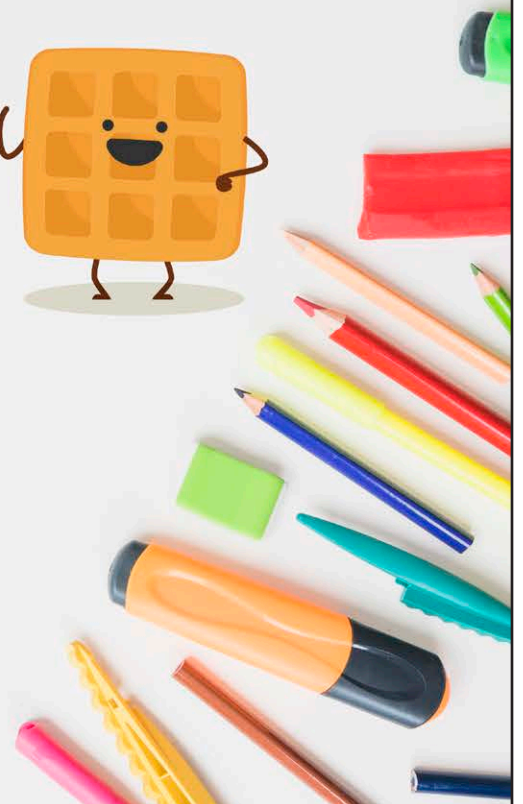
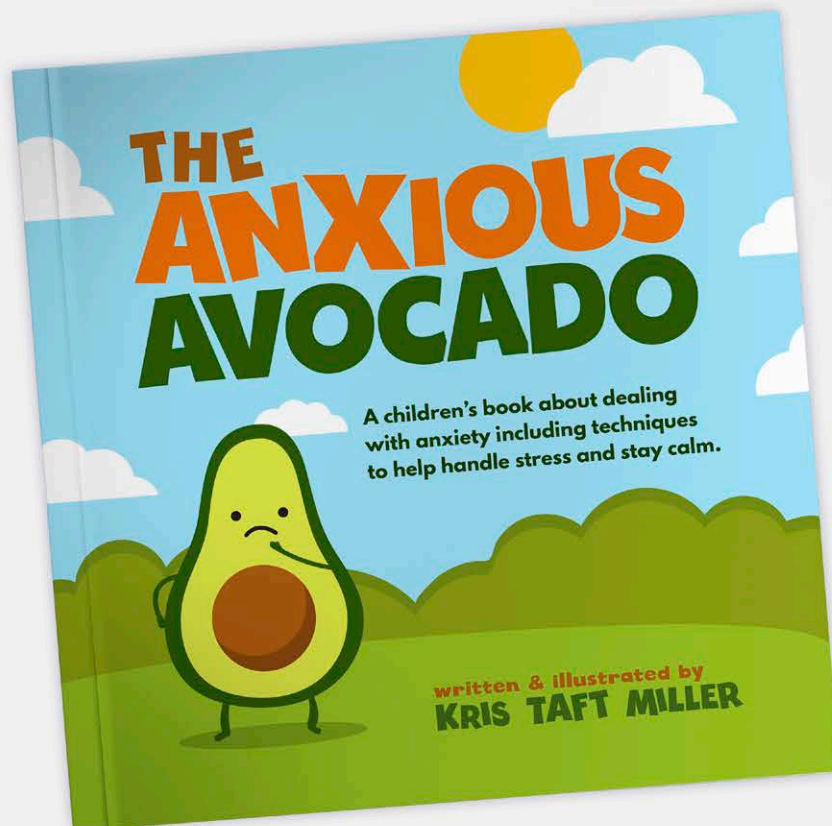


# THE ANXIOUS AVOCADO

Join our friend, the Anxious Avocado, as he meets his various helpful friends who offer him valuable advice on dealing with his anxiety using their own experiences.

