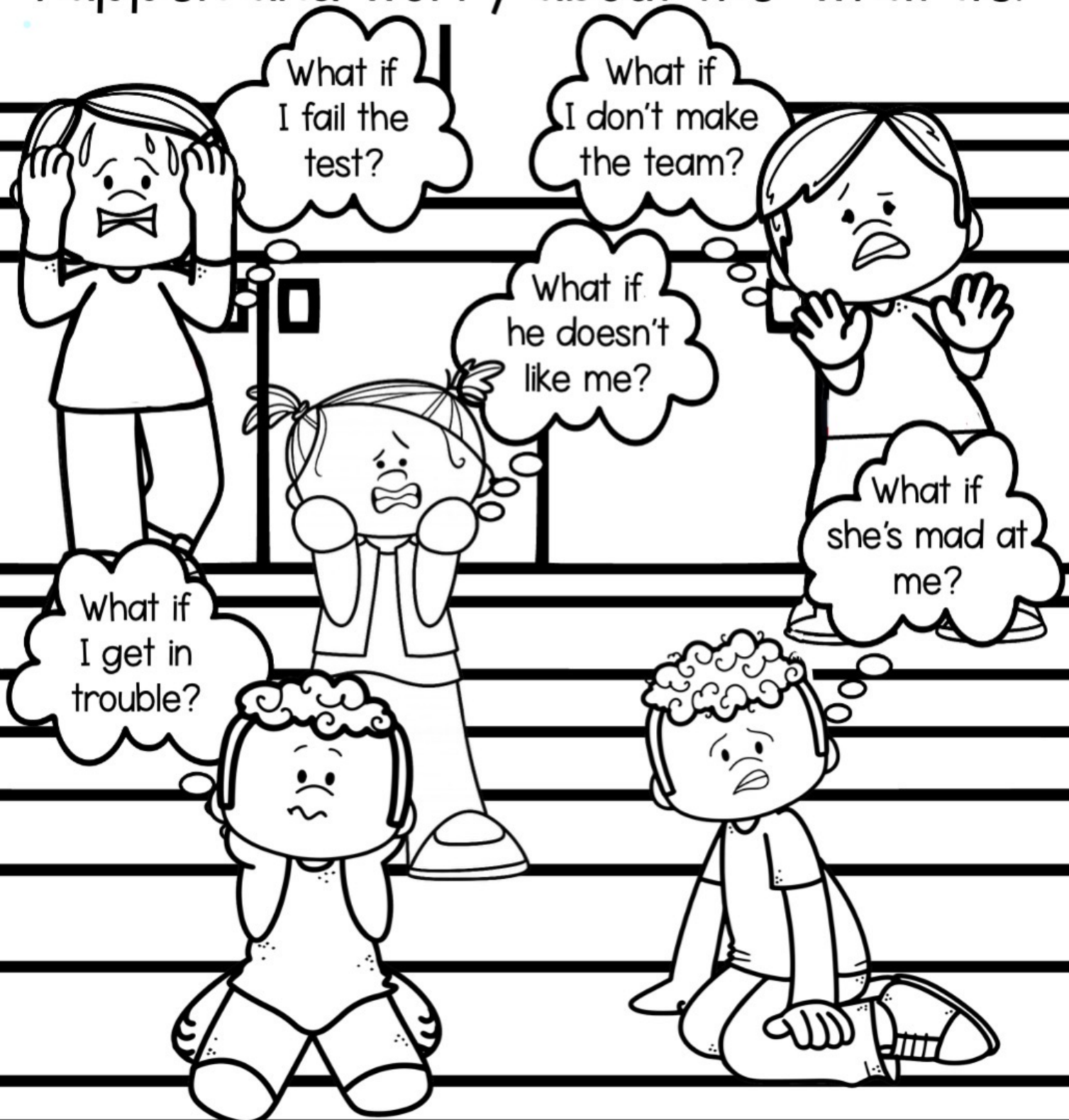


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# THE "WHAT-IFS"

Anxiety makes us expect the worst to happen and worry about the "what-ifs."





