**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!!! ☺** |