

# ABOUT INTERACTIVE NOTEBOOKS

## What's an interactive notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

## How can I use them?

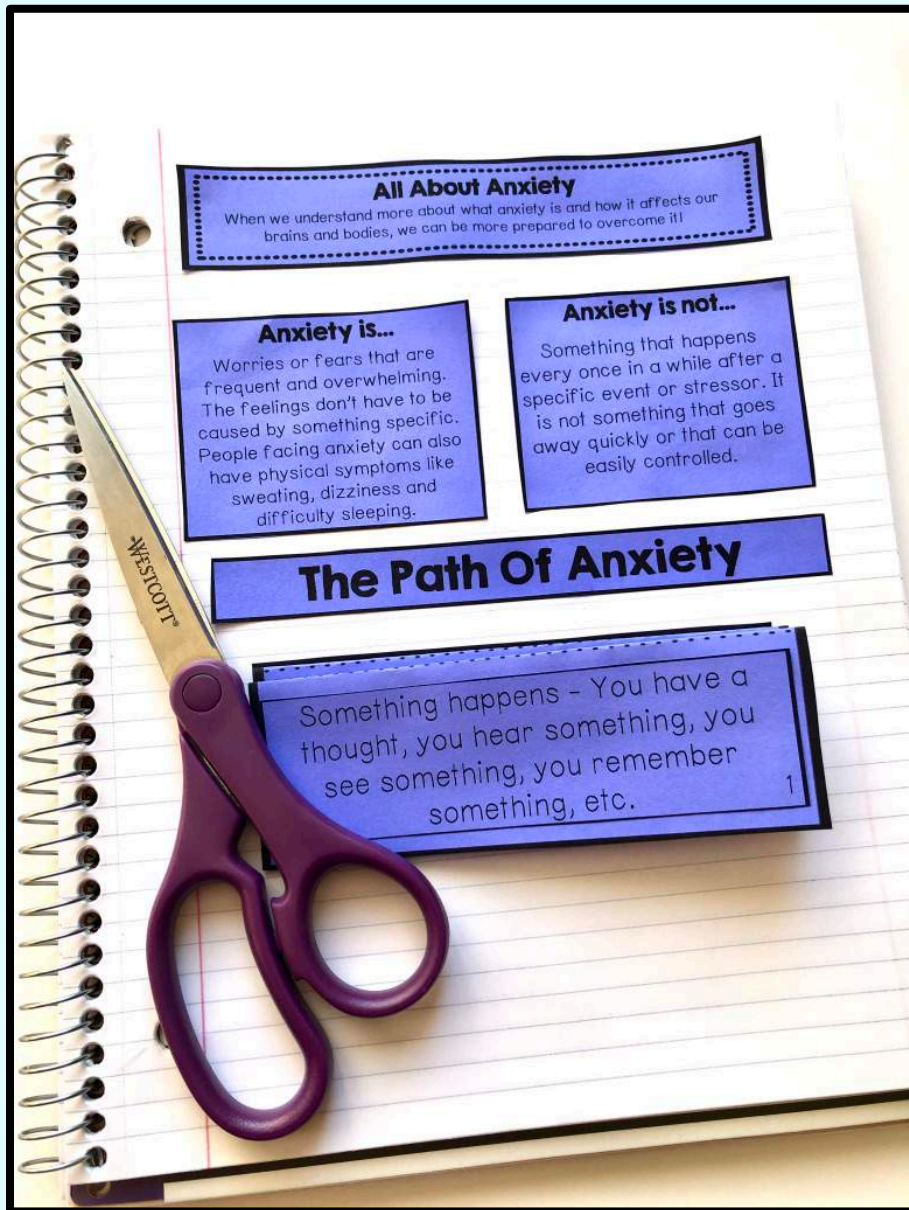
These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

## What's included?

- Each of the 8 interactive notebook pages include a complete template, photo directions, written directions, and photos of completed samples.

