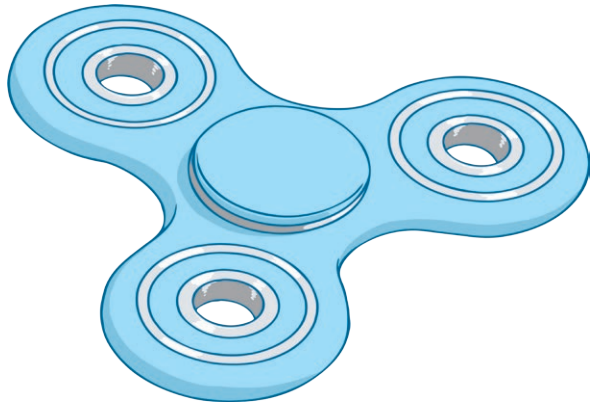


**When I'm anxious, I can**



**pick a fidget toy**

twinkl.com

**When I'm anxious, I can**



**do some yoga**

twinkl.com

**When I'm anxious, I can**



**go for a run**

twinkl.com

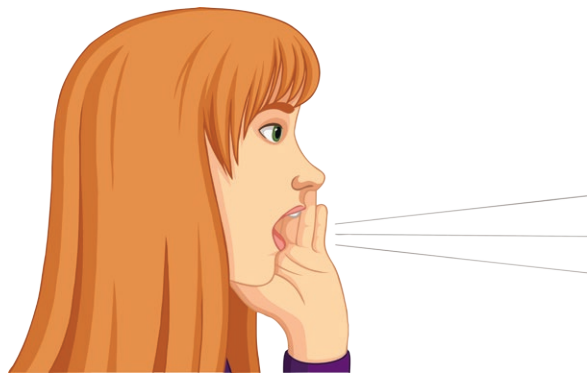
**When I'm anxious, I can**



**make a plan**

twinkl.com

**When I'm anxious, I can**



**scream outside**

twinkl.com

**When I'm anxious, I can**



**talk to a friend**

twinkl.com

**When I'm anxious, I can**



**drink water**

twinkl.com

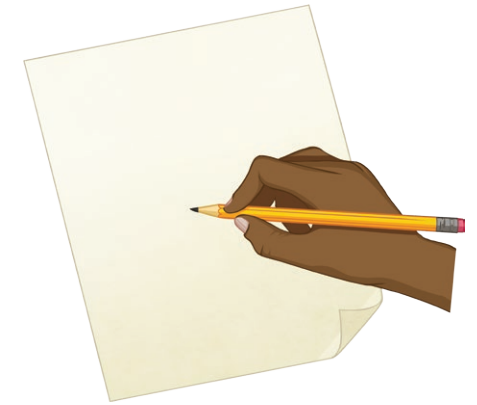
**When I'm anxious, I can**



**do some deep breathing**

twinkl.com

**When I'm anxious, I can**



**draw**

twinkl.com

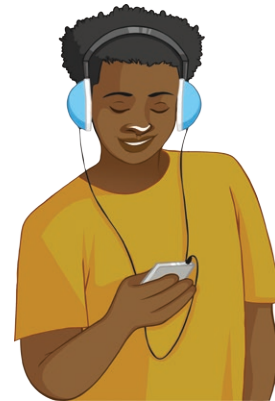
**When I'm anxious, I can**



**go to the gym**

twinkl.com

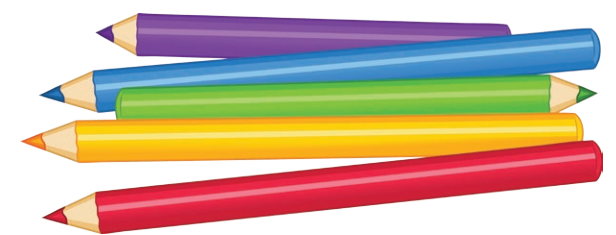
**When I'm anxious, I can**



**listen to music**

twinkl.com

**When I'm anxious, I can**



**do some colouring**

twinkl.com

**When I'm anxious, I can**



**go for a walk**

**When I'm anxious, I can**



**go somewhere quiet**

**When I'm anxious, I can**



**talk to an adult**

**When I'm anxious, I can**

**When I'm anxious, I can**

**When I'm anxious, I can**

**When I'm anxious, I can**

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