

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.

Being nervous about school can feel like having butterflies in your stomach.

Try these things to let the butterflies out!

Say hello to someone	Say hello to someone	Help Someone
Talk to someone about what you like to do	Talk to someone about what you like to do	Think about the things you will learn
Talk to an adult about how you feel	Talk to someone about how you feel	Think about something that makes you happy
Write or draw about how you feel	Write or draw about how you feel	Have fun!

“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.

Name: _____

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 never worry about it, color it green. If you worry about it sometimes, color it yellow. If you worry about it a lot, color it red.

How hard my work will be	Making friends	My teacher liking me
Making a mistake	Getting lost	Being away from my family
Getting in trouble	People laughing at me	Getting sick at school

“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.