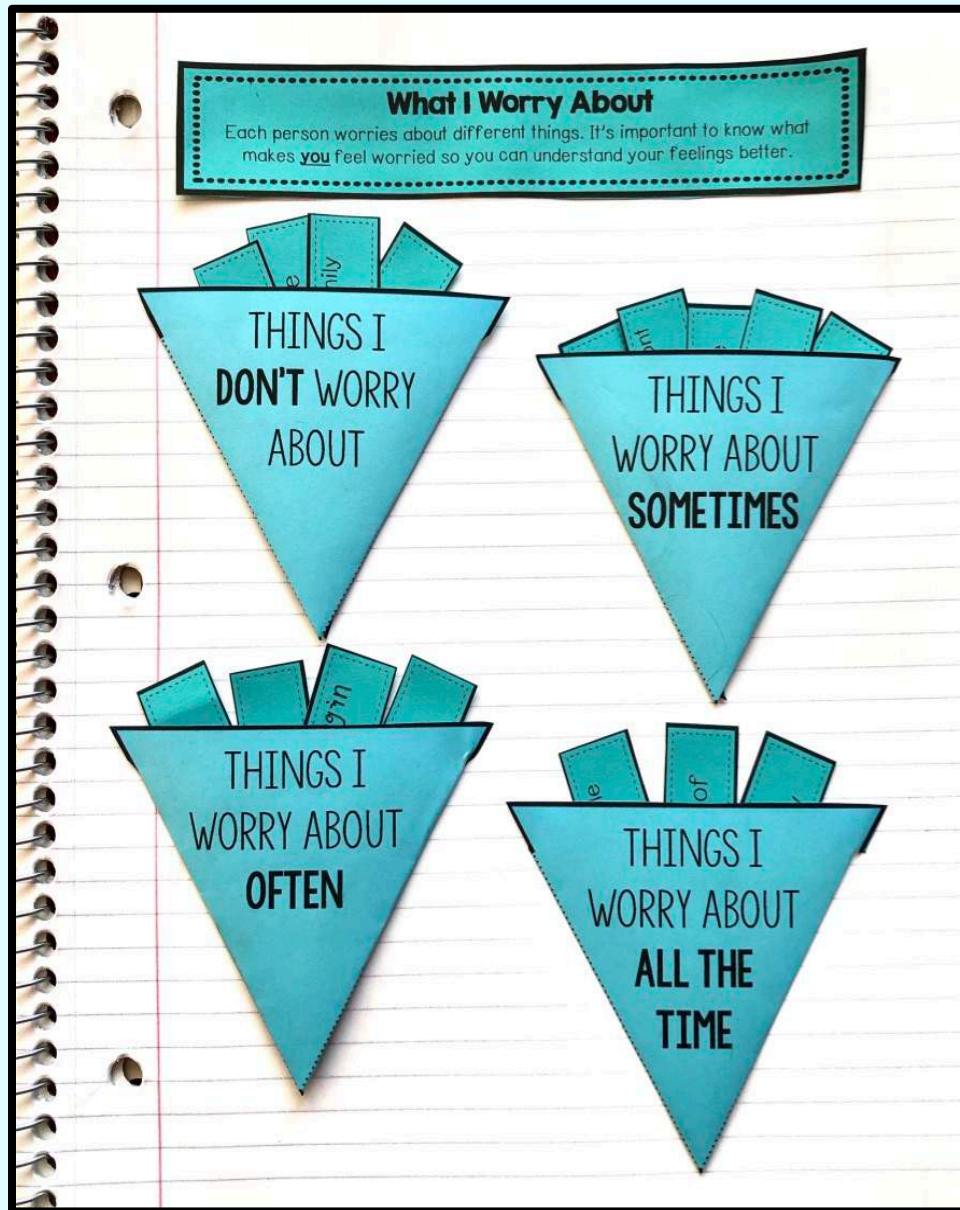
# PAGE 1: ALL ABOUT ANXIETY



Use this page to help students better understand what anxiety is and why they feel anxious.

Kids will paste the definitions onto the notebook page and then paste the “path of anxiety” in order on a pull out page.

