

# Anxiety Resource Pack



# Guidance

- **Body Outline**

Use the body outline resource to teach individuals how their body might feel when they experience signs of worry or anxiety. They can circle the symptoms they have and if they wish create a worry boy or girl on the next page.

- **5 Point Scale**

A 5 point scale is used to teach individuals that feeling can be placed on a scale, the more heightened the feeling the higher the number. Individuals can change the colouring and include interest areas. It may make it easier to communicate feelings by using a number or colour e.g. I feel like a 3 or I feel orange. A list of calming ideas should also be incorporated into the scale with special focus being given around numbers 3 and 4.

- **Sticky slimy Thoughts**

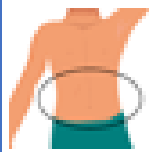
This resource can be used for individuals that don't like to refer to thoughts as anxiety or worries. We can refer to these thoughts as sticky thoughts, we can also think of another option (positive thought) to put into the blue bubble.

- **Calm Down ideas**

A list of coping tools for individuals to choose from. Also grounding ideas. You can find many more ideas online.

When we worry our bodies might start to feel  
different

How does your body feel?- circle the right answer for you



My tummy  
feels okay

My tummy  
feels  
different

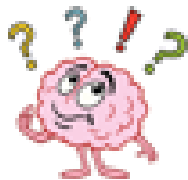
My tummy  
feels very  
sick



Heart is  
the same

Heart  
beats  
faster

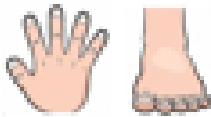
Heart  
beats  
slower



I have  
calm nice  
thoughts

I have a lot of  
thoughts at  
once- some are  
bad

I keep  
thinking I  
need to get  
out



My hands  
and feet  
are still

I fidget  
with my  
hands

I cant stop  
moving



My voice  
stays the  
same

I can be  
very quiet

I can be loud  
or my voice  
changes



I don't  
sweat

I sweat  
more



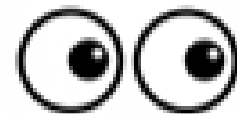
My body  
is calm

My body  
is shaking



I feel cool

I feel hot

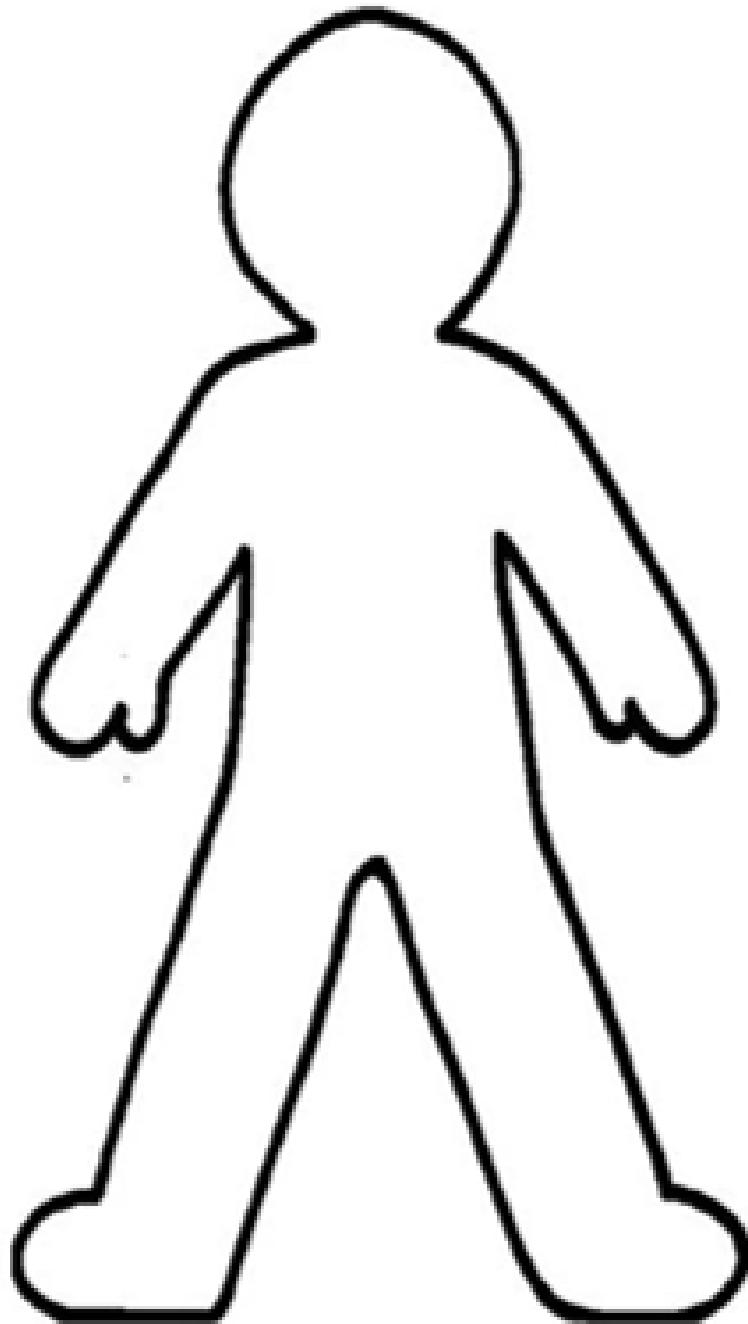


I don't cry

I do cry

# Body Outline

Now that I have circled how my body feels  
when I am worried I can draw all my symptoms here



