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# Managing Anxiety

3rd Grade

# Purpose: To teach anxiety reducing strategies

# Materials:

[Managing Anxiety Presentation](https://docs.google.com/presentation/d/1izWY-idpkQZEy2cUSwvCzI6GSRDsNECRr8JT4rt-JYA/edit?usp=sharing)

# Time:

Approximately 20-30 minutes

# Focus:

Ask what a mouse, a cow, and an elephant have in common and discuss the size of each animal. Discuss how our worries also come in sizes and explain that we can keep our worries from getting bigger by managing the stress and anxiety.

# Lesson:

**What is stress? Anxiety?**

Use the presentation linked above as you discuss the following with the group.

Discuss what stress and anxiety are. We feel these things physically in our body, too. You might have a stomach ache, headache, or feel tension in your shoulders or neck.

A little bit of stress can help you do your best, but a lot of stress can feel like a crushing weight.

**What do you stress about?**

Allow for answers. STAAR test too?

# Closure:

Print the page below and have students write an example of a problem the size of each.

**Extension:**

Additional Resources to Consider:

Ruby Finds a Worry by Tom Percival

Wemberly Worried by Kevin Hankes

Worry Says What? by Allison Edwards

**Size of the Problem**

Beside each picture, write or give an example of something that causes worry or anxiety for you. Think about your worries as they relate to the size of the problem. For example, not having a pencil today is a worry the size of a mouse.

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