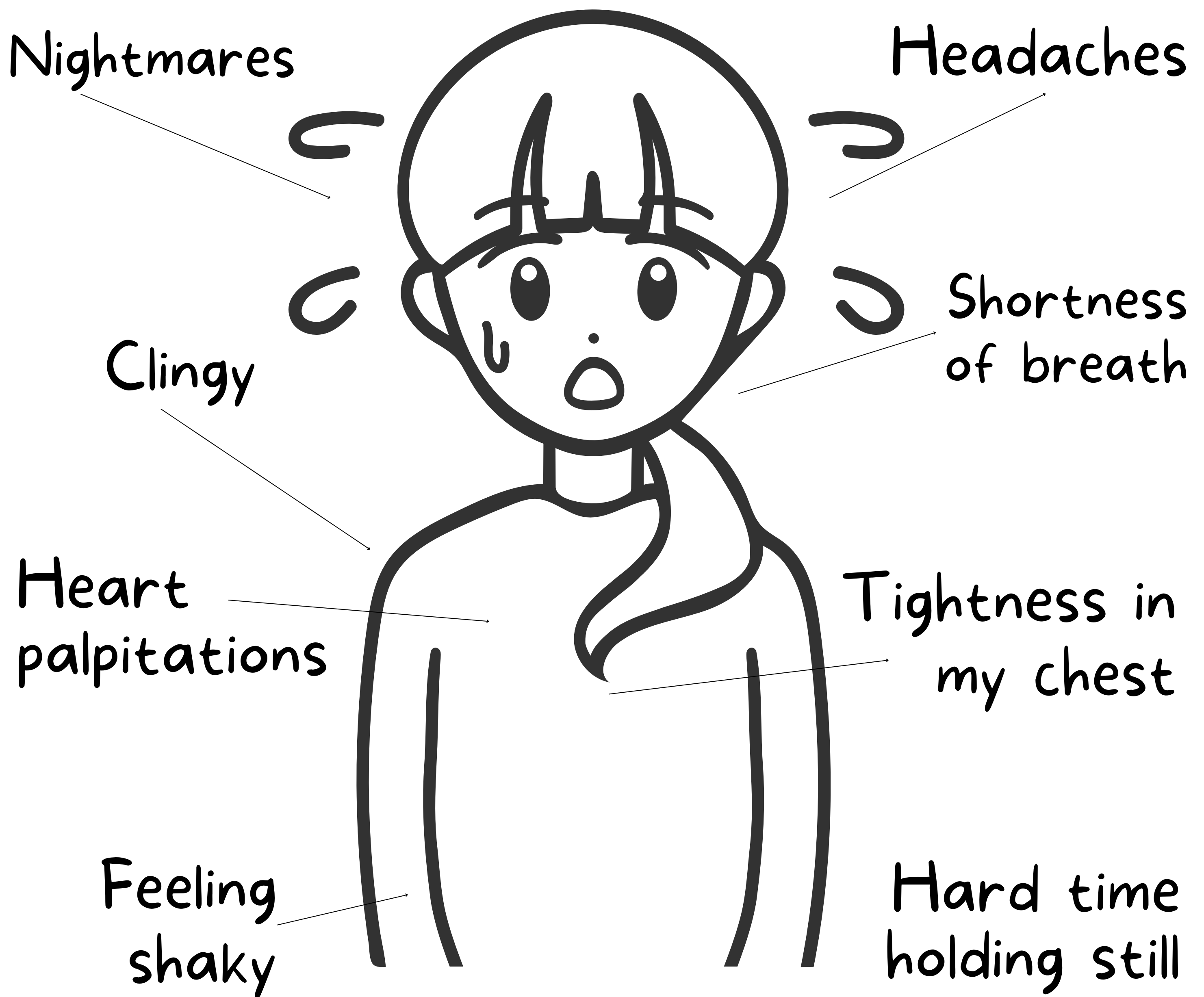


What happens when I feel anxious . . .



When I am anxious, I can....

When I feel anxious I can....



Pray



Take slow deep breaths



Tell an adult how I am feeling



Role play with an adult how I might deal with anxiety producing situations.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil 4: 6-7)