

TAMING YOUR SCAREDY CAT:

Learning to Live with Anxiety

RESOURCE WORKSHEETS YEARS 7-9

INTRODUCTION

Stress can sometimes feel like a sneaky companion that follows you around.

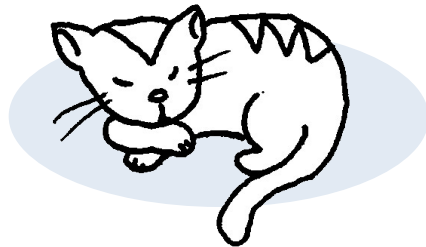


On your first day of school, before an exam or giving a speech, and it can even surprise you during your daily routine.

Sometimes it sits quietly, and is super-chilled, and other times, it will try to tear us to pieces.

Sometimes, we're so caught up in feeling anxious or stressed that we don't realise how intense it has become.

Taming Your Scaredy Cat: Learning to Live with Anxiety is designed to help you understand stress and anxiety, and to give you some ideas on how to manage it.



We hope you find the suggestions helpful.

If you would like more information, ask your parent/s to visit our website:

bloomingminds.com.au



Additional resources on our website can be accessed by scanning the QR code.



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WORKSHEETS, YEARS 7-9

Now that you've read *Taming Your Scaredy Cat: Learning to Live with Anxiety*, let's see if you've learnt some new information about managing stress and anxiety.

1. *What is the difference between stress and anxiety?*

a. *Tip: see page 9.*

2. *What are some of the physical signs that a person may be stressed or feeling anxious?*

a. *Tip: see page 15.*

3. *Write down some instances when you may have felt stressed or anxious?*

4. *Which activities from the book do you think would help to calm you down or help you feel more in control of your emotions?*



5. *Who could you ask for help if you are feeling stressed or anxious?*

a. *Tip: Name some adults who you trust that you could talk to about how you're feeling.*

6. *Which activities from the book could you easily do at home, or with a friend or family member?*

List at least 5 activities you could do.

a. *Tip: see pages 333-38 and 43-48.*

7. *If a friend or classmate says they are feeling anxious or stressed, what can you say to make them feel better and to show your support?*

a. *Tip: see page 25.*

8. *Write some examples of what you shouldn't say or do when a friend is feeling stressed.*

a. *Tip: see pages 19-23.*



9. *How can you be kind to your body when you're feeling stressed?*

a. *Tip: see pages 34, 40 and 41.*

10. *What are some of the tips on managing stress and anxiety that you've learnt from the book?*

a. *Write down 2-3 tips.*

11. *Do you have any questions you'd like to ask after reading the book?*

a. *Write down 2-3 questions and who you could ask for answers to these questions.*

12. *What are some of the ideas you've learnt from the book that you can use in your own life?*

a. *Write down 2-3 ideas.*