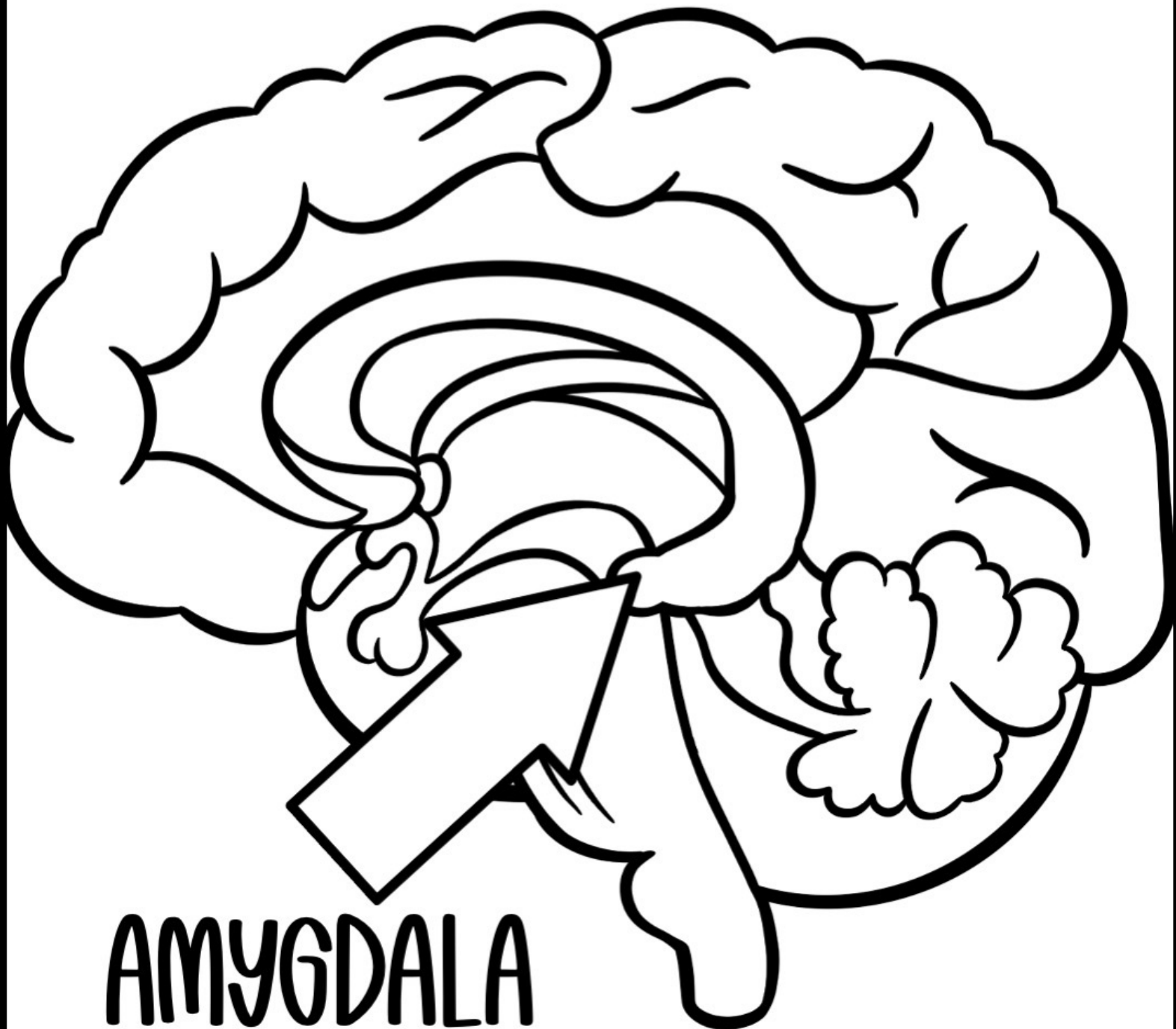
Name: \_\_\_\_\_

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Anxiety comes from the

