ANXIETY THERMOMETER FOR KIDS

5 OVERWHELMED
I feel really panicked
or out of control.
I need help to feel calm.

4 VERY WORRIED
My body feels tense
or upset.
It's hard to think straight.

3 WORRIED
My worry is
getting bigger.
I feel uneasy.

2 A LITTLE WORRIED
I can feel a small worry.
I might feel a little
nervous.

1 CALM
I feel safe,
relaxed and
in control.

WHAT COULD HELP ME FEEL CALMER?