

# Conversation Cards about ANXIETY by **MIGHTIER™**

Nobody knows that I feel anxious about...

9

The bravest person I know is... because...

29

When other people are anxious I can help them by...

23

If my anxiety was an animal, it would be a... because...

17

A time that I overcame a fear was...

34

It is hard to ask for help when...

25

One time I felt anxious with friends was...

22

When I feel anxious, my stomach feels like...

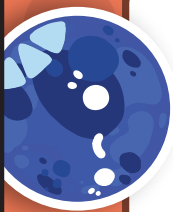

4

I feel confident when...

28



# Challenge Cards

Use your thoughts to get your heart rate down. What did you think of?



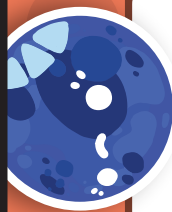

37 ●

Sit back to back with a partner and take 5 slow, deep breaths. Inhale and exhale together.



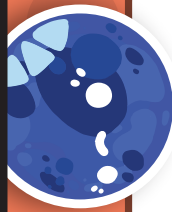

43 ●

Use your thoughts to get your heart rate up. What did you think of?





36 ●

Close your eyes and name 3 things you hear.





44 ●

Describe the sound of calm.



50 ●

Draw the shape of how you felt today.



45 ●