**AMYGDALA**

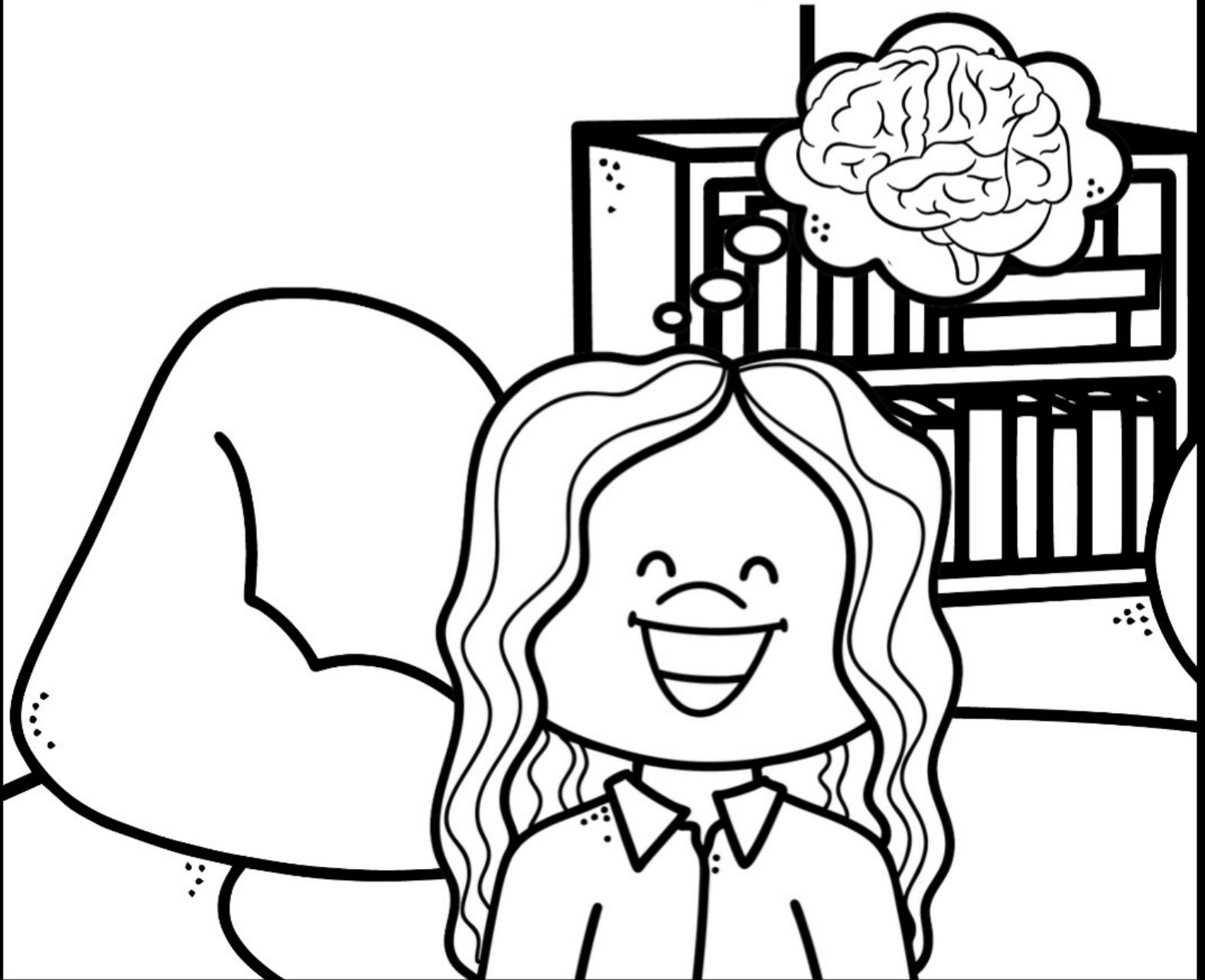
in our brain. It signals, "WARNING!  
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Name: \_\_\_\_\_