**CLICK HERE  
TO CHECK OUT  
THE BOOK!**



# THE ANXIOUS AVOCADO

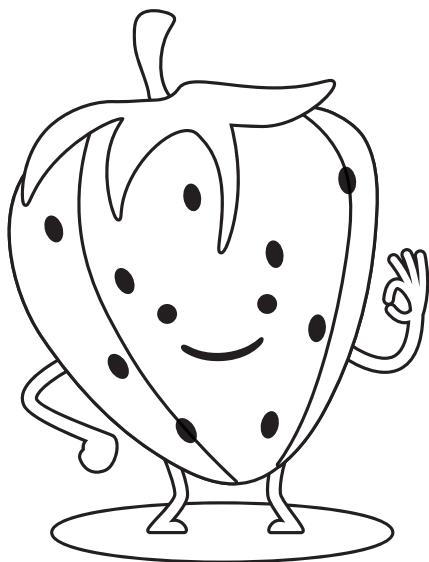


**MY  
WORRY  
WORKBOOK**

How do I

**FEEL**

today?



What made me **HAPPY** today?

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-----

-----

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This made me **WORRY** today...

-----

-----

-----

I stayed **CALM** by doing this...

-----

-----

-----

-----

# Let's Stay **CALM.**



It can be hard to stay calm when your worries take over but it is important to learn skills that will help you handle them.

Write down some things that work for you to help you stay calm. There are a few reminders below of those suggested in the book, *The Anxious Avocado*.

**Take deep  
breaths like  
you are blowing  
on a hot cup  
of cocoa.**

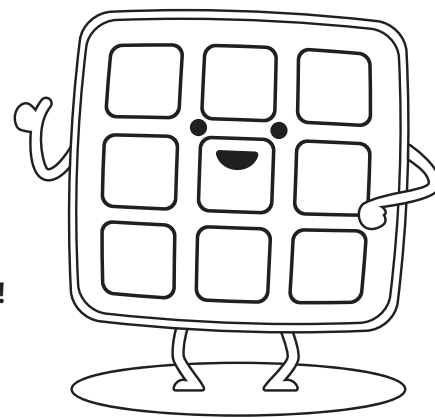
**Change your  
mindset.  
Think about it  
in a different  
way.**

**Count to 10.  
Or count  
something in  
the room that  
you are in.**

# If...Then...

# **ACTION PLAN**

Having a plan can help you handle whatever comes your way!  
Think of some situations that worry you and what you can do  
if they ever happen. Make an action plan!



If...

Then...

If...

Then...

If...

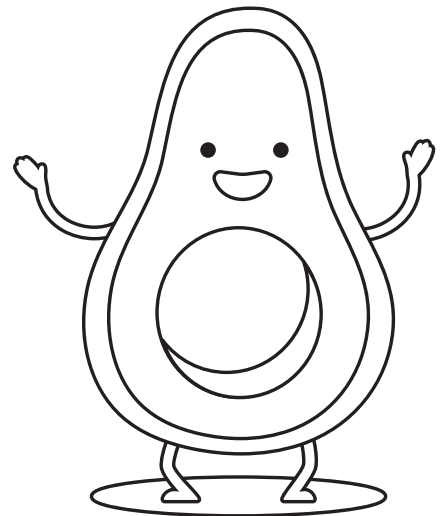
Then...

If...

Then...

# How much does it **WORRY** you?

Sometimes it helps to know how much something is worrying you so you can focus on the bigger ones and how to handle them. Color in the bars to show how much something worries you.



