

Coping
with



ANXIETY

TASK CARDS

CLOSET COUNSELOR



Ideas of How to Use Task Cards:



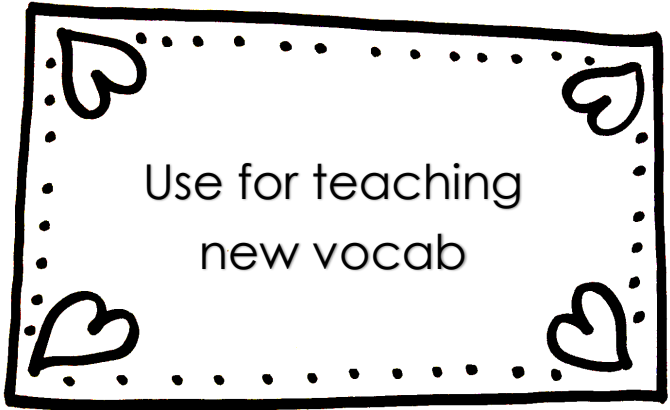
Prompts for games



Conversation
starters



Group
activities



Use for teaching
new vocab

CLOSET COUNSELOR



Coping
with

ANXIETY



Closet Counselor© 2018

Sammy was typical feeling anxious and didn't know why.

Talk about a time when you were anxious but were uncertain of why.

Some people feel calmer when they listen to music. What songs help you feel happy?

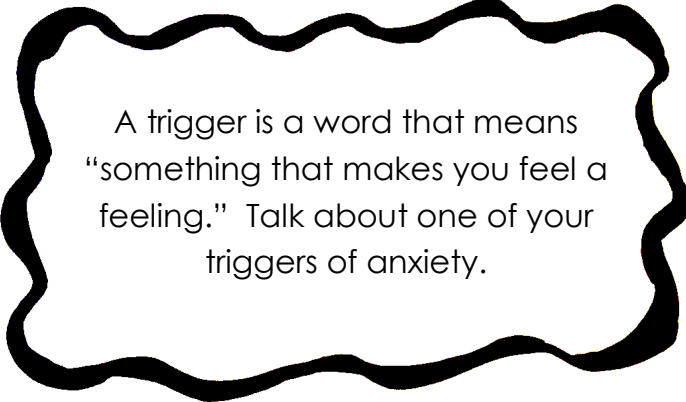
Talking with someone about how you are feeling can be helpful. Who is someone you can talk about your worries with?

Think about the things that you are thankful for. Share 3 things...

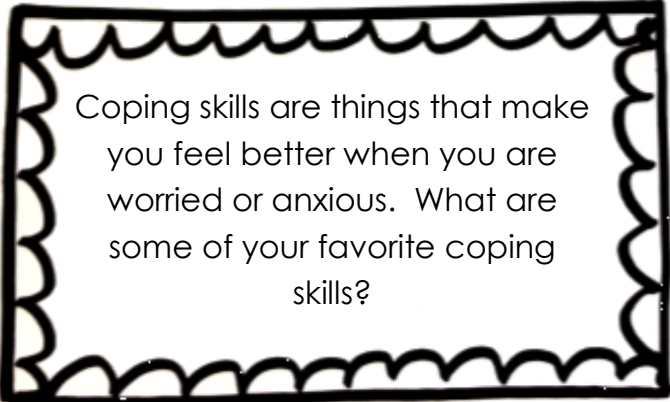
Exercise makes people feel better. What is your favorite exercise?

Talk about the differences between nervousness, worry and anxiety?

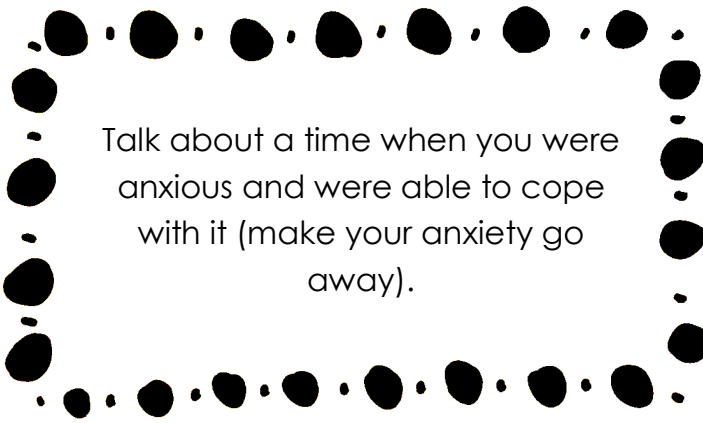
Sometimes anxiety can make it difficult to do the things you need to. What is something or someone that helps you move through it?



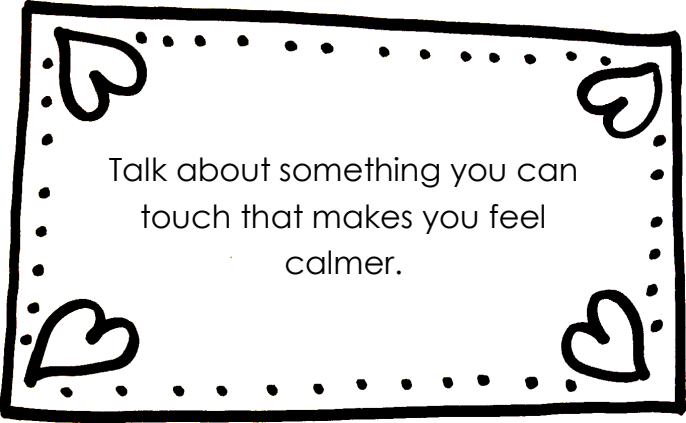
A trigger is a word that means "something that makes you feel a feeling." Talk about one of your triggers of anxiety.



