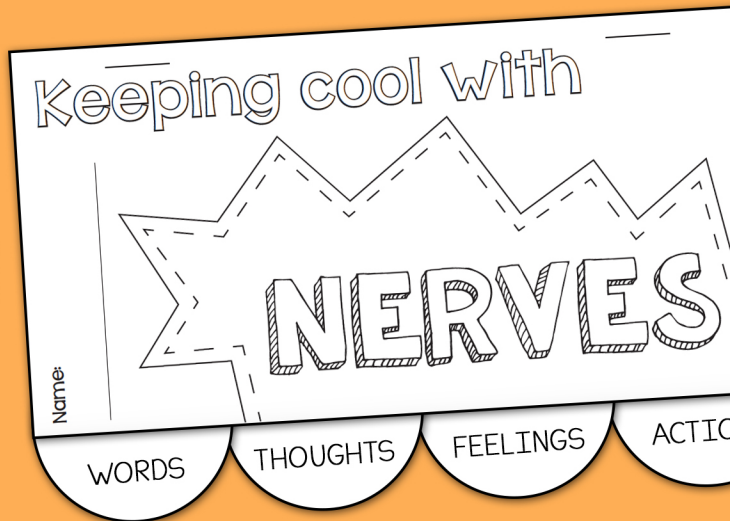


Anxiety

TAB BOOK

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP



Anxiety Tab Book

Thanks for purchasing this product!



Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an [Interactive Notebook](#), Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This book helps students learn about anxiety triggers and coping skills.

Check back often for new topics!



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Yearly Planner Binder
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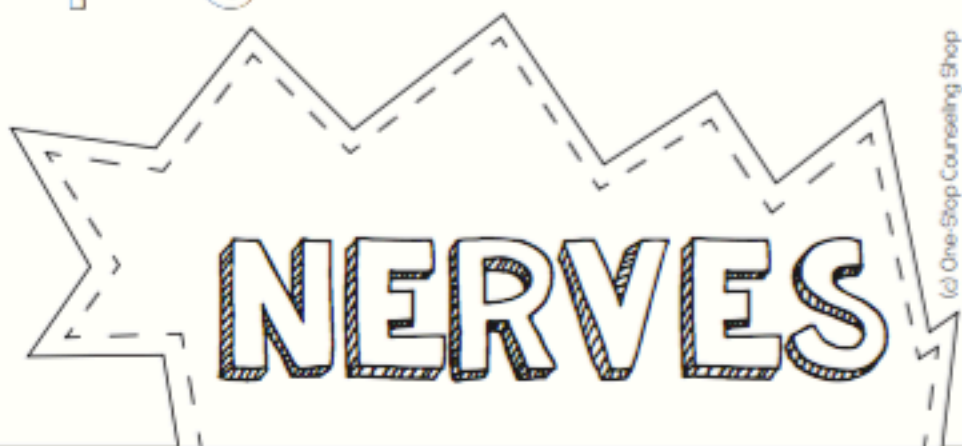
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Enjoy!



Keeping cool with

Name: _____



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Cut out each page along the dotted lines. Then staple along the top.

NERVOUS:

In the spaces above, write down some other words that mean the same thing as "nervous."
Use a thesaurus if you need help!

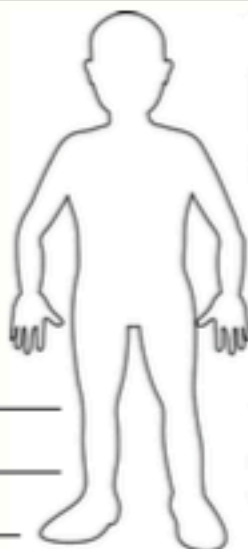
What Is ANXIETY?



What does It look like?

HOW IT FEELS:

Write about It here:



FEELINGS

Answer the questions above. Then, in the body on the right side, color the parts of the body orange where you feel nervousness.

WHEN I'M NERVOUS, I CAN...

go

say

do

<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

ACTIONS

On each line, write somewhere you can go, something you can say, or something you can do when you are nervous or worried.