**My Worry:**

**A big worry**  
 **A little worry**

**My Worry:**

**A big worry**  
 **A little worry**

**My Worry:**

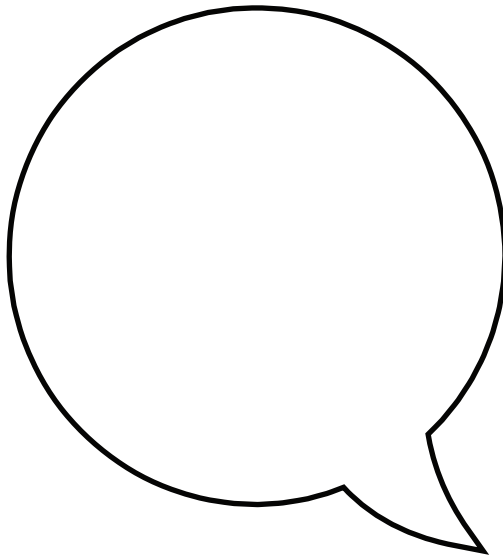
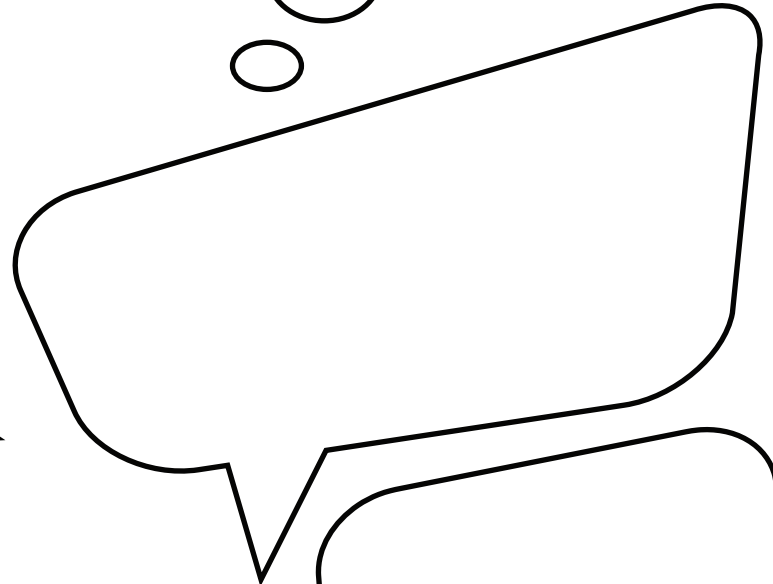
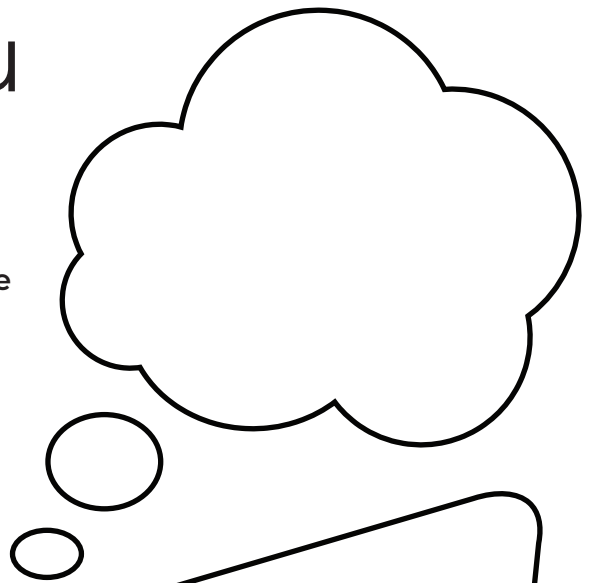
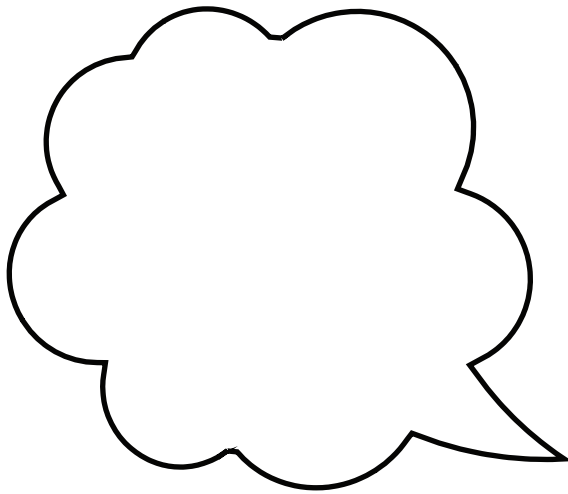
**A big worry**  
 **A little worry**