# 5 Point Scale

Number	How does it make me feel?	An example of a time you felt like this	What will calm you?
<b>5</b>			
<b>4</b>			
<b>3</b>			
<b>2</b>			
<b>1</b>			

# 5 Point Scale

Coloured

<b>5</b>
<b>4</b>
<b>3</b>
<b>2</b>
<b>1</b>

Black & White

<b>5</b>
<b>4</b>
<b>3</b>
<b>2</b>
<b>1</b>

Fortnite

<b>5</b> 
<b>4</b> 
<b>3</b> 
<b>2</b> 
<b>1</b> 

# 5 Point Scale

Roblox

Pokémon

Harry potter

5



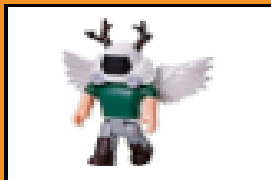
5



5



4



4



4



3



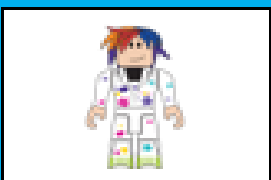
3



3



2



2



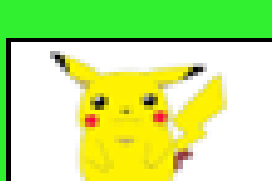
2



1



1

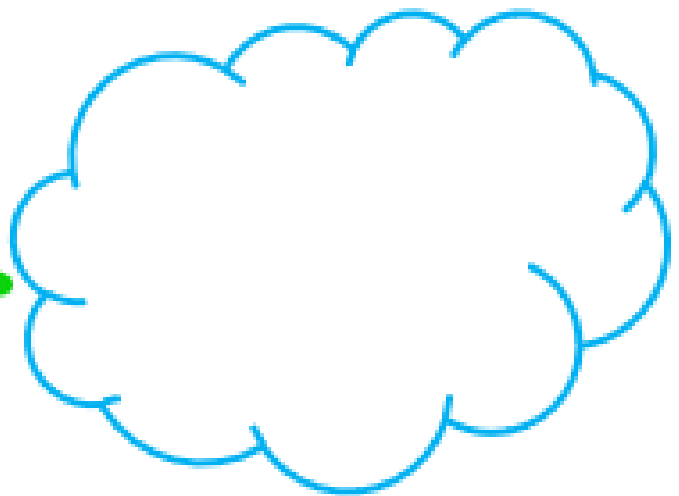
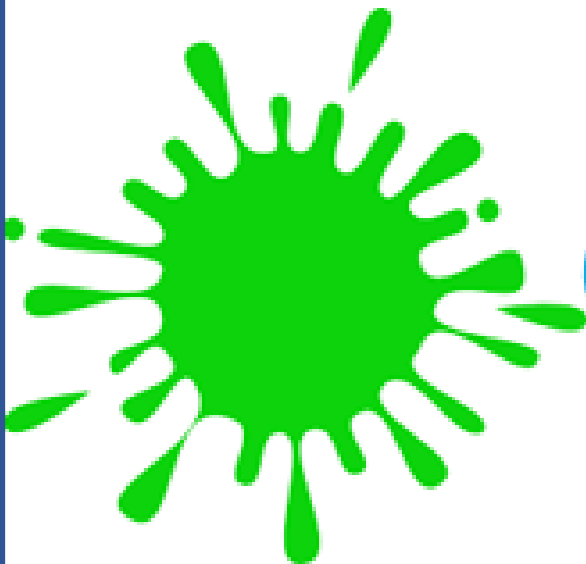
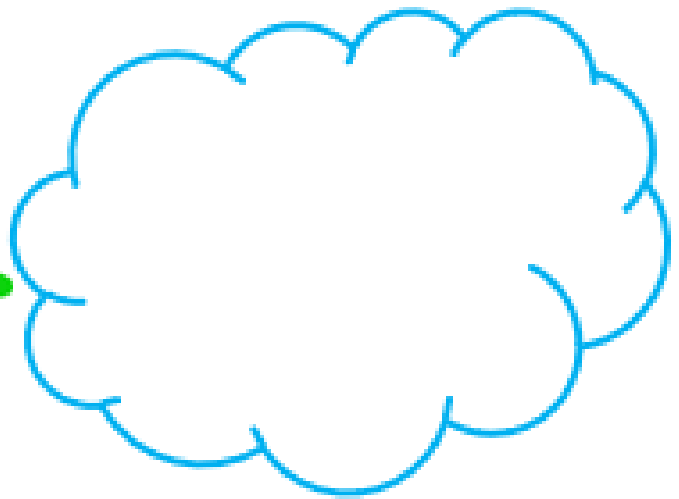
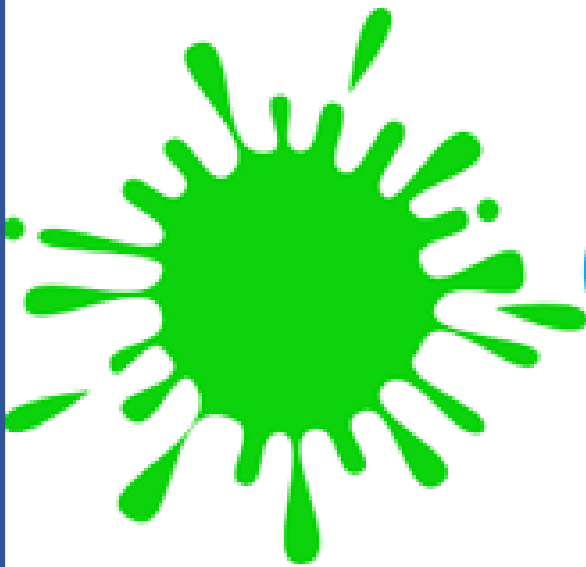


