

I AM HERE WITH YOU...  
YOU ARE SAFE.

THESE FEELINGS ARE ONLY TEMPORARY.

POSITIVE AFFIRMATIONS:

REPEAT AFTER ME...  
I AM BRAVE.  
I CAN DO THIS.  
I WILL BE OKAY.

THINK  
HAPPY  
THOUGHTS

YOU ARE NOT ALONE.  
SOMETIMES I FEEL  
NERVOUS ABOUT  
THAT TOO.

LET'S DRAW YOUR WORRY TOGETHER.

WHAT ARE  
YOU WORRIED  
*MIGHT*  
HAPPEN?  
WHAT IS  
*PROBABLY*  
GOING TO  
HAPPEN?

WHAT CAN WE CONTROL? IS THIS WORRY SOMETHING WE CAN CHANGE?

LET'S TAKE A FEW  
DEEP BREATHS  
TOGETHER.  
MATCH  
YOUR BREATHS TO  
MINE.

THINGS TO SAY WHEN CALMING  
AN ANXIOUS CHILD...



WHAT DO YOU  
WISH YOU  
COULD TELL  
YOUR  
WORRY?

I KNOW THIS IS HARD FOR YOU.  
WHAT WILL HELP CALM YOU RIGHT NOW?

IT'S OKAY TO FEEL NERVOUS.  
I DO TOO SOMETIMES!

YOU ARE IN CONTROL  
OF YOUR THOUGHTS &  
FEELINGS!

WE ARE GOING TO SET A 5 MINUTE TIMER.  
WRITE DOWN WHATEVER IS  
BOTHERING YOU AND THEN RIP IT UP!

WHAT CALMING  
STRATEGY DO  
YOU WANT TO  
TRY TO USE TO  
MAKE YOU FEEL  
BETTER?

GROUNDING EXERCISE:

5 THINGS THEY SEE  
4 THINGS THEY FEEL  
3 THINGS THEY HEAR  
2 THINGS THEY SMELL  
1 THING THEY TASTE

HOW BIG IS YOUR WORRY  
ON A SCALE OF 1-10?

FACTS VS. FEELINGS  
WHAT DO WE KNOW?

WE WILL FACE THIS TOGETHER,  
I AM HERE FOR YOU.