Grade 4, Unit 2 Lesson 13: Managing Anxiety

How to Calm Down

Stop-use your signal

Name your feeling



(DATE)

What are some things you feel anxious about?	Calm down: • Breathe
You:	• Ose positive sen-taik
Adult:	
What happens to your body and mind when you feel anxious?	
You:	
Adult:	
What positive self-talk can you use in the situations you named above	when you feel anyious?
You:	
Adult:	

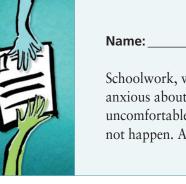
Then think of things you both can say to yourselves (use positive self-talk) to help you calm down and manage your anxiety, such as "I know I can do this," "It's going to be fine," or "I just need to calm down."

Discuss and answer the following questions about anxiety with an adult family member.

This homework assignment was completed on

What.	happens to	vour body	v and m	ind when	vou feel	anvious
vv mai	mappens to	your bou	y and m	ma winch	you icei	annious.

Schoolwork, what to wear, bad weather, an ill relative-so many things to feel anxious about! But what exactly does feeling "anxious" or "anxiety" mean? Anxiety is the uncomfortable feeling you get when you are worried about something that might or might not happen. And we all feel it sometimes, even adults!



Home Link

© 2011 Committee for Children

(ADULT SIGNATURE)