

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:

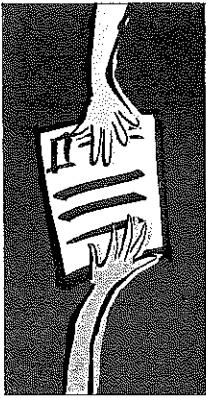
Breathe. Practice deep, centered breathing as done in class.

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)



Name: _____

How do you feel when someone puts you down? Sometimes when people say mean, disrespectful, or hurtful things to you they can make you feel sad, unimportant, small, bad, and even angry. It can be difficult to handle put-downs when you're feeling any of these strong emotions. With an adult family member, practice handling put-downs using the Ways to Calm Down.

The shoes

Your cousin just gave you a pair of shoes. You really like them, even if they're a little too big. Someone makes an insulting comment about them.

Practice all of the following Ways to Calm Down with your adult:

Deep, centered breathing Count in your head Use positive self-talk

I would say to myself: _____

Think of an assertive statement to say in response to the put-down, then practice saying it to your adult.

When you can't get someone to stop putting you down, you need to ask an adult for help. Practice asking your adult for help with the situation in the shoes scenario.

Your own scenario

Practice all of the following Ways to Calm Down with your adult:

Deep, centered breathing Count in your head Use positive self-talk

I would say to myself: _____

Think of an assertive statement to say in response to your scenario, then practice saying it to your adult.

Any time you can't get someone to stop putting you down, you need to ask an adult for help. Practice asking your adult for help in this situation.

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