



WORRY AND ANXIETY

NO-CUT & QUICK-PREP



What do I do with this worry?



TAKE CONTROL OF WORRY

one WHAT IS WORRY?

two MY WORRY

three TAKING CONTROL

four WORRY MAN

five WHAT WORKS



WHAT IS WORRY?
Worry is stress, anxiety and feelings of uncertainty that we feel over real or imagined problems. Worry is the uneasy feeling that comes up when we let our mind focus on issues that are in or out of our control.

Some common worries are:

Fears (dark, etc.)	Losing Friends	Brothers or Sisters	Family Issues
Tests/Classwork	Fighting with Friends	Doctor Visits	Parents
Self Doubt	Where They Fit In	Stories In the News	School

What do you look like when you are worried?

How do you want to look?

one WHAT IS WORRY?

two MY WORRY

three TAKING CONTROL

four WORRY MANAGERS

five WHAT WORKS FOR ME

WHAT DO I DO WITH THIS WORRY?
TAKE CONTROL OF WORRY

one WHAT IS WORRY?

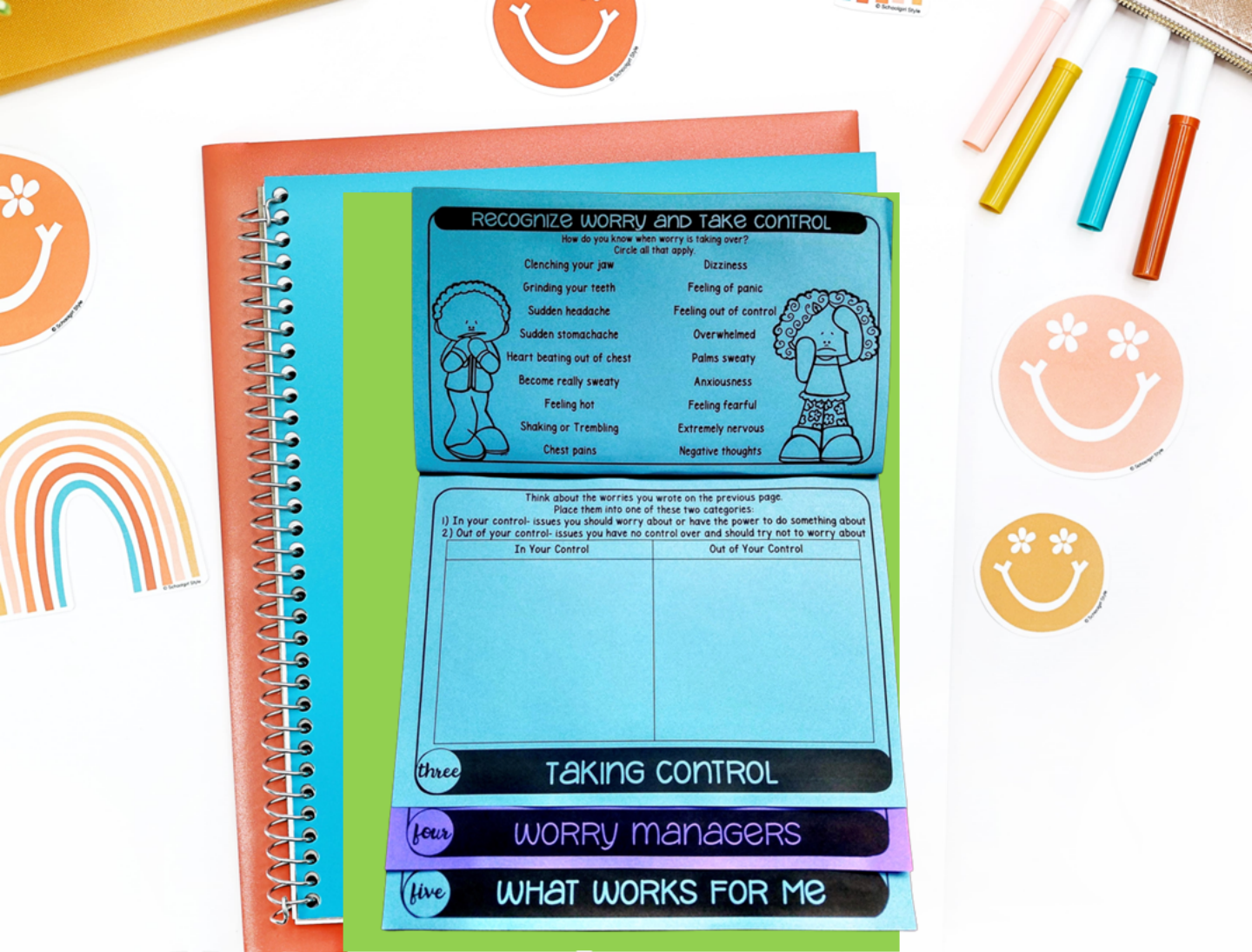
two MY WORRY

three TAKING CONTROL

four WORRY MANAGERS

five WHAT WORKS FOR ME

Double side print with "flip on short side" enabled for **NO-CUT & QUICK PREP**



Help students learn
**COPING SKILLS &
CALMING STRATEGIES**



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WORRY MANAGERS

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WHAT WORKS FOR ME

PRINT, FOLD, STAPLE, USE



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WHAT WORKS FOR ME



THANK YOU FOR BEING HERE!