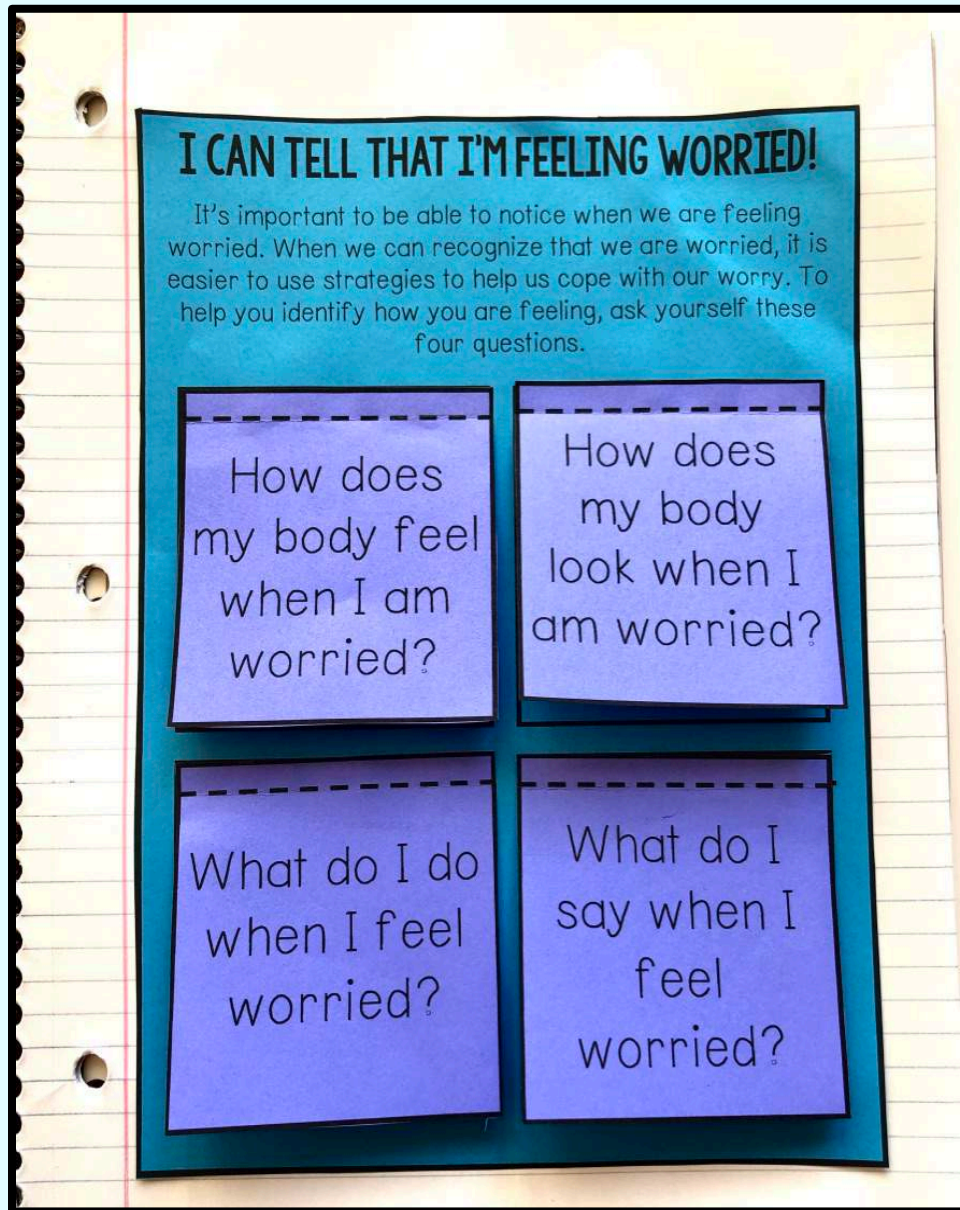
# PAGE 2: WHAT I WORRY ABOUT



Use this page to help students identify what they worry about and how often they worry about those things.

Kids look at 14 things they may worry about, and will put them in the pocket that corresponds with how often they worry about that specific situation.

