**This is what I am feeling when Anxious**

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| 5**I am having a hard time!** | **WHAT CAN I DO?**1. **I CAN LOOK FOR MY REGULAR SEAT**
2. **I CAN ASK FOR A SAFE PLACE TO WORK**
3. **I CAN TAKE SOME DEEP BREATHS**
4. **I \_\_\_\_\_\_\_**
5. **I \_\_\_\_\_\_\_\_**
 |
| **I am pretty worried.**4 | **WHAT CAN I DO?**1. **I CAN ENSURE I KNOW WHAT IS GOING ON –**

**a. Is this my schedule I know?****b. Did I know about the changes?**1. **I CAN TAKE SOME DEEP BREATHS**
2. **I \_\_\_\_\_\_\_\_\_\_\_\_**
3. **I \_\_\_\_\_\_\_\_\_\_\_\_\_**
 |
| **Things are kinda weird.**3 | **WHAT CAN I DO?**1. **I CAN DOUBLE CHECK MY SCHEDULE**
2. **I CAN TAKE SOME DEEP BREATHS**
3. **I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
 |
| **This is a little bit of a change.**2 | **WHAT CAN I DO?**1. **I CAN DOUBLE CHECK MY SCHEDULE**
2. **I HAVE DONE THIS BEFORE – IT’S ALL GOOD.**
3. **I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
 |
| 1 | **LIFE IS GOOD. I AM WORKING AND PLAYING HARD!!! ☺** |