

# Anxiety and Worry Flash Cards

When a young person feels worried or is dealing with anxiety, giving them options can help them remain calm and feel in control.

There are a number of flash cards here that can be fastened together so that a young person has a useful, pocket-sized pack to hand when they need it.

There are some useful prompts on the cards and a few blank ones that the individual can put their own ideas onto.

**Read your favourite book.**



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**Make something.**



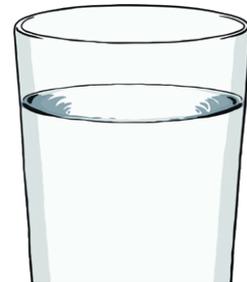
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**Hold a special object.**



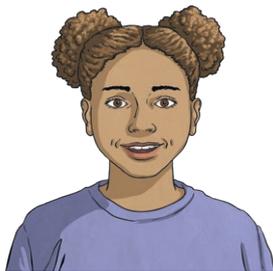
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**Have a drink of water.**



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**Take a deep breath in and slowly breathe out.**



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**Draw a picture.**



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**Play a game with friends.**



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**Take some time out in a quiet spot.**



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**Write a story.**



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**Think of a place that makes you happy.**



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**Talk to an adult.**



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**Talk to a friend.**



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