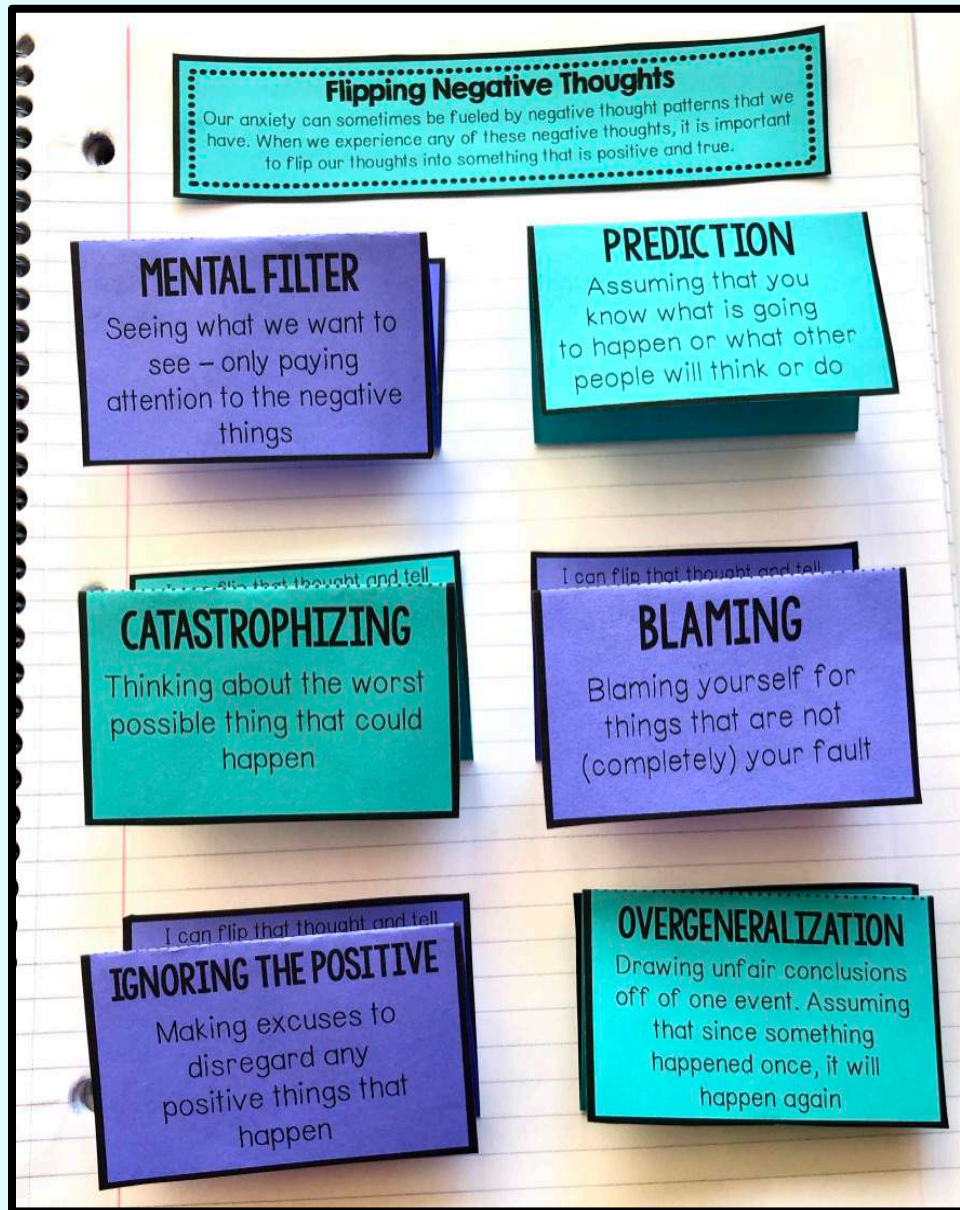
# PAGE 3: RECOGNIZING MY WORRY



Use this page to help students learn to recognize when they are starting to feel worried.

Kids will consider what they say, what they do, how their bodies feel, and how their bodies look when they are starting to worry. The goal of this is to help students recognize their worry before it gets too intense.

# PAGE 4: FLIPPING NEGATIVE THOUGHTS



Use this page to help students identify negative thought patterns and consider how to replace those negative thoughts.

Kids will come up with an example of each negative thought pattern, as well as a replacement thought that can be used. Sample answers are included.

# PAGE 5: MY THOUGHTS & FEELINGS

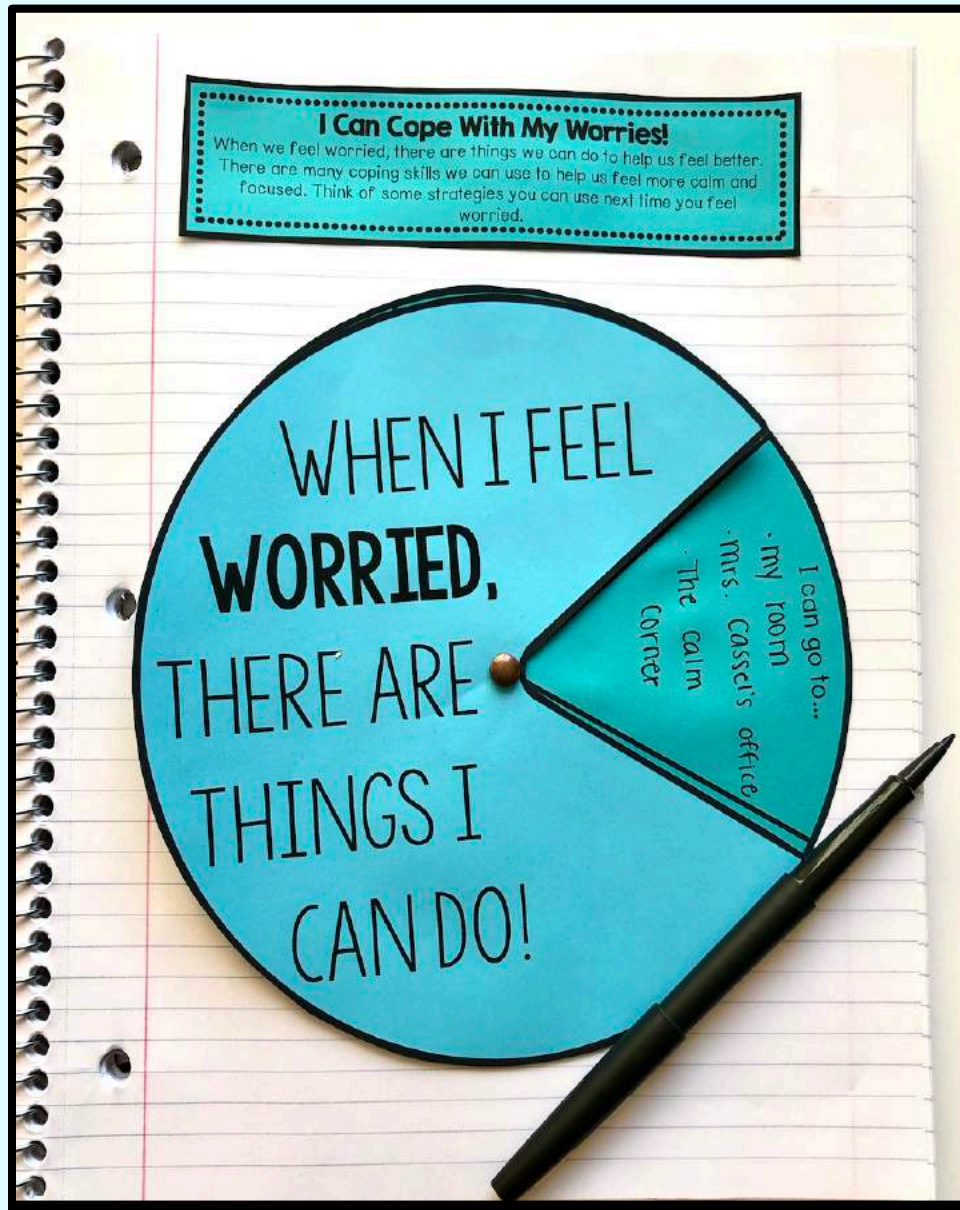
**My Thoughts And Feelings**  
Did you know that your thoughts can affect your feelings? When you focus on making your thoughts positive, you can feel better!

See, I knew I couldn't do it. I tried and I failed. <b>DISAPPOINTED</b>	I feel good about the things I can control. <b>CALM</b>
I'm looking forward to going to the dance. <b>EXCITED</b>	I had fun in gym class today. <b>HAPPY</b>
I wish I had more friends, but everyone hates me. <b>SAD</b>	I really hope I don't throw up because everyone will laugh at me. <b>WORRIED</b>
I can't trust anyone because they broke my game. <b>MAD</b>	I did my best and I improved. <b>PROUD</b>

Use this page to help students recognize the connections between their thoughts and feelings.

Kids will look at different feelings and match them to the thoughts that may have caused them.

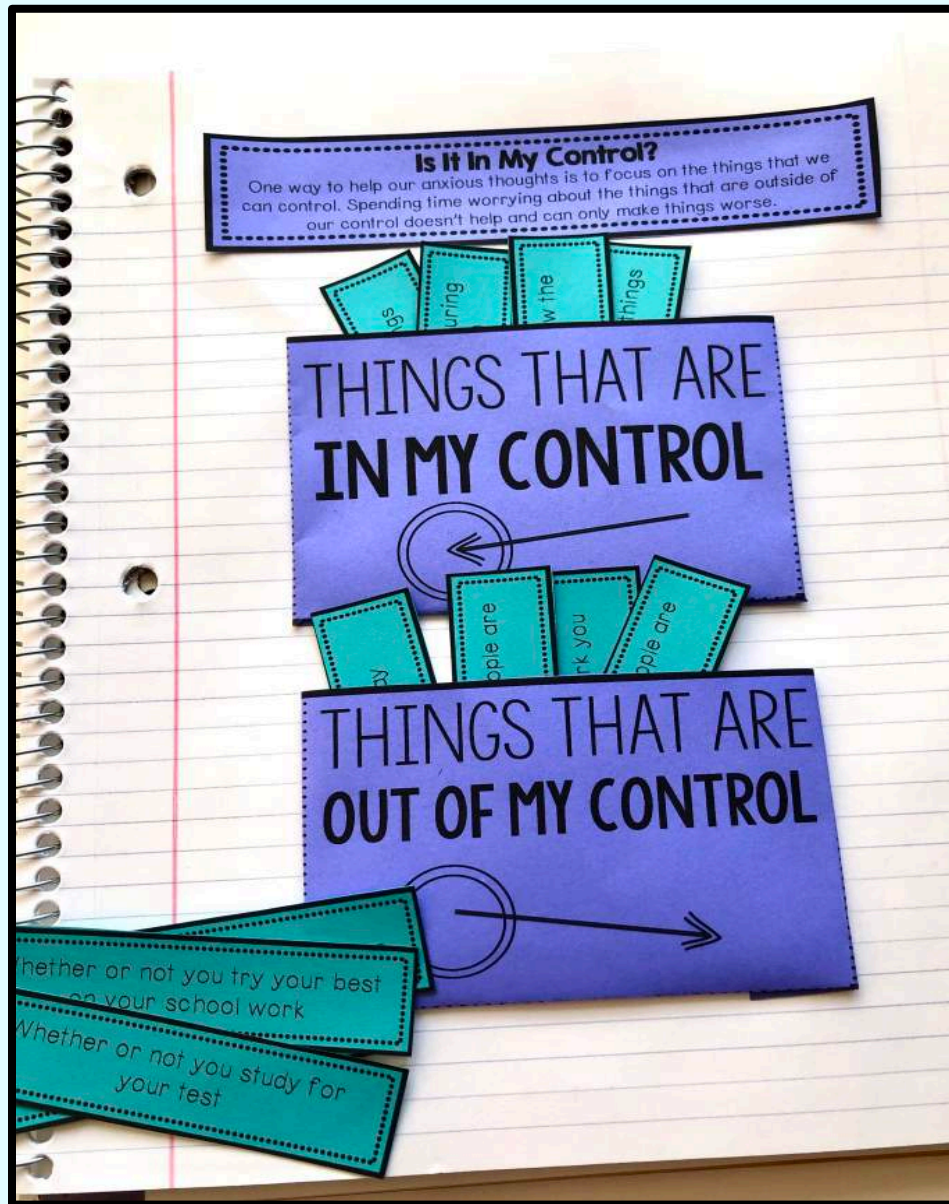
# PAGE 6: I CAN COPE WITH MY WORRIES



Use this page to help students identify positive coping skills they can use when they feel worried.

Kids will respond to the prompts on the spinner as they consider what they do, think and say to feel more calm.

