

Anxiety and Worry Flash Cards

When a young person feels worried or is dealing with anxiety, giving them options can help them remain calm and feel in control.

There are a number of flash cards here that can be fastened together so that a young person has a useful, pocket-sized pack to hand when they need it.

There are some useful prompts on the cards, and a few blank ones that the individual can put their own ideas onto.

Read your favourite book.



twinkl.com

Make something.



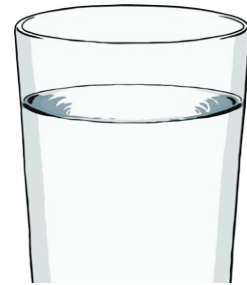
twinkl.com

Hold a special object.



twinkl.com

Have a drink of water.



twinkl.com

Take a deep breath in and slowly breathe out.



twinkl.com

Draw a picture.



twinkl.com

Play a game with friends.



twinkl.com

Take some time out in a quiet spot.



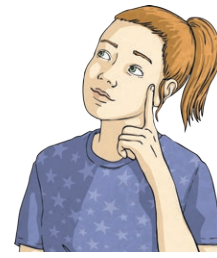
twinkl.com

Write a story.



twinkl.com

Think of a place that makes you happy.



twinkl.com

Talk to an adult.



twinkl.com

Talk to a friend.



twinkl.com

twinkl.com

twinkl.com

twinkl.com

twinkl.com