

Coping Thoughts for Anxious Kids

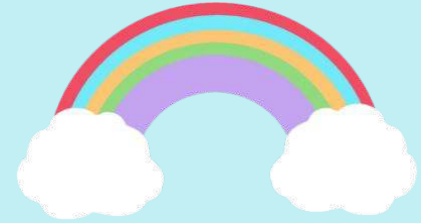
I have done this before, I can do it again.



What is the worst that could happen? How likely is that?



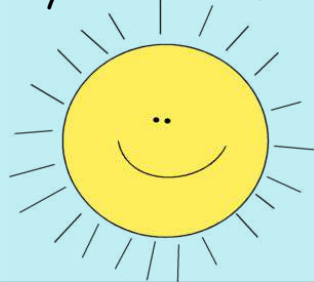
This is just anxiety, it will pass.



I am strong and brave.



Imagine a favorite place or activity and breathe slowly.



Take a walk to the bathroom or drinking fountain.





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5 Senses
Calming
Technique