



Name: _____

You are a personal emotion trainer. You help keep your clients' emotions in tip-top shape! Today you are helping an adult family member work on managing anxiety.

First, complete the anxiety fitness form below with your adult. Then practice managing anxiety using some of the Ways to Calm Down. You and your adult will be in super emotion shape in no time!

Anxiety Fitness Form

Situations in which I feel anxiety:

Student: _____

Adult: _____

The physical signs of anxiety I experience (check all that apply):

| Student's | Adult's | Sign | Student's | Adult's | Sign |
|--------------------------|--------------------------|---------------|--------------------------|--------------------------|-------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Stomach hurts | <input type="checkbox"/> | <input type="checkbox"/> | Mind races |
| <input type="checkbox"/> | <input type="checkbox"/> | Head hurts | <input type="checkbox"/> | <input type="checkbox"/> | Can't focus |
| <input type="checkbox"/> | <input type="checkbox"/> | Feel warm | <input type="checkbox"/> | <input type="checkbox"/> | Muscles feel tense |
| <input type="checkbox"/> | <input type="checkbox"/> | Feel cold | <input type="checkbox"/> | <input type="checkbox"/> | Sweat |
| <input type="checkbox"/> | <input type="checkbox"/> | Shaky | <input type="checkbox"/> | <input type="checkbox"/> | Think negative thoughts |

What do you do to feel better when you're feeling anxious?

Student: _____

Adult: _____

The following are Ways to Calm Down to use after you've stopped and named your feeling when you're feeling anxious. Choose one or more to practice together:

Breathe. Practice deep, centered breathing as done in class.

Count. Count backward from ten (or by twos or threes—or however you'd like).

Use positive self-talk. What is something positive you can say to yourself when you're feeling anxious?

| | |
|---|-------------------|
| This homework assignment was completed on _____ | _____ |
| (DATE) | (ADULT SIGNATURE) |