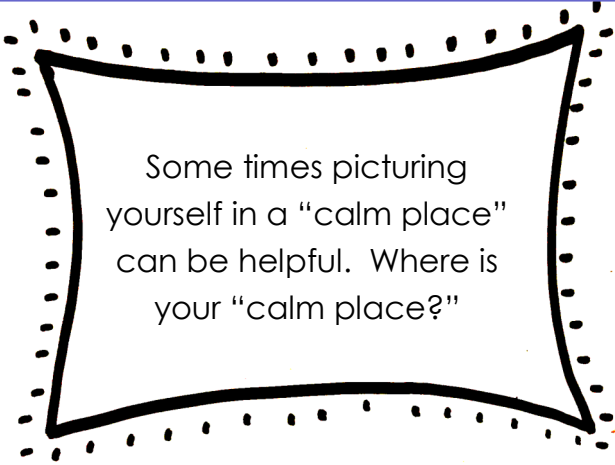
Coping skills are things that make you feel better when you are worried or anxious. What are some of your favorite coping skills?



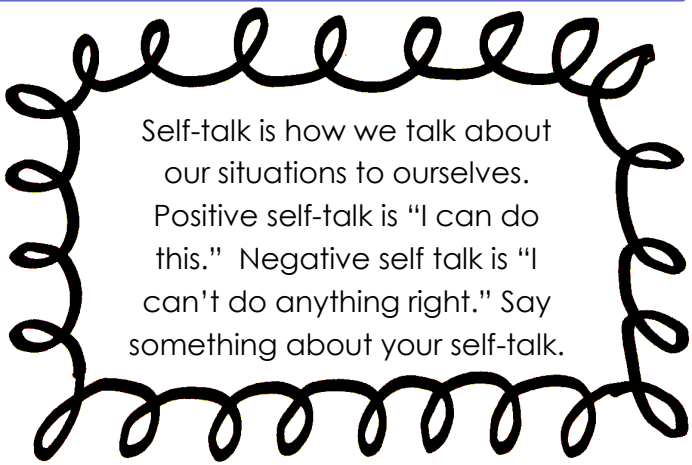
Talk about a time when you were anxious and were able to cope with it (make your anxiety go away).



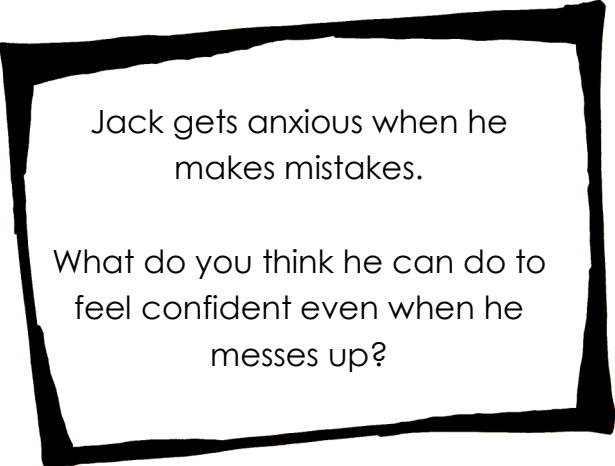
Talk about something you can touch that makes you feel calmer.



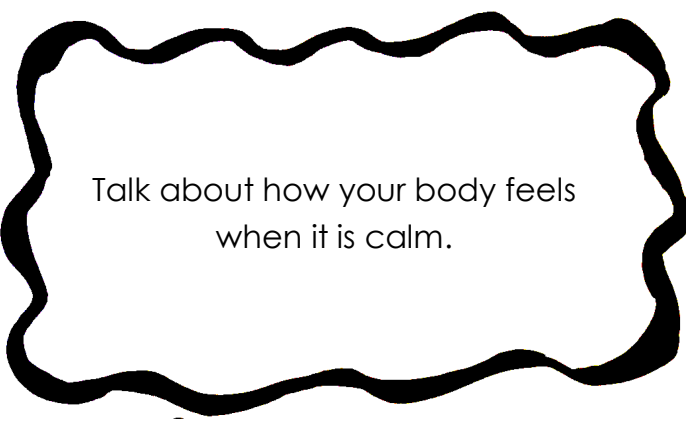
Some times picturing yourself in a "calm place" can be helpful. Where is your "calm place?"



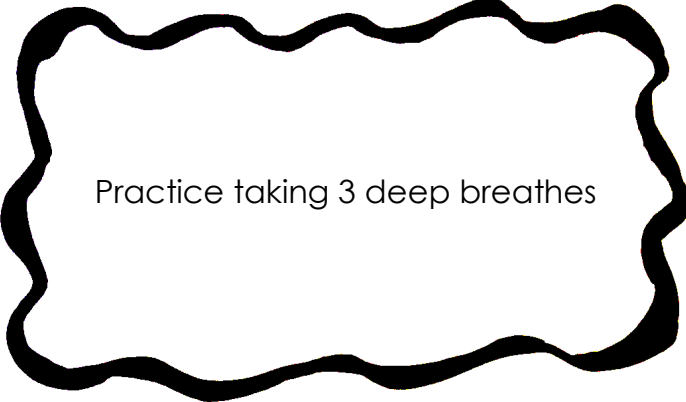
Self-talk is how we talk about our situations to ourselves. Positive self-talk is "I can do this." Negative self talk is "I can't do anything right." Say something about your self-talk.



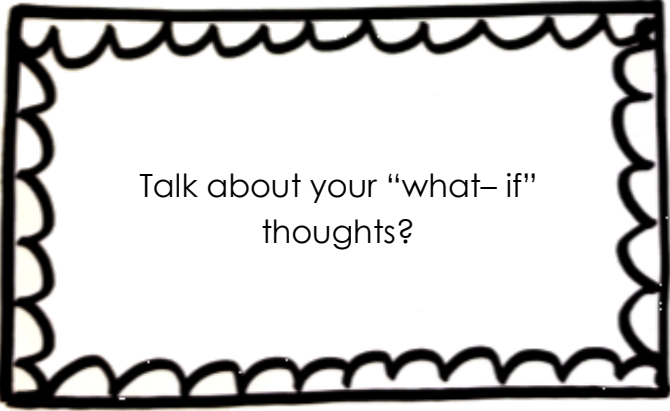
Jack gets anxious when he makes mistakes.
What do you think he can do to feel confident even when he messes up?