**My Worry:**

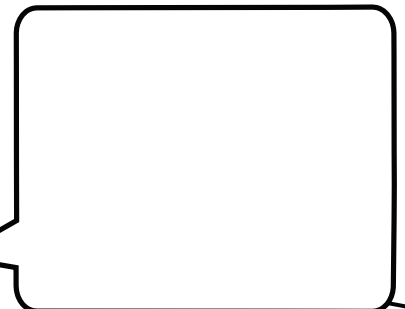
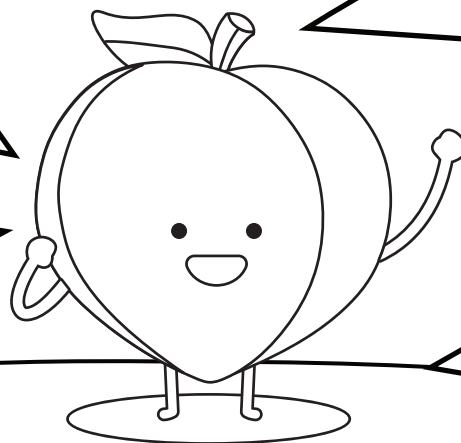
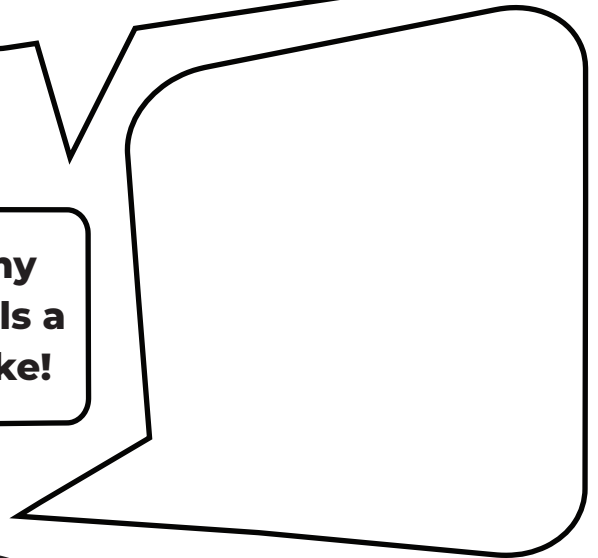
**A big worry**  
 **A little worry**

# What makes you **LAUGH?**

It can help stop a worry in its tracks if you can make it silly instead of scary. Focus on some activities or situations that make you smile or laugh and write them down below.

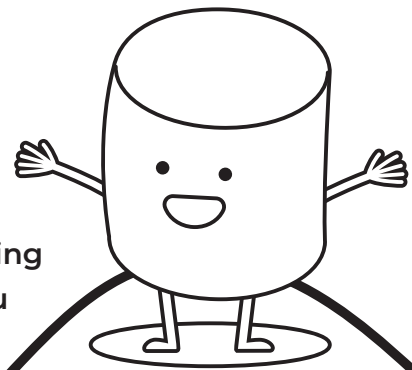


**When my  
friend tells a  
funny joke!**



# Where can you **REFOCUS?**

It can be helpful to focus your worried brain on to something else so that you don't go down a panic path. What can you refocus your brain on? Fill in the mountains with a new idea to focus on.



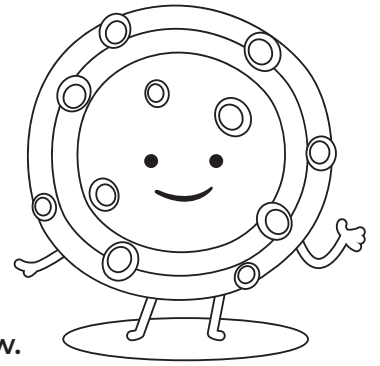
**My favorite  
story book**





# Where is your **HAPPY PLACE?**

Think about a place that makes you feel relaxed and calm.  
It can be a real or imaginary place. When you feel anxious you can  
imagine you are in your happy place. Describe your happy place below.



**What does it look like? Draw it.**

A large, empty rectangular area with a dashed border, intended for drawing the happy place.

**What do you smell?**

A large, empty rectangular area with a dashed border, intended for describing the smell of the happy place.

**What do you like to do there?**

A large, empty rectangular area with a dashed border, intended for describing activities enjoyed in the happy place.

**What do you hear?**

A large, empty rectangular area with a dashed border, intended for describing sounds heard in the happy place.



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