



Calm Strong Minds

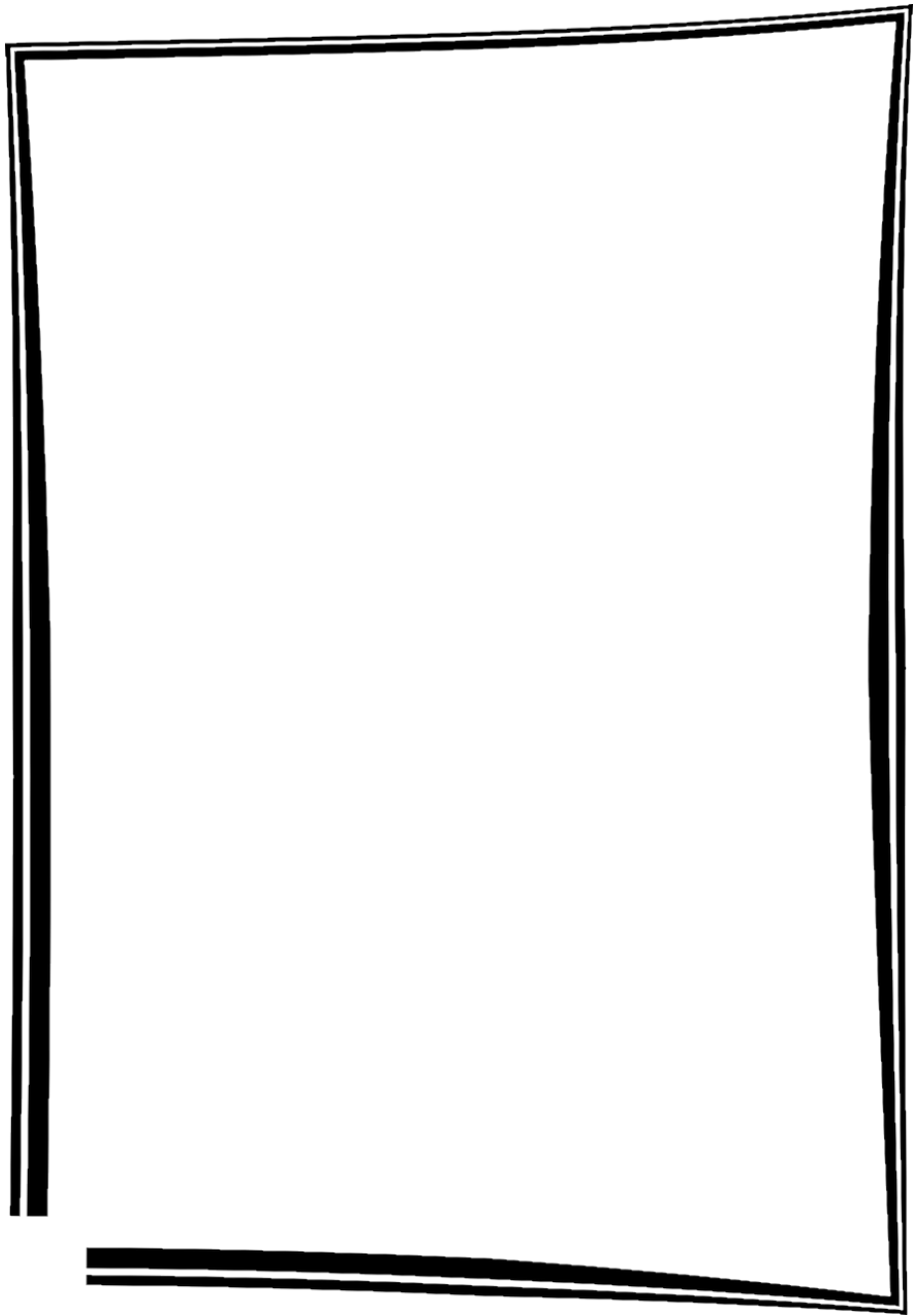
Anxiety Workbook

A workbook for children to learn more about the 'worry monster' that is causing difficulties and find ways to tame it.



