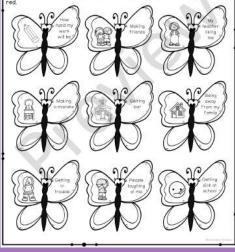


Poster/Visual Aid

Display this poster in your classroom or office as a reminder to students. You can also use it as a visual aid for the rest of the activities in this resource.

My Butterflies

Being nervous about school is normal and can feel like you have butterflies in your stomach. Look at the things below and decide whether or not these are things that you worry about if you nerver warry about in Joahr it green. If you worry about it sometimes, color it **yellow**. If you worry about it a lot, color it about the sometimes, color it **yellow**.



"My Butterflies" Worksheet

Use this worksheet to help students identify the specific things they worry about. They will look at each situation and decide whether they worry about it a little bit, a lot, or not at all.



"Managing My Butterflies" Sort

Students will look at each card and decide whether it is an action that will make their worries better or worse. They will place the card in the corresponding envelope.



"Letting Out My Butterflies" Booklet

Students will look at different ways to cope with school anxiety and then draw pictures of themselves applying the strategies.



Positive Affirmation Bookmarks

Use these bookmarks to remind students of positive self talk they can use when they are feeling worried about school.



Hallway Or Bulletin Board Display

Students will write or draw about a strategy that will help with school anxiety. These can be displayed on a hallway or bulletin board display along with the heading.