

# The Social-Emotional Learning Alphabet

An Interactive Short Book



## Adventure Through Anxiety.

Hey there! Grab this adventure bag and pretend to carry it like a backpack.



All set?

Wait a second. We can't go on an adventure without hiking boots, a map, a compass, and climbing rope!

Grab these hiking boots and pretend to put them on your feet! Can you tie your laces?  
I'll show you!



Bunny ear, Bunny ear, two I've found. Over the log, through the tunnel, safe and sound!

Great job! Keep practicing!

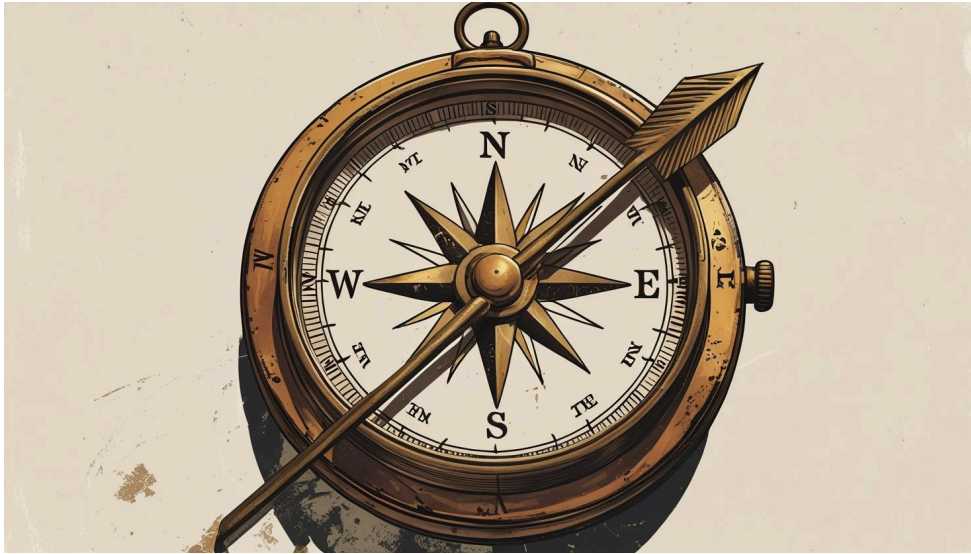
Tap on the map to unroll it!



Trace your finger over the dotted line from Start to Finish.



Push on the Compass and spin the arrow around and around with your finger, and see which way it leads you.



Pull on this end of the climbing rope to tighten the cords together. Ready. PULL!  
Ready. PULL. Ready. PULL!



Good work! You are prepared for any adventure now!

Okay! Now we know we have everything we need. Let's start walking!

March. March. March, March, March. March. March. March, March...



Hmm. Something's not right. I have everything I need, but now my backpack feels really, really heavy. My feet feel stuck in place. My heart is going so fast like beep, beep, beep, beep, beep, beep.

Push on the heart as fast as you can.



My head can't think about anything because it's thinking about everything!

Shake your head back and forth! Shake, shake, shake, shake, shake!

Oh NO. We're walking through the sticky mud of Anxiety!



Hmm. That's a funny word. What is *anxiety*? Anxiety is something we feel when we don't know what's going to happen.

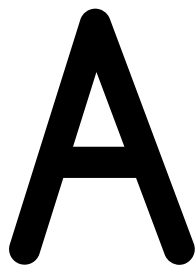
Anxiety tries to help keep us safe by warning us about things that seem scary. The problem is that it doesn't usually do a good job of helping us at all! Did you know we're not supposed to be anxious about anything? Anxiety