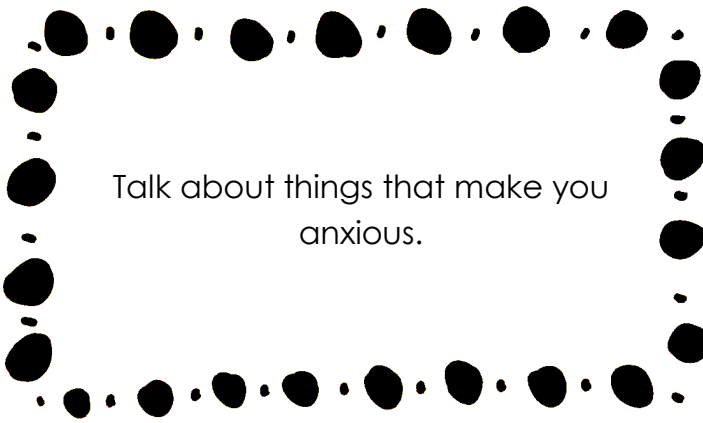
Talk about how your body feels when it is calm.



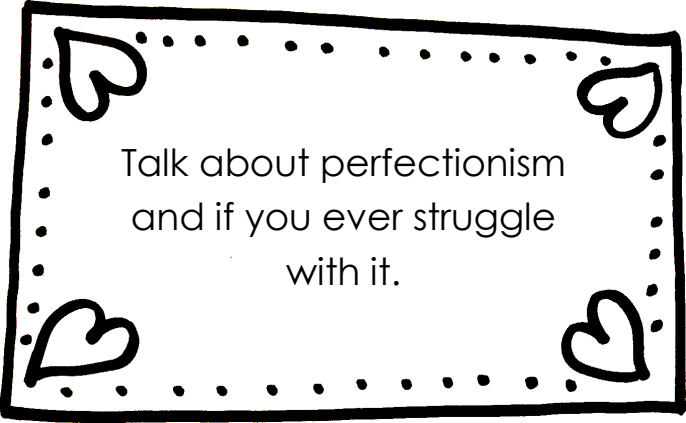
Practice taking 3 deep breathes



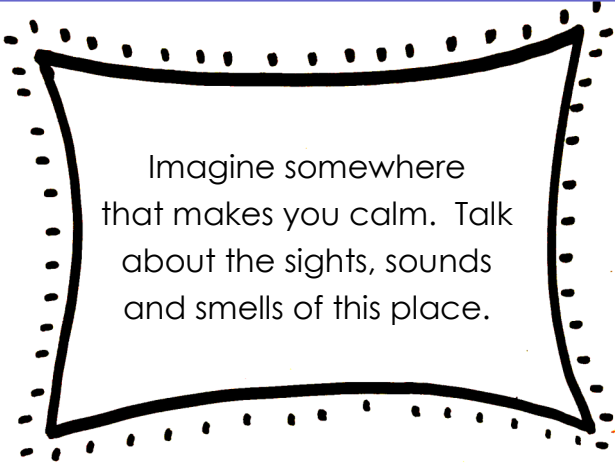
Talk about your "what- if"
thoughts?



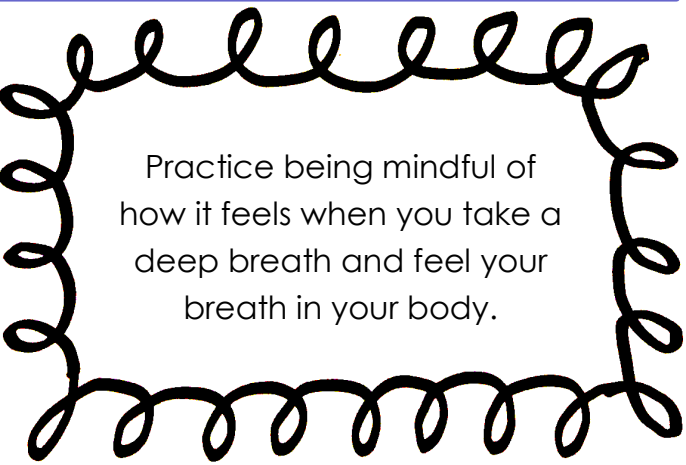
Talk about things that make you
anxious.



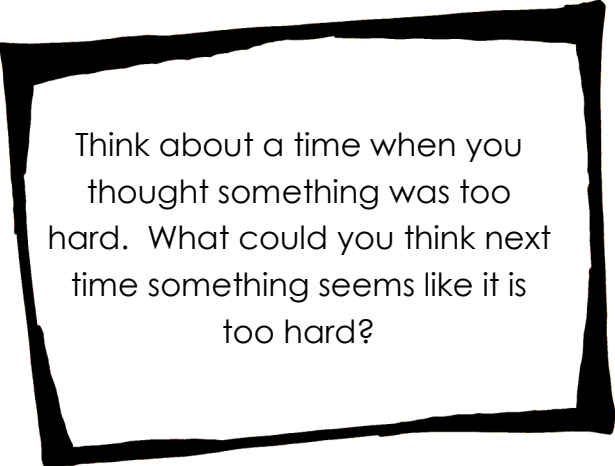
Talk about perfectionism
and if you ever struggle
with it.



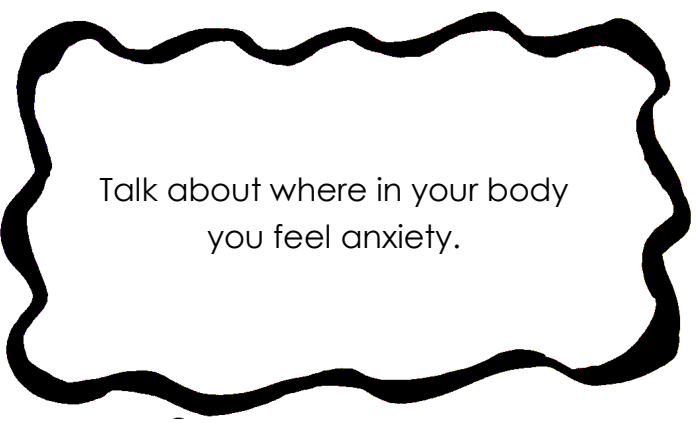
Imagine somewhere
that makes you calm. Talk
about the sights, sounds
and smells of this place.



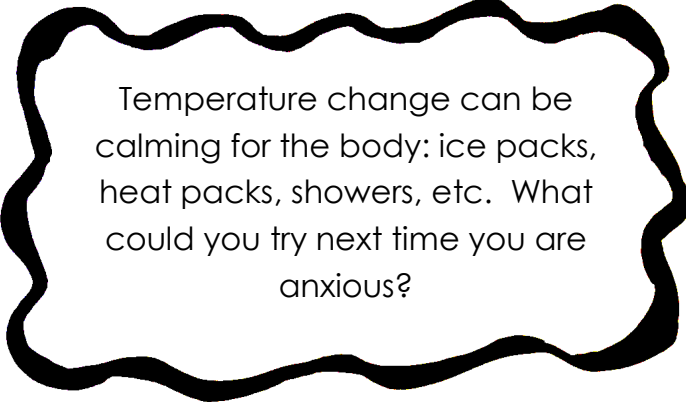
Practice being mindful of
how it feels when you take a
deep breath and feel your
breath in your body.



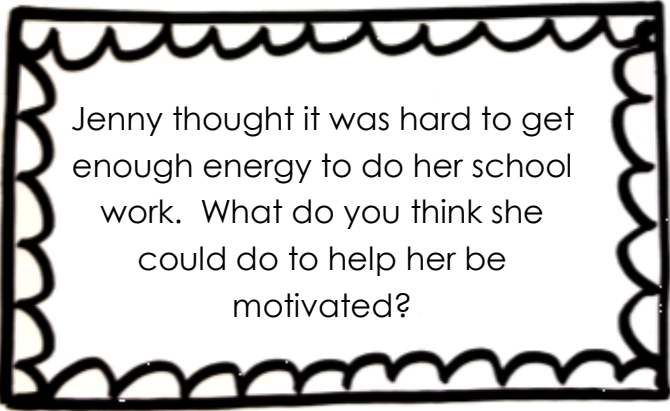
Think about a time when you
thought something was too
hard. What could you think next
time something seems like it is
too hard?



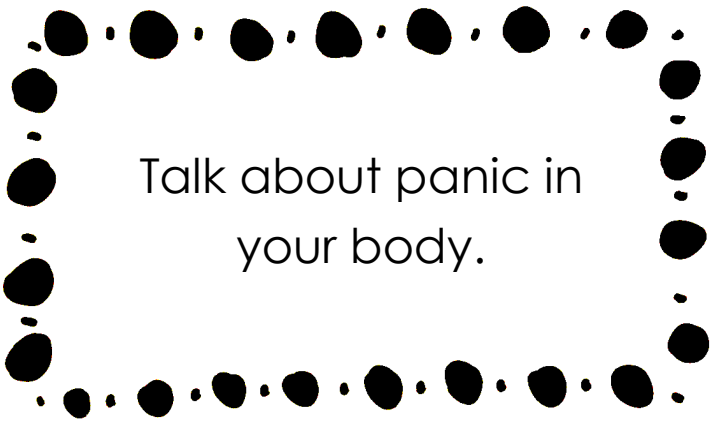
Talk about where in your body
you feel anxiety.



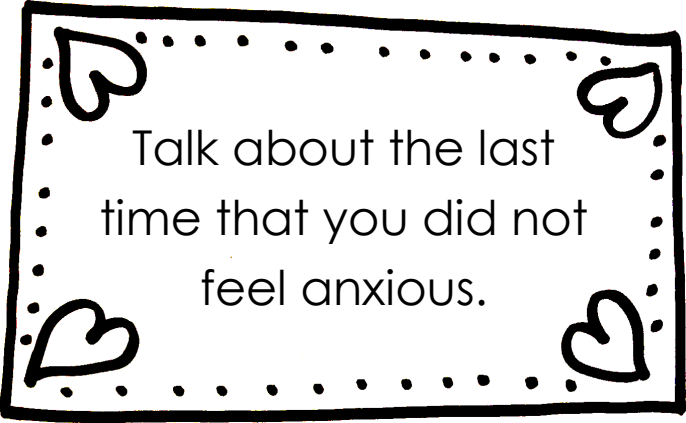
Temperature change can be calming for the body: ice packs, heat packs, showers, etc. What could you try next time you are anxious?



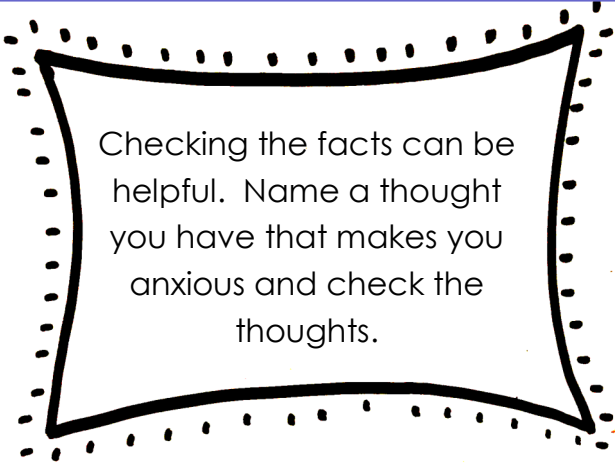
Jenny thought it was hard to get enough energy to do her school work. What do you think she could do to help her be motivated?



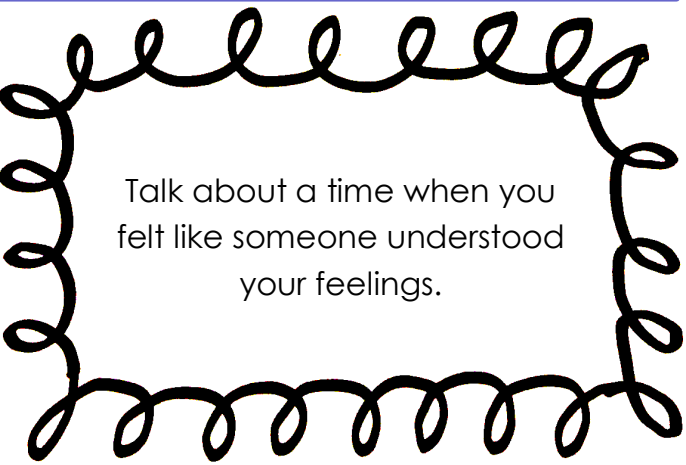
Talk about panic in your body.



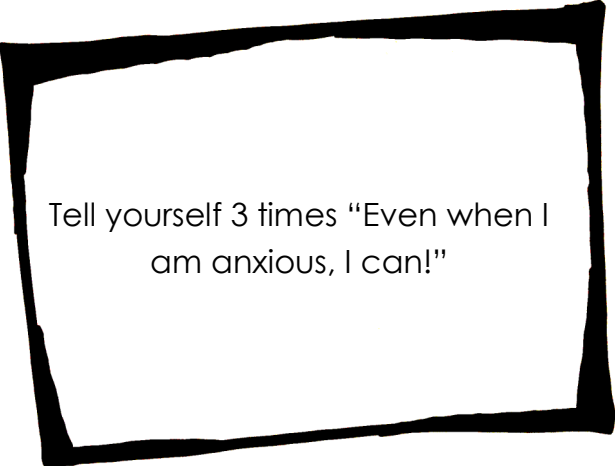
Talk about the last time that you did not feel anxious.



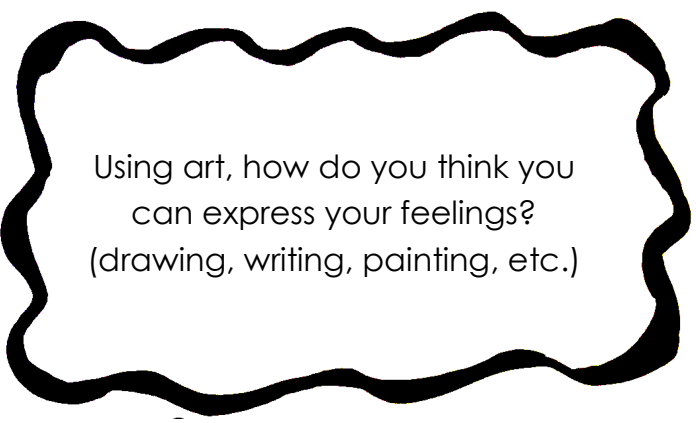
Checking the facts can be helpful. Name a thought you have that makes you anxious and check the thoughts.



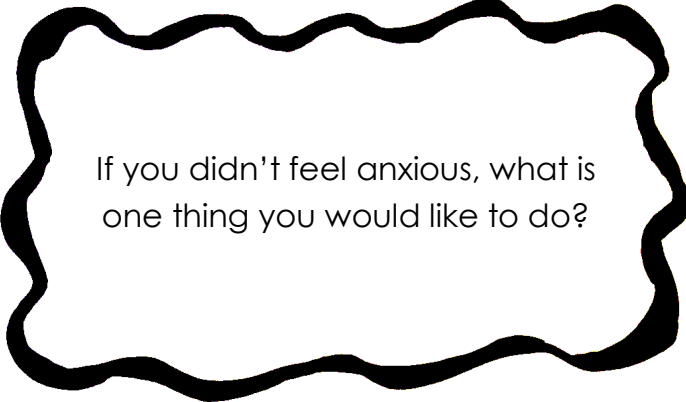
Talk about a time when you felt like someone understood your feelings.



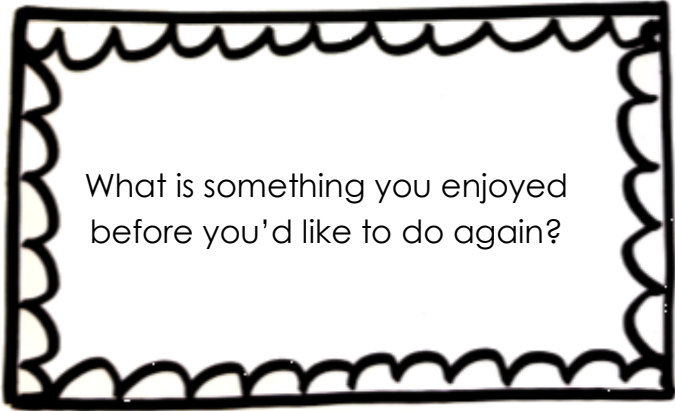
Tell yourself 3 times "Even when I am anxious, I can!"



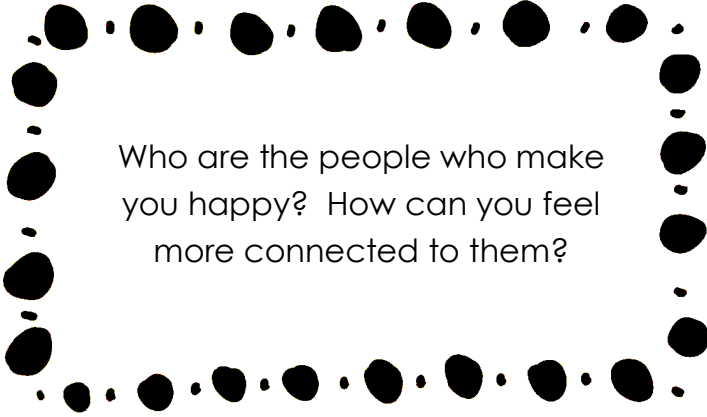
Using art, how do you think you can express your feelings?
(drawing, writing, painting, etc.)



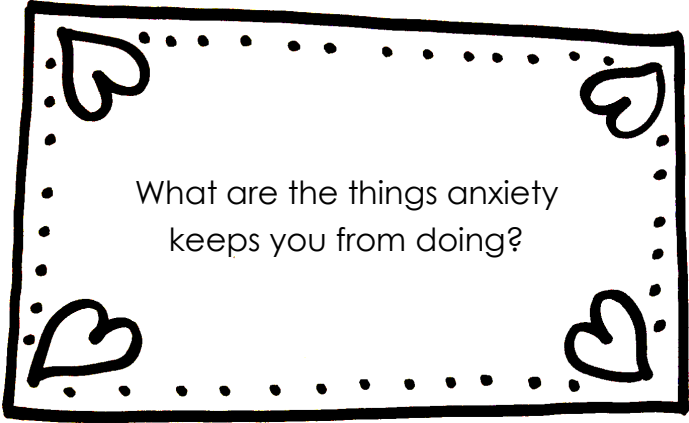
If you didn't feel anxious, what is one thing you would like to do?



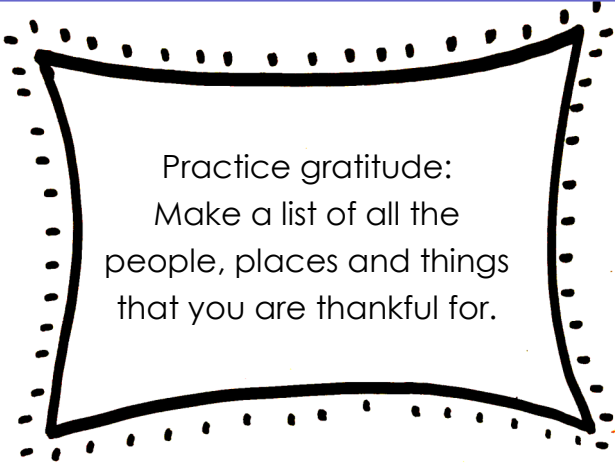
What is something you enjoyed before you'd like to do again?




Who are the people who make you happy? How can you feel more connected to them?




What are the things anxiety keeps you from doing?



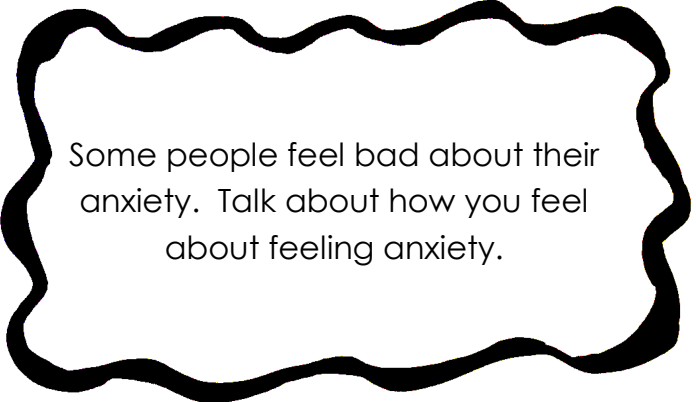
Practice gratitude:
Make a list of all the people, places and things that you are thankful for.



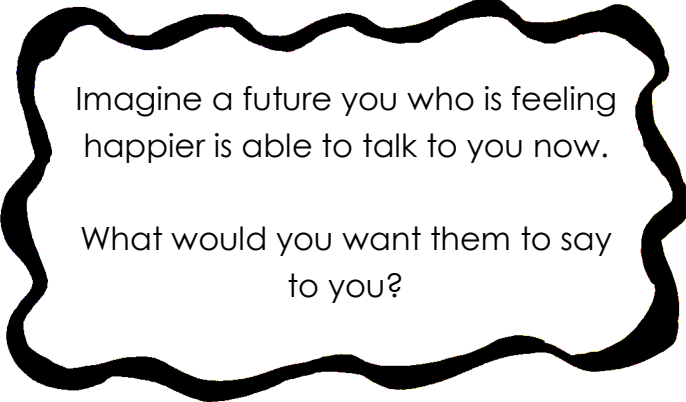
Get your body moving...
What activities help your mood?



What song helps you on your hardest days?

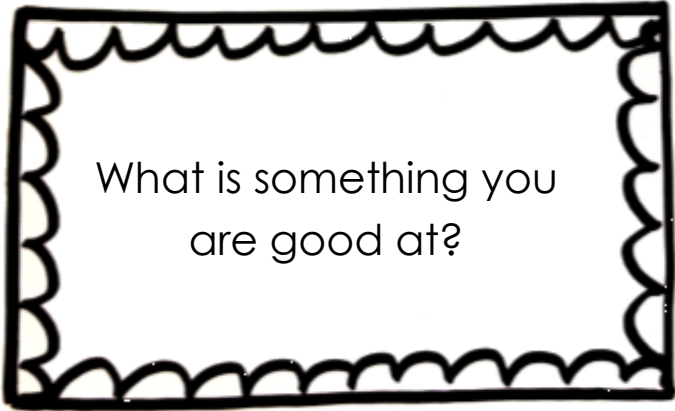


Some people feel bad about their anxiety. Talk about how you feel about feeling anxiety.

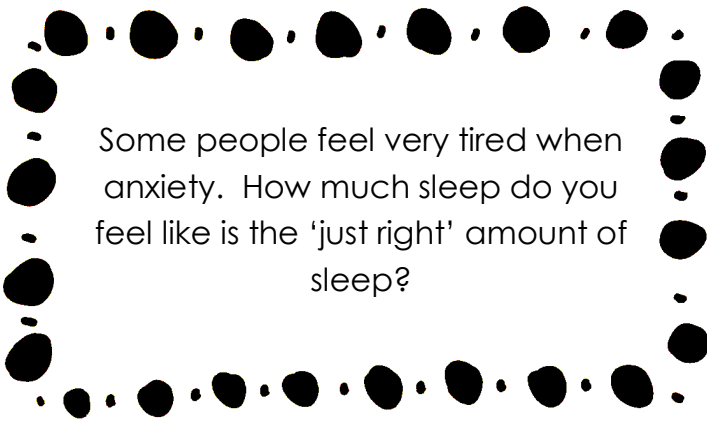


Imagine a future you who is feeling happier is able to talk to you now.


What would you want them to say to you?



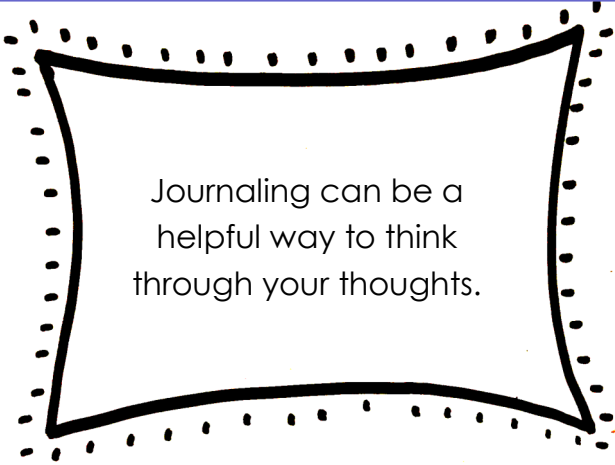
What is something you are good at?



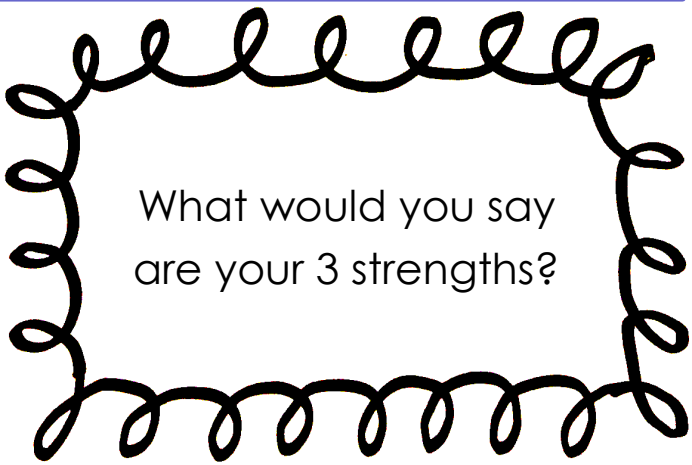
Some people feel very tired when anxiety. How much sleep do you feel like is the 'just right' amount of sleep?



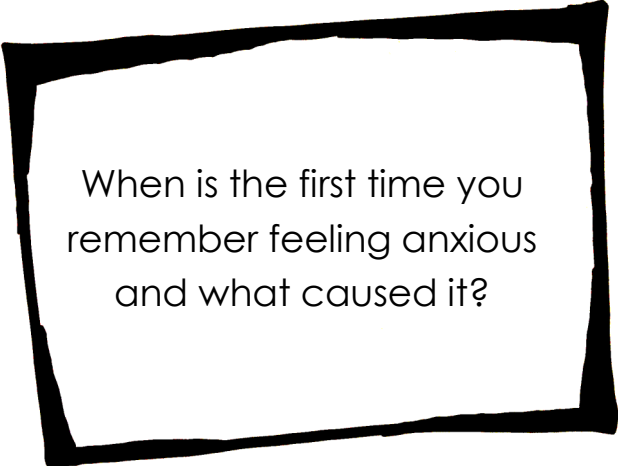
Treat yourself:
What is something you can do to treat yourself to something special?



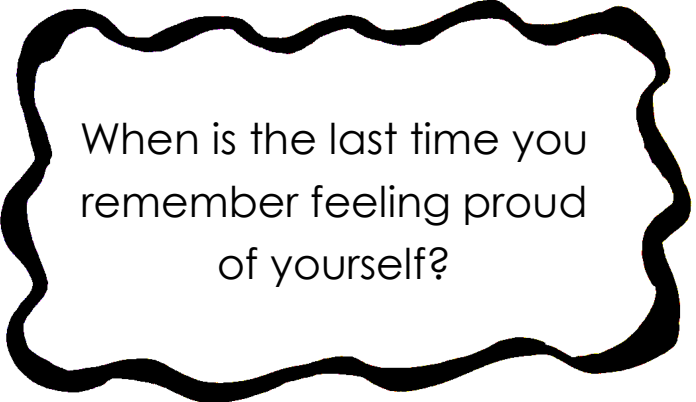
Journaling can be a helpful way to think through your thoughts.