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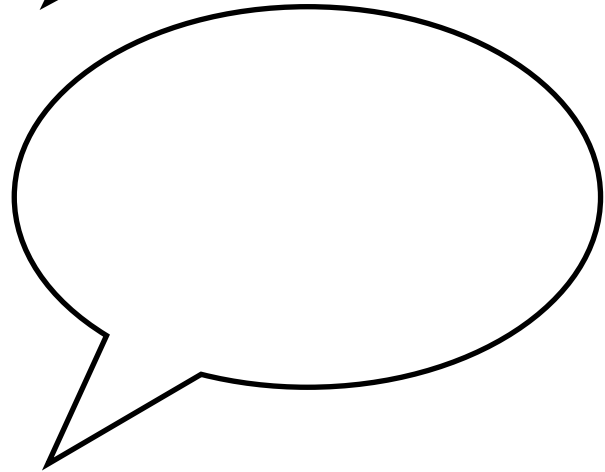
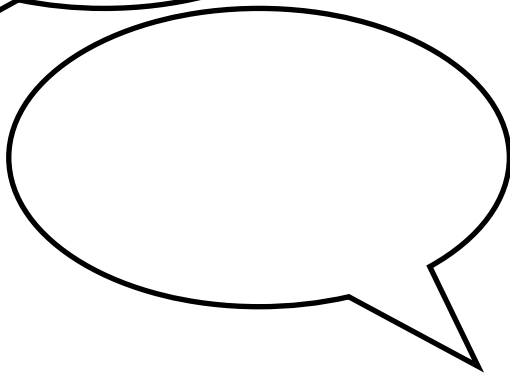
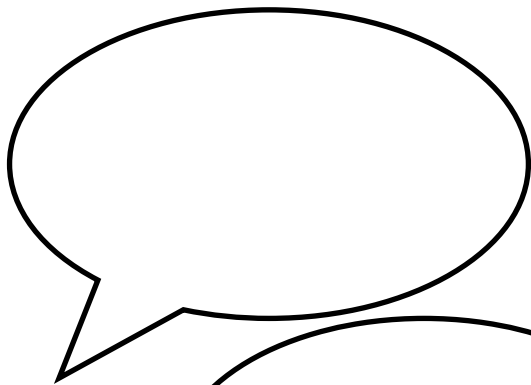
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Name of Character: _____



Things it says to me:



Things it makes me feel:

Scared

Worried

Embarrassed

Sad

Happy

Angry

Excited

Surprised

OK

Frightened

Lonely

Stressed

Hopeless



What happens when it's around:

Things I say:

Things I do

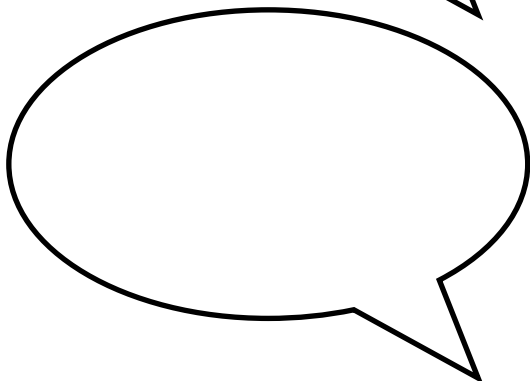
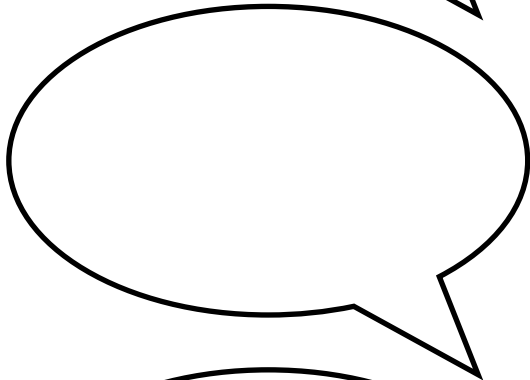
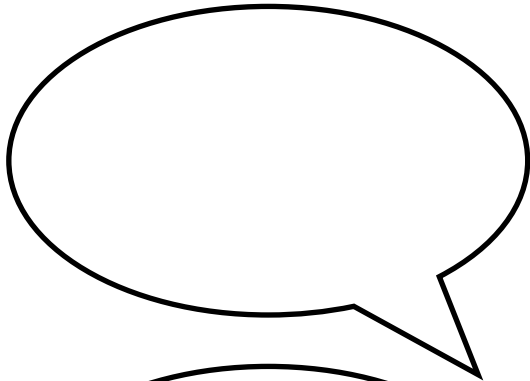
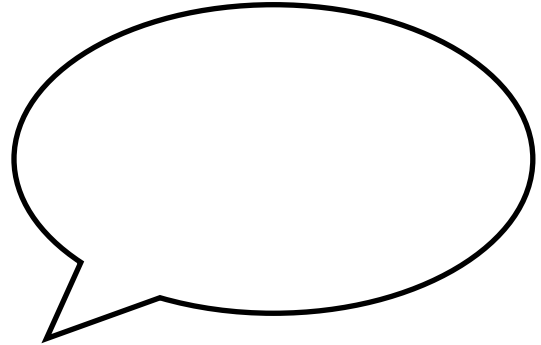
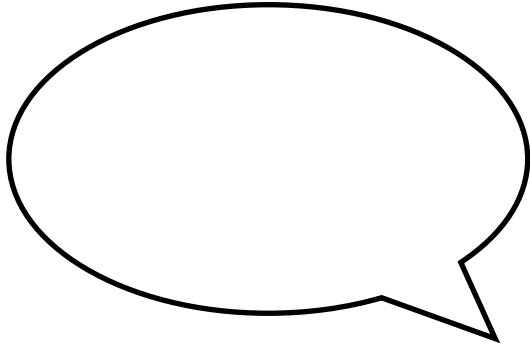
What happens to other people:



My Conversation

What the bully says to me:

What I can say back:



My Toolkit

Things I can do when I notice that worry is getting stronger:

