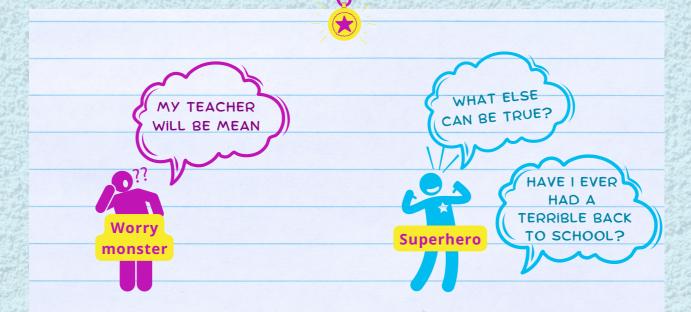
My Back To School Anxiety





ARE YOU EXPECTING BAD THINGS TO HAPPEN?





Attitude



Action

that can help

WHAT COULD BE GOOD ABOUT	WHAT WILL HELP ME FEEL BRAVE
IT? HINT: RECESS, LUNCH,	ON DAY 1?
FRIENDS)	I CAN WEAR
	BRING
THIS IS THE WORRY MONSTER	LISTEN TO
(ANTICIPATORY ANXIETY) TRYING	
TO TAKE THE FUN OUT OF MY	CHANNEL MY BRAVE SUPERHERO!
SUMMER.	
	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:





