

 <p>If anger had a name, it would be...</p>  <p>15</p>	 <p>When I feel anxious, my stomach feels like...</p>  <p>4</p>	 <p>I can tell someone is feeling left out when...</p>  <p>1</p>
 <p>Something that helps me feel calm is...</p>  <p>5</p>	 <p>If my anxiety was an animal, it would be a... because...</p>  <p>17</p>	 <p>My favorite thing to do with other people is...</p>  <p>35</p>
 <p>Something I wish other people knew about me is...</p>  <p>25</p>	 <p>Something I'm really proud of myself for is...</p>  <p>22</p>	 <p>I feel frustrated with people when...</p>  <p>15</p>

# Challenge Cards

Stand back to back with a partner and describe something you see. Can they guess what it is?



39 ●



Sit back to back with a partner and take 5 deep breaths. Try to inhale and exhale in together.



43 ●



Hum the sound of anger. Now hum the sound of calm.



43 ●



Close your eyes and describe 3 things you hear.



50 ●



Find or name 5 things you have in common with a partner.



40 ●



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



37 ●

