

Help your students identify their worries and learn strategies to help them get rid of their worries!

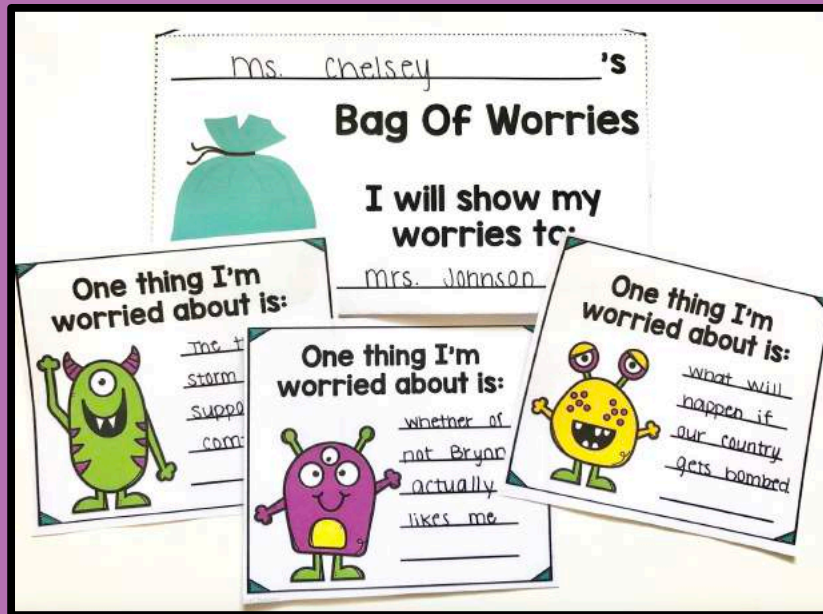


Perfect For:

- An accompany to the book "The Huge Bag Of Worries" by Virginia Ironside (although you can also do the activities without the book)
- Anxiety lessons or small groups
- Coping skills lessons or small groups
- With students who feel overwhelmed by their worry or anxiety

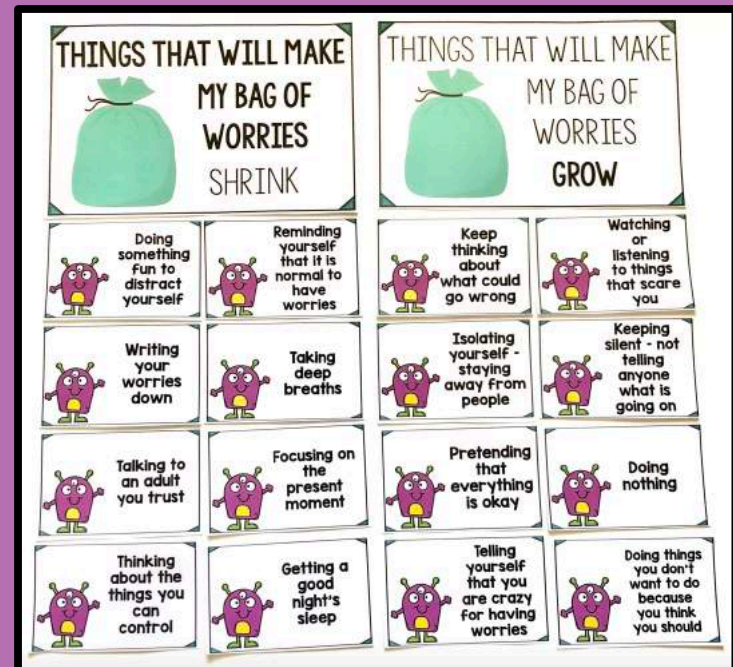
My Bag Of Worries

Students will create an envelope that they can put their worries in. They can write their worries down on the cards provided, or on blank paper, and then show them to a trusted adult!



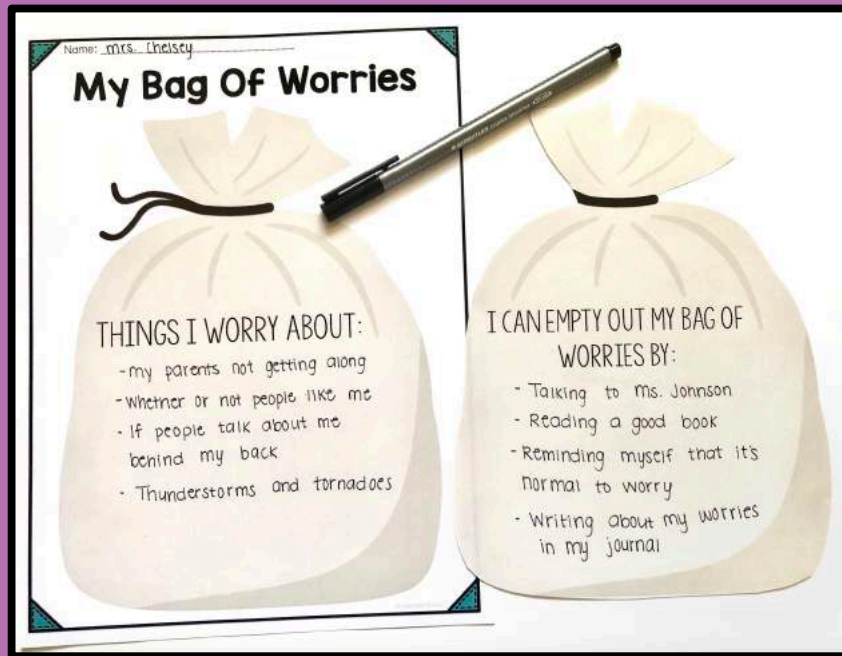
Anxiety Coping Skills Sort

Students will look at 16 coping strategies and will decide if those strategies will make their bag of worries shrink or grow!



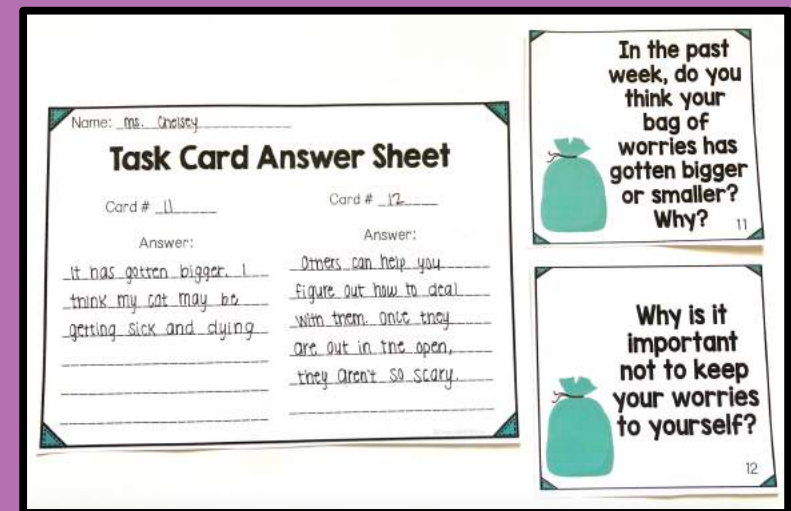
Interactive Worksheet

Students will write down their worries, and then ways that they can get rid of their worries! They will then cut out the coping strategies bag and glue it on top of the bag of worries as a way to symbolize getting rid of their worries!



12 Task Cards

Use these task cards to encourage discussion about coping with worry and anxiety. They can also be used to do an informal assessment, or as an exit ticket. There is an answer recording sheet provided. There are also sample answers for each task card!



Includes A Google Slides Component

The activities in this resources are also included in Google Slides format. This is perfect if you are doing distance learning or looking for a way to incorporate technology into your lessons.