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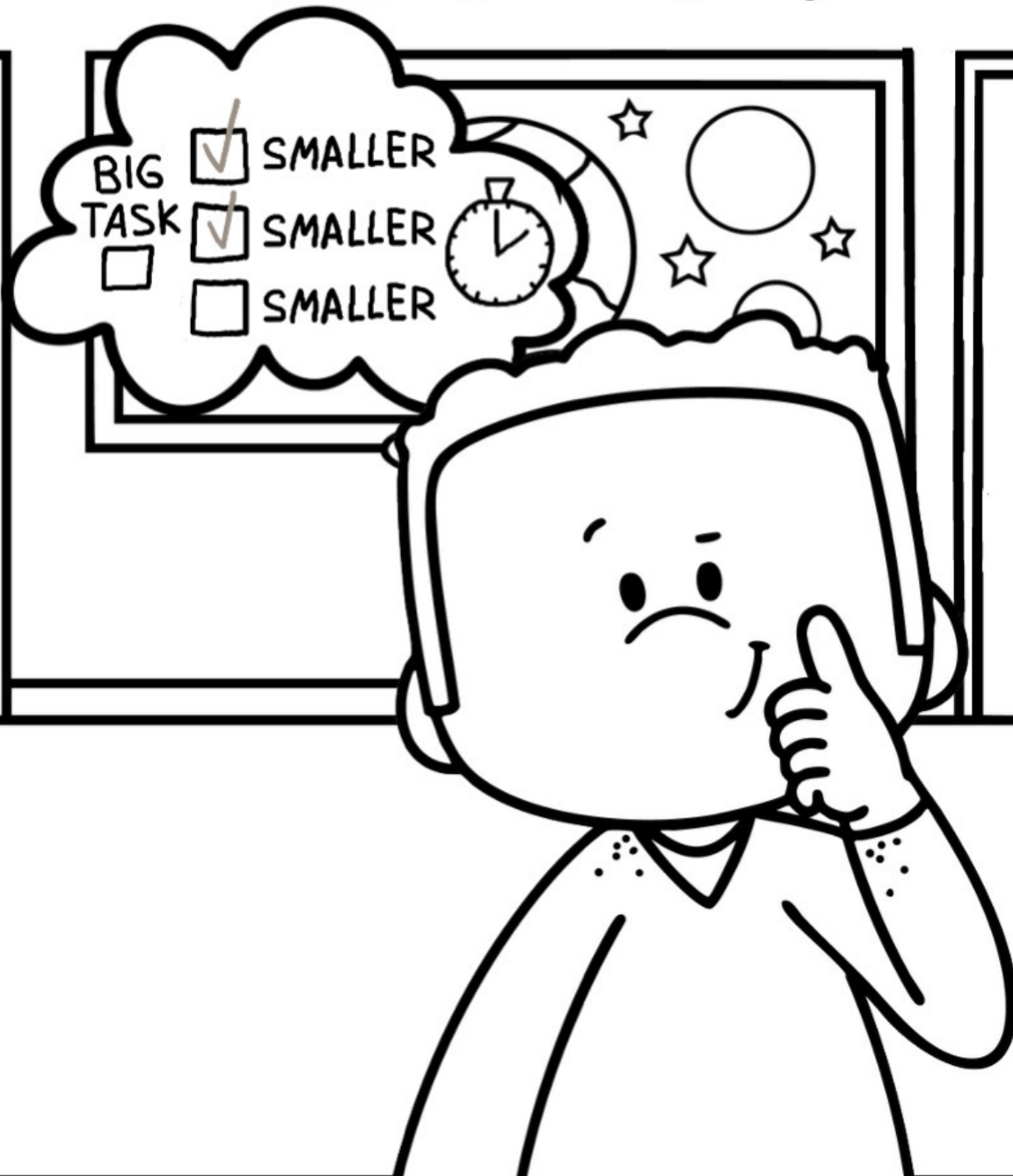


Name: \_\_\_\_\_

To cope with anxiety, we can

**BREAK DOWN**

a big task into

**SMALLER STEPS.**

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

To cope with anxiety, we can use  
**BRACELETS, STRESS  
BALLS, & FIDGETS.**



# WORKSHEETS



# ANXIETY LOOKS LIKE

Write in each box the sign of anxiety that the arrow is pointing to.