1



## Sticky slimy Thought Vs Nice Thought

Sometimes we get sticky slimy thoughts. These slimy thoughts start to make you worry about things you don't have to and get stuck in your head. Try and think about a nice thought instead. Mum or dad can help





## COPING TOOLS: What Helps Me

- |   |  |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine             | <input type="checkbox"/> Ride a Bike or Skateboard            |
| <input type="checkbox"/> Hug or Climb a Tree                 | <input type="checkbox"/> Create Origami                       |
| <input type="checkbox"/> Journal or Write a Letter           | <input type="checkbox"/> Cook or Bake                          |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help                          |
| <input type="checkbox"/> Make a Collage or Scrapbook         | <input type="checkbox"/> Talk to Someone You Trust            |
| <input type="checkbox"/> Rest, Nap or Take a Break           | <input type="checkbox"/> Weave, Knit or Crochet               |
| <input type="checkbox"/> Go on a Hike, Walk or Run           | <input type="checkbox"/> Build Something                      |
| <input type="checkbox"/> Take Good Care of the Earth         | <input type="checkbox"/> Get a Hug                             |
| <input type="checkbox"/> Drink Water                         | <input type="checkbox"/> Visualize a Peaceful Place           |
| <input type="checkbox"/> Play a Board Game                  | <input type="checkbox"/> Stretch                               |
| <input type="checkbox"/> Do Something Kind                 | <input type="checkbox"/> Make Art                            |
| <input type="checkbox"/> Make and Play with Slime          | <input type="checkbox"/> Use Positive Affirmations          |
| <input type="checkbox"/> Discover Treasures in Nature      | <input type="checkbox"/> Take Slow, Mindful Breaths         |
| <input type="checkbox"/> Take a Shower or Bath             | <input type="checkbox"/> Clean, Declutter or Organize       |
| <input type="checkbox"/> Exercise                          | <input type="checkbox"/> Use Aromatherapy                   |
| <input type="checkbox"/> Drink a Warm Cup of Tea           | <input type="checkbox"/> Cry                                  |
| <input type="checkbox"/> Forgive, Let Go, Move On          | <input type="checkbox"/> Try or Learn Something New         |
| <input type="checkbox"/> Practice Yoga                     | <input type="checkbox"/> Listen to Music                    |
| <input type="checkbox"/> Garden or Do Yardwork             | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline              | <input type="checkbox"/> Get Plenty of Sleep                |
| <input type="checkbox"/> Cuddle or Play with Your Pet      | <input type="checkbox"/> Kick, Bounce or Throw a Ball       |
| <input type="checkbox"/> Practice Gratitude                | <input type="checkbox"/> Take or Look at Photographs        |
| <input type="checkbox"/> Do a Puzzle                       | <input type="checkbox"/> Eat Healthy                         |
| <input type="checkbox"/> Blow Bubbles                      | <input type="checkbox"/> Play Outside                        |
| <input type="checkbox"/> Smile and Laugh                   | <input type="checkbox"/> Sing and/or Dance                  |

# Calm Down ideas

## My Grounding Techniques

### Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

### Senses 5,4,3,2,1

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

### Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control" or "I am safe in this moment." Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

### What can you see

- 5 colours you can see
- 4 shapes you can see
- 3 soft things you can see
- 2 people you can see
- 1 thing you can read

### Find something in the room that begins with each letter

(until you feel calmer)

A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z		