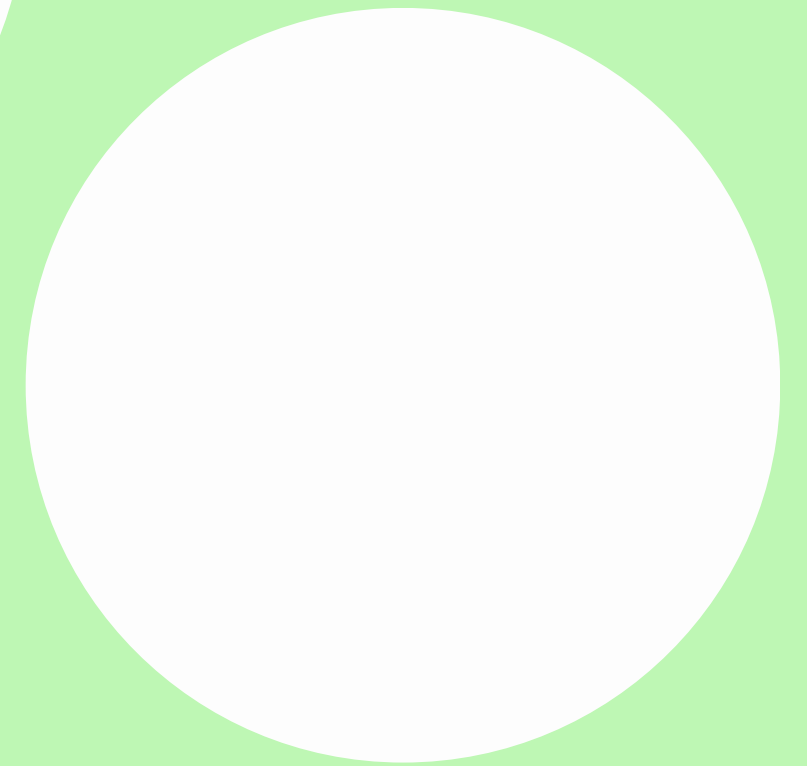
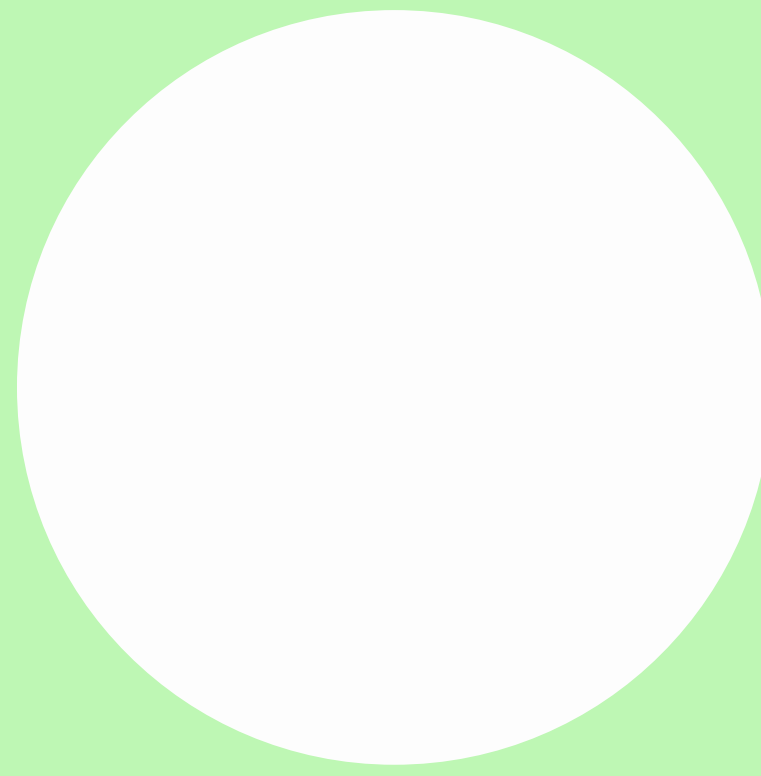


**IF YOUR
ANXIETY
WAS A
MONSTER...**



A large white rounded rectangle for writing.

**If your anxiety was a monster what
would it look like?
Feel like?
Sound like?**

**Allow students to illustrate what their
anxiety would look like.**

**Ask:
What triggers your anxiety?
What physical symptoms do you exhibit?
What are some negative thoughts that
might be affecting how you feel?
Students can write down negative
thoughts in the 3 circles.**

**Remember to offer validation and
acceptance and encourage the student to
share with a parent or guardian. Discuss
coping skills that can help with anxiety:
breathing techniques, talking about it,
journaling, art, exercise, leaning on your
support system, etc.**



Be Mind Full Designs for School Counselors



HI THERE, MY NAME IS
VERLYN. I'M A
PROFESSIONAL SCHOOL
COUNSELOR IN TEXAS. I
STRIVE TO CREATE
ENGAGING COUNSELING
ACTIVITIES TO USE WITH
STUDENTS. I BELEIVE
WHOLE HEARTEDLY THAT
WHAT SETS A SCHOOL
COUNSELOR APART IS OUR
ABILITY TO USE THEORY,
TECHNIQUE AND HANDS ON
ACTIVITIES THAT ALLOW A
STUDENT TO MAKE A
PERSONAL CONNECTION.
WE HAVE THE ABILITY TO
CREATE LONG LASTING
IMPRESSIONS ON OUR
STUDENTS. JOIN ME IN
EMPOWERING OUR
STUDENTS AND FOLLOW
ME FOR MORE ACTIVITY
IDEAS!

