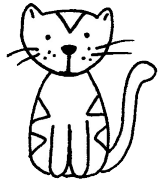


TAMING YOUR SCAREDY CAT:

Learning to Live with Anxiety



TEACHER/PARENT/CARER GUIDE FOR USING THIS RESOURCE

The *Taming Your Scaredy Cat: Learning to Live with Anxiety* worksheets have been divided into two age groups: Years 7–9 and Years 10–12. The worksheets are to be used as a student activity to consolidate their learning after the students have read the *Taming Your Scaredy Cat: Learning to Live with Anxiety* book.

I hope the strategies contained within the book will be helpful in providing students with some ideas on how to manage their stress levels and anxiety. The information in the book does not replace the need for individual professional counselling, or medical assistance, where this may be appropriate for some students. In these instances, it is suggested that students and their parents seek the help of a medical professional.

If you, or your students/child, have questions after reading the book, please contact Tasha Broomhall at: info@bloomingminds.com.au

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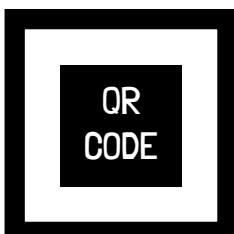
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