# PAGE 7: IS IT IN MY CONTROL?

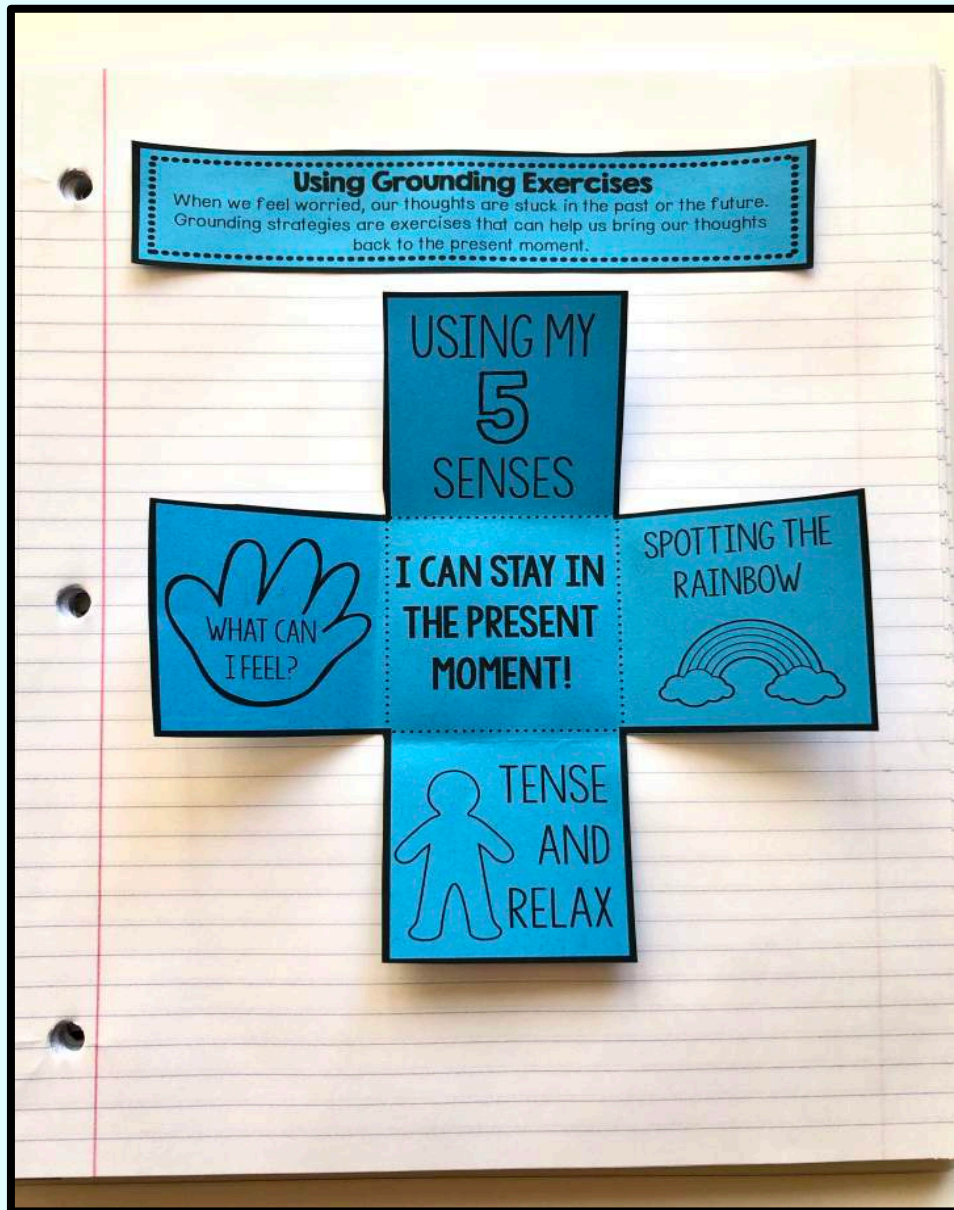


Use this page to help students identify what is in their control and what is out of their control.

Kids will look at 12 scenario strips and then put them in the corresponding envelope.



# PAGE 8: USING GROUNDING EXERCISES



Use this page to help students learn about and practice grounding strategies that can help them manage anxiety.

Kids will lift up the flaps and write a description of each strategy.

# WHAT OTHERS ARE SAYING...

“This resource helped students understand what anxiety is and how it specifically impacts their life.”

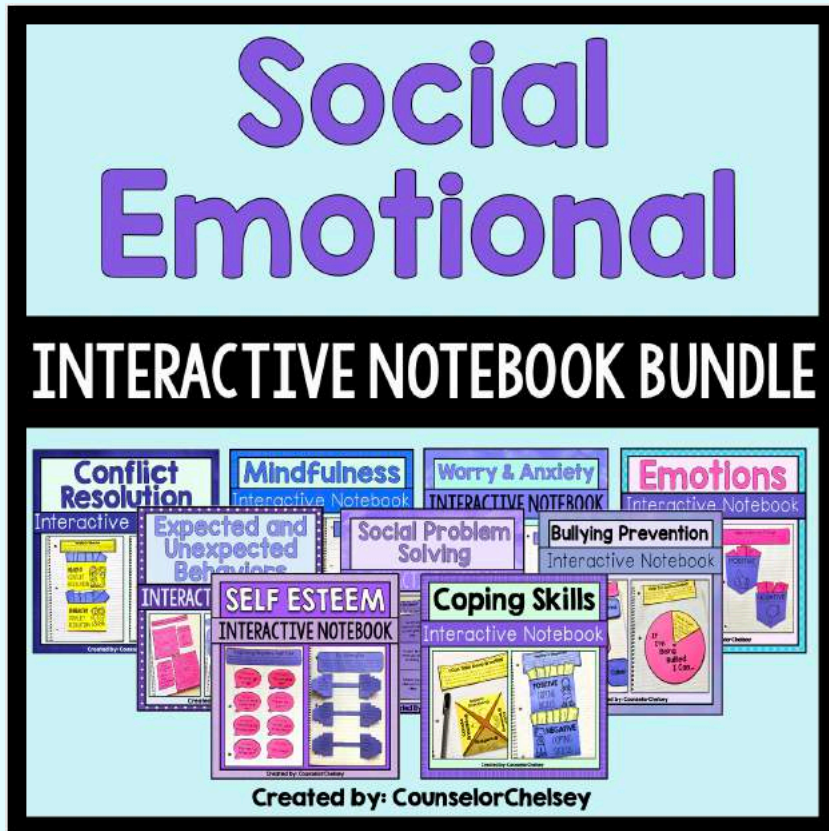
—Jordan J.

“I used this with a 3rd grader who struggled with worry and anxiety. This was very useful in helping her. Thank you!”

—Danielle

“GREAT resource for my students who struggle with anxiety! Helps them more effectively talk about their worries.” —Caroline C.

# LOVE INTERACTIVE NOTEBOOKS? BUNDLE & SAVE!



These activities are a part of a bundle that includes interactive notebook pages for 9 different topics. These resources will give kids an engaging way to learn about topics like self-esteem, feelings, friendship, mindfulness and more!

**SEE THE BUNDLE HERE**