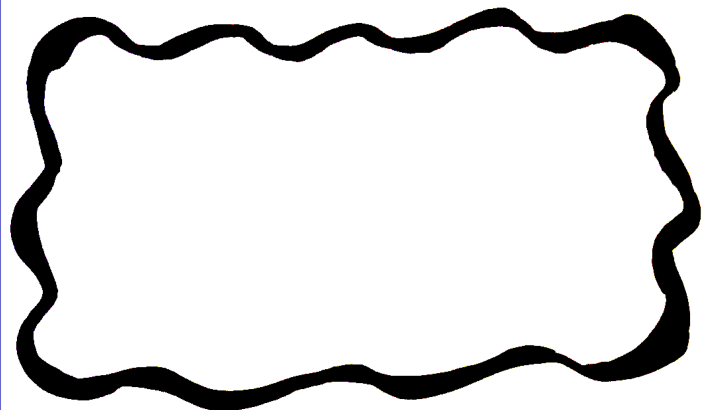
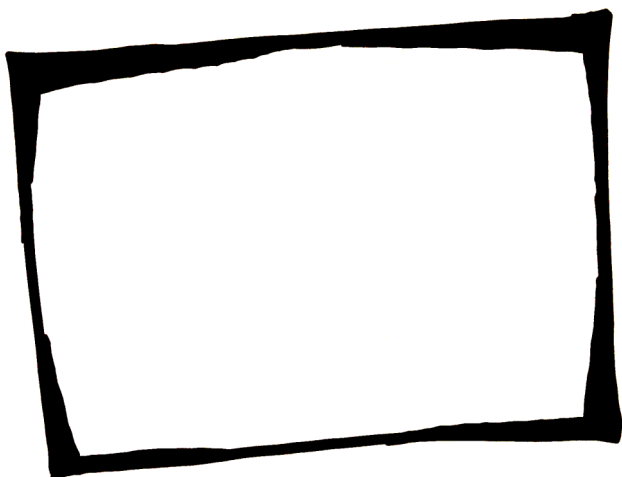
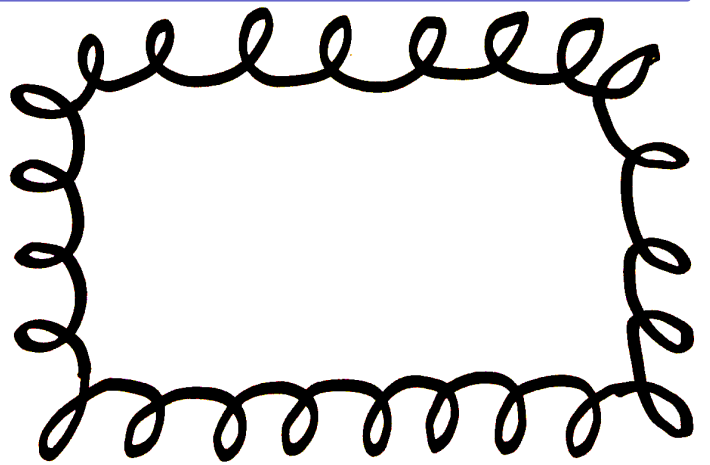
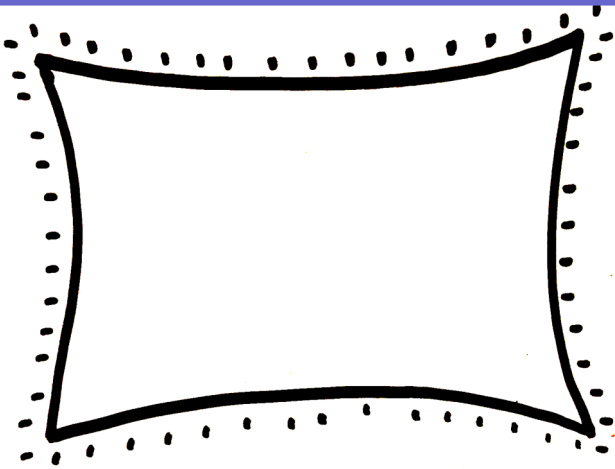
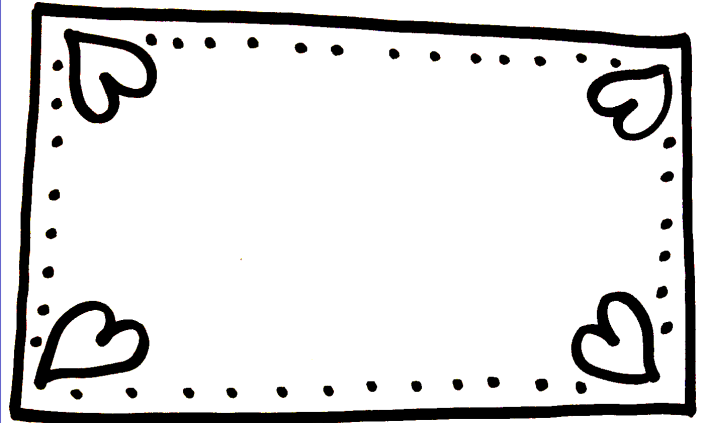
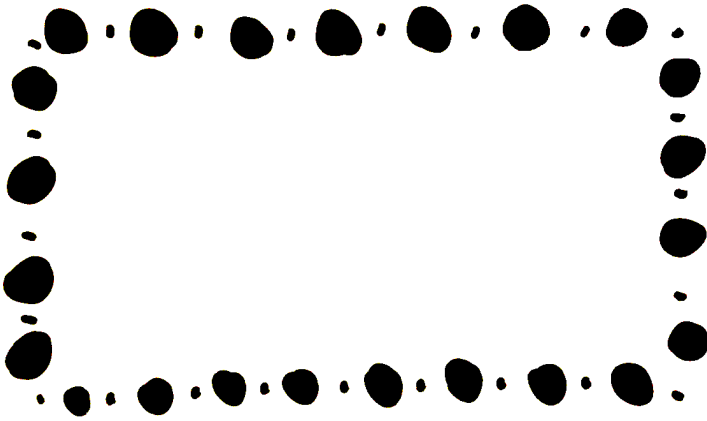
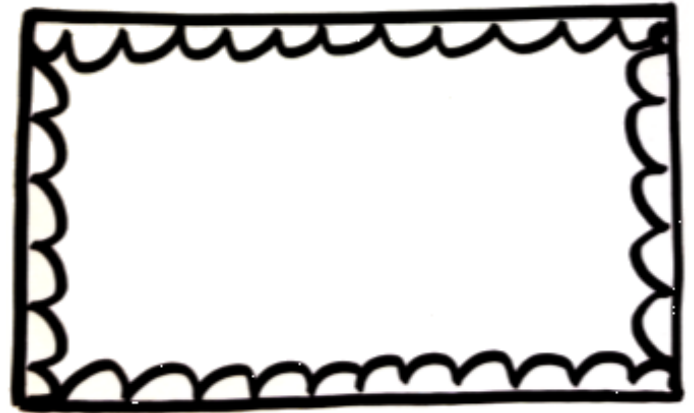
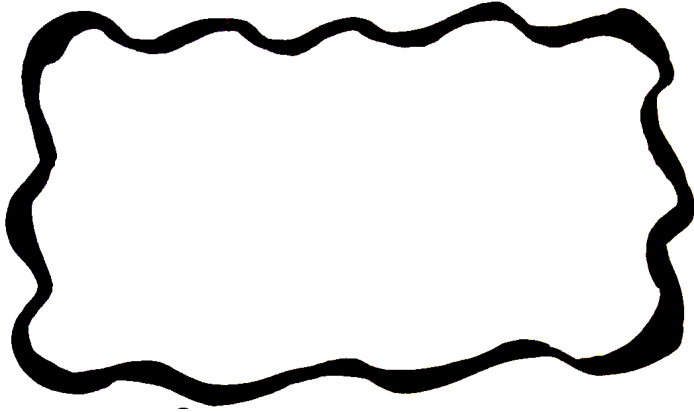
What would you say are your 3 strengths?



When is the first time you remember feeling anxious and what caused it?



When is the last time you remember feeling proud of yourself?



Thank you for downloading a

Closet Counselor

product please feel free to leave feedback and
check out my other products!

All rights reserved. For use in one classroom only.

This document cannot be redistributed without permission.