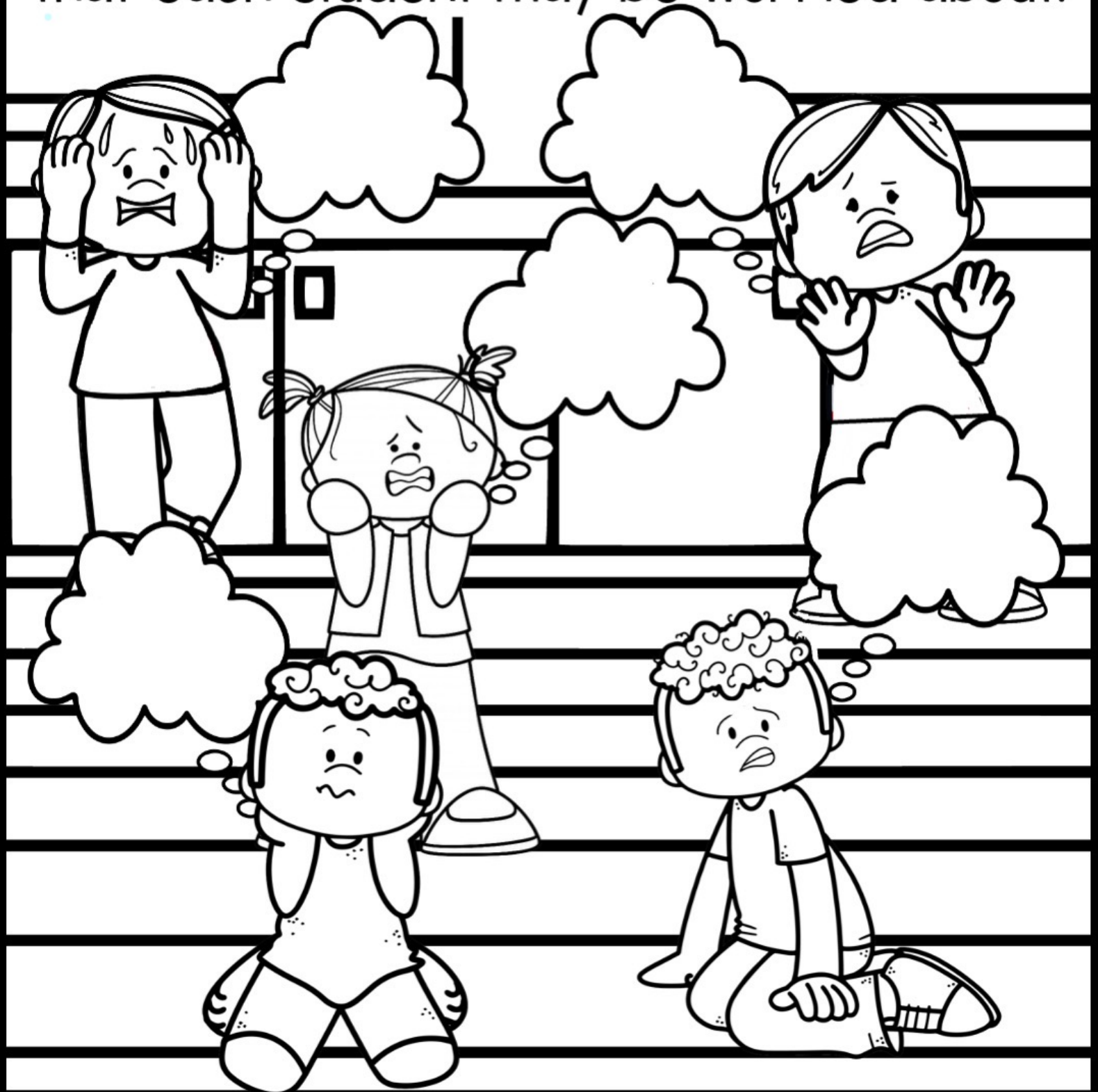


Name: \_\_\_\_\_

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# THE "WHAT-IFS"

Write in each thought bubble a "what-if" that each student may be worried about.

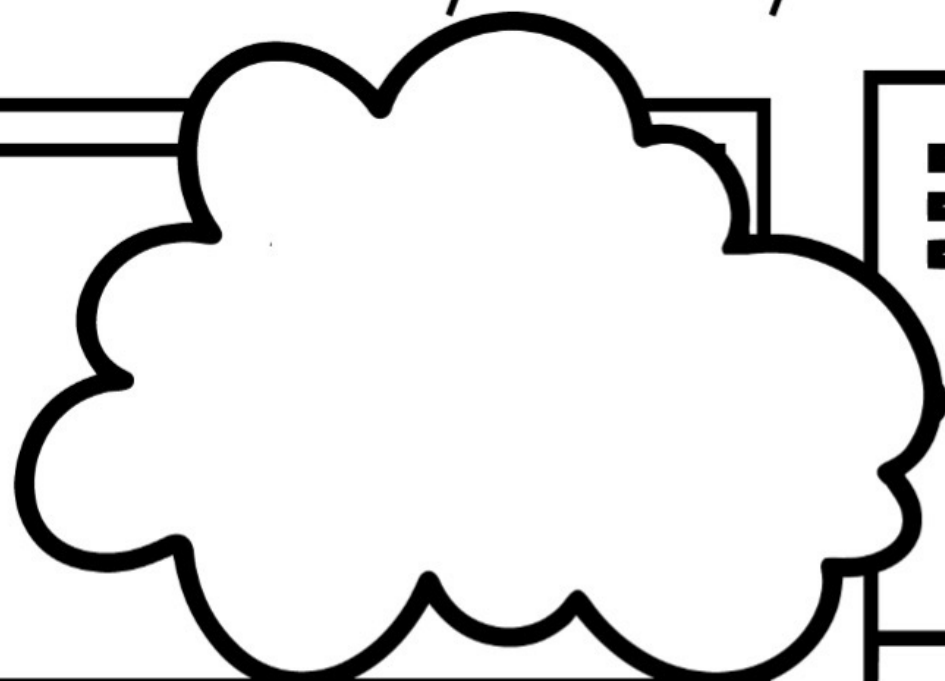


Name: \_\_\_\_\_

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# THE "WHAT-IFS"

Write in the thought bubble a "what-if"  
that you worry about.



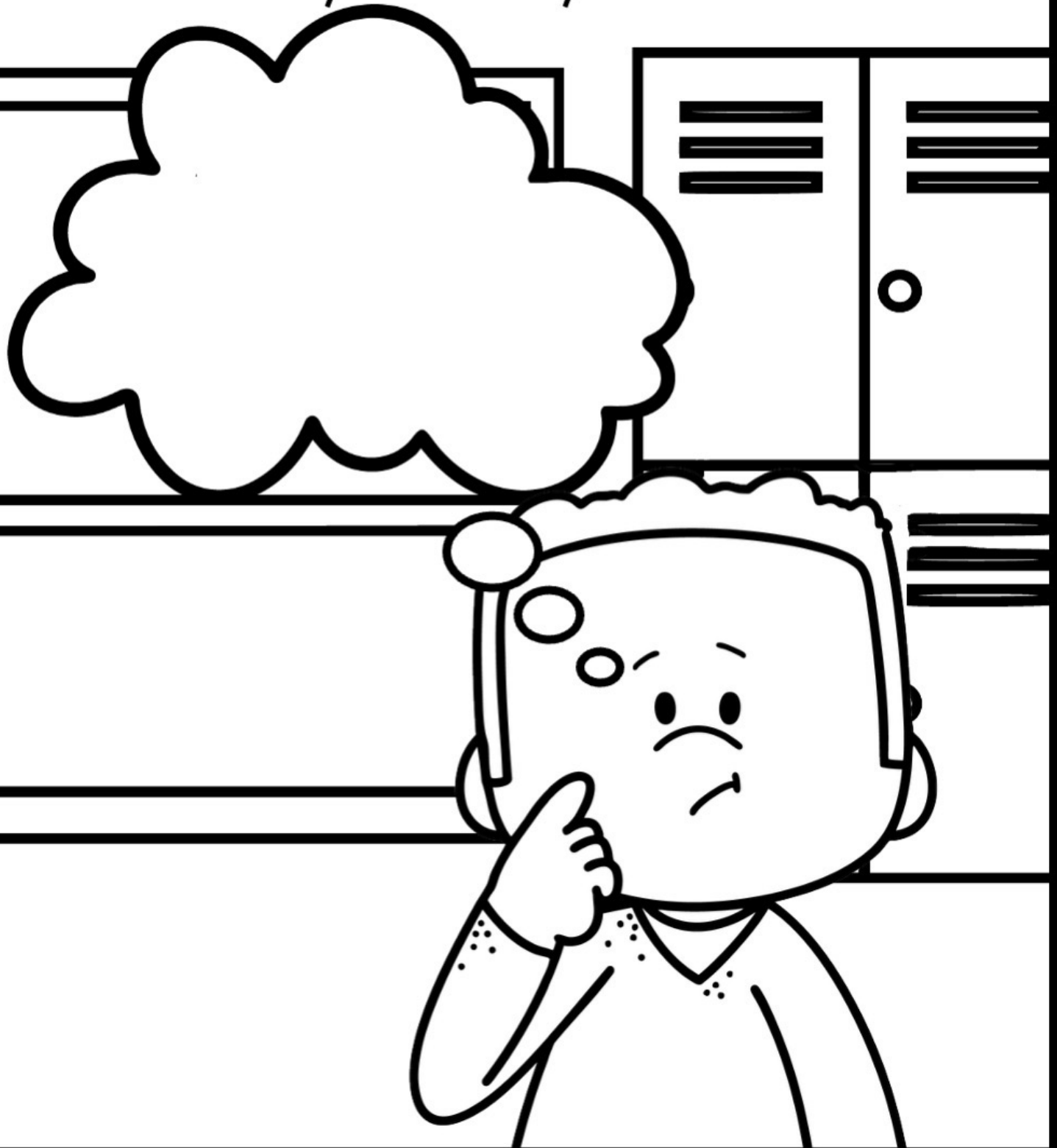


Name: \_\_\_\_\_

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# THE "WHAT-IFS"

Write in the thought bubble a "what-if"  
that you worry about.



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

# UNDER MY ANXIETY

Write a feeling on each book that hides  
under your anxiety.

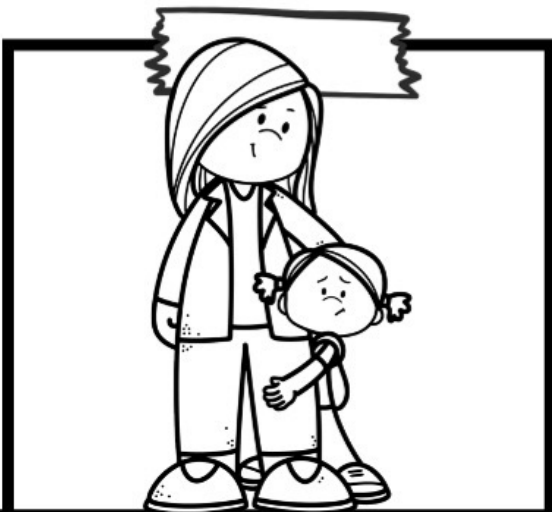
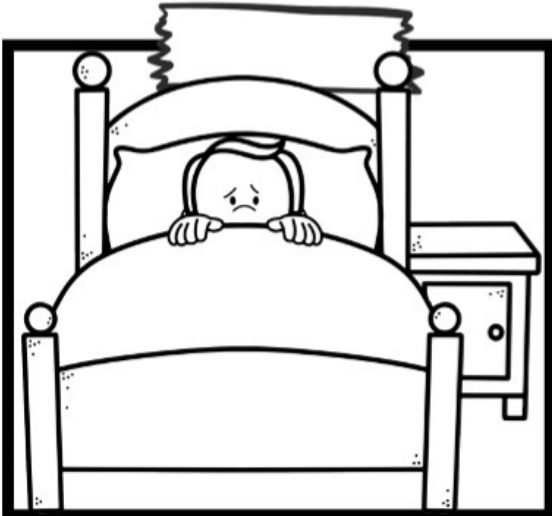


Name: \_\_\_\_\_

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# COPING WITH ANXIETY

Write on the lines how each friend could cope with his/her anxiety.





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

# COPING WITH ANXIETY

Write and draw about a time when you felt anxious  
and what you did to cope.

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

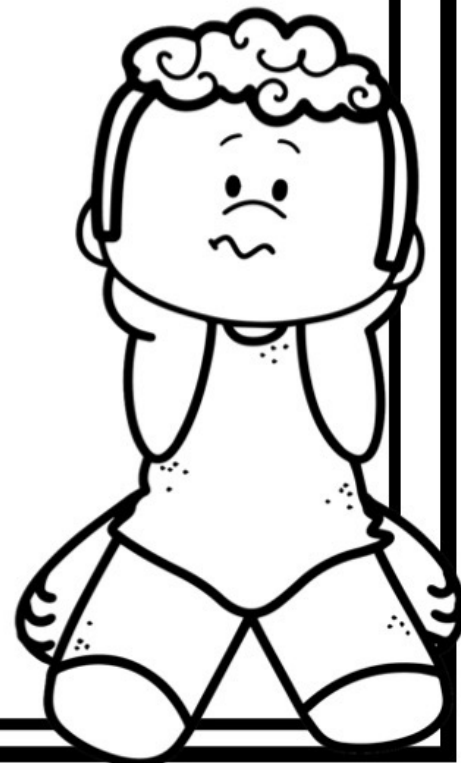
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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ Laura Oathout

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