

My Back To School Anxiety

Coping Plan



MY TEACHER WILL BE MEAN

Worry monster

WHAT ELSE CAN BE TRUE?

HAVE I EVER HAD A TERRIBLE BACK TO SCHOOL?

Superhero

ARE YOU EXPECTING BAD THINGS TO HAPPEN?

Worry monster

Superhero



Attitude



Action

that can help



WHAT COULD BE GOOD ABOUT IT? HINT: RECESS, LUNCH, FRIENDS)

WHAT WILL HELP ME FEEL BRAVE ON DAY 1?

I CAN WEAR _____

BRING _____

LISTEN TO _____

THIS IS THE WORRY MONSTER (ANTICIPATORY ANXIETY) TRYING TO TAKE THE FUN OUT OF MY SUMMER.

CHANNEL MY BRAVE SUPERHERO!

A REWARD FOR BEING BRAVE

HOW MANY TIMES HAVE I GONE BACK TO SCHOOL IN MY LIFE AND IT'S BEEN OK?

I CAN DO _____

TO RELAX

MY FAVORITE ATTITUDE (COPING THOUGHT) : _____

MY FAVORITE ACTION: _____



well brain