Hi, I'm Ashley, the face behind Mrs. Bell The Crafty Counselor. I'm an elementary school counselor who loves travel, going to the beach, and all things SEL & emotional

regulation



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For more, check out

mrsbellthecraftycounselor.com



You May Also Like:

**SOCIAL SKILLS
ACTIVITY BOOKS
NO-CUT & QUICK PREP
-- BUNDLE --**



Calm Down Tools
prevent losing control

Reflect and Regulate
What do I do with this worry?
Take control of my day

My Triggers
What stops me from being my best?

My Anger
What makes me angry?

Calming Strategies
What helps me feel better?

Taking Control
What do I do with this worry?
Take control of my day

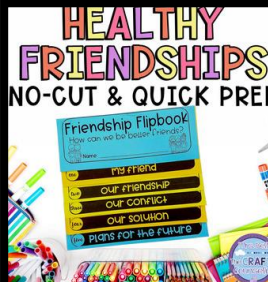
What Works For Me
What do I do with this worry?
Take control of my day

Friendship Flipbook
How can we be better friends?

My friend
Our friendship
Our conflict
Our solution
Plans for the future

Created by Mrs Bell The Crafty Counselor

**HEALTHY FRIENDSHIPS
NO-CUT & QUICK PREP**

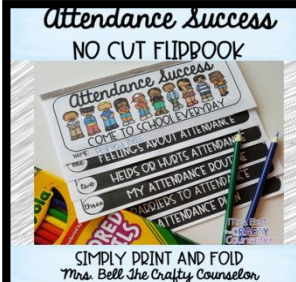


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**Attendance Success
NO CUT FLIPBOOK**

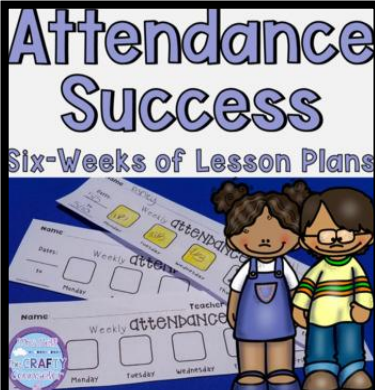


Attendance Success
NO CUT FLIPBOOK

Attendance Success
Come to school every day
Feels about attending
Heads up about attending
My attendance goal
Ways to attend

Created by Mrs Bell The Crafty Counselor


Attendance Success
Six-Weeks of Lesson Plans



Attendance Success
Six-Weeks of Lesson Plans

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**SOCIAL SKILLS
& CALMING STRATEGIES
INTERACTIVE BOOK BUNDLE**



**SOCIAL SKILLS
& CALMING STRATEGIES
INTERACTIVE BOOK BUNDLE**

Girl's Group
GIRL'S GROUP

Boy's Group

Created by Ashley

Created by Mrs Bell The Crafty Counselor

**HEALTHY FRIENDSHIPS
Ten-Weeks of Lesson Plans**



HEALTHY FRIENDSHIPS
Ten-Weeks of Lesson Plans

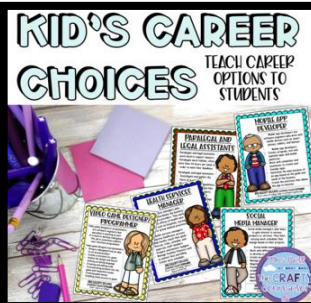
Girl's Group
My Group Norms

Rules and

Created by Ashley Bell

Created by Mrs Bell The Crafty Counselor

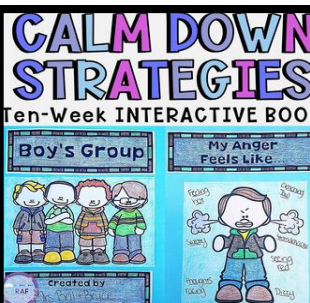
KID'S CAREER CHOICES
TEACH CAREER OPTIONS TO STUDENTS



KID'S CAREER CHOICES
TEACH CAREER OPTIONS TO STUDENTS

Created by Mrs Bell The Crafty Counselor

**CALM DOWN STRATEGIES
Ten-Week INTERACTIVE BOOK**



CALM DOWN STRATEGIES
Ten-Week INTERACTIVE BOOK

Boy's Group
My Anger Feels Like

Created by Mrs Bell The Crafty Counselor



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