

A Little SPOT of Anxiety

Activity Worksheet



What are some things that make your anxiety spot show up?

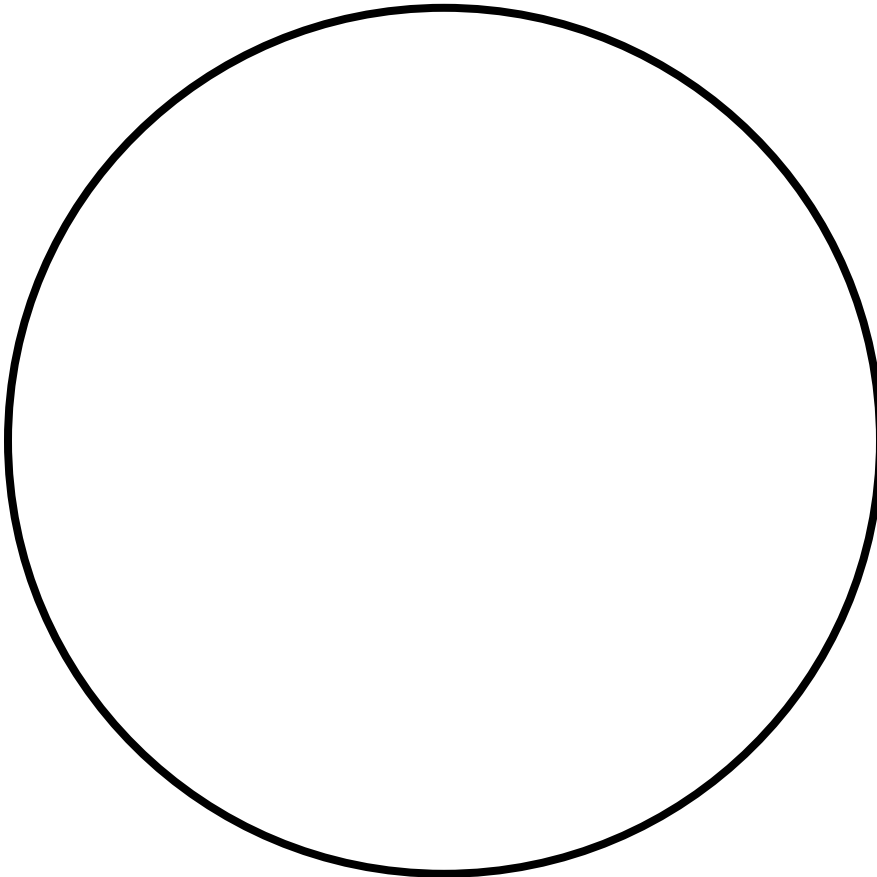
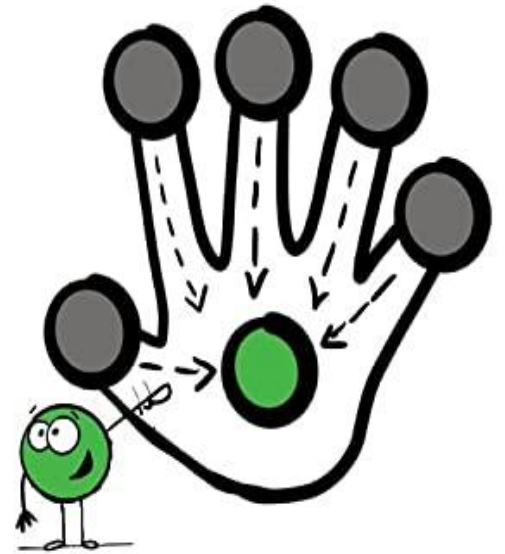
What are some things that you can do to keep your anxiety spot from getting too big.

Activities based on "A Little SPOT of Anxiety: A Story About Calming Your Worries"

By Diane Alber

Now try the new trick we learned
on how to get our anxiety spots to shrink.

**From the tip of my finger to the middle of my palm,
I can do this! I can be calm!**



Draw your own
Anxiety Spot what
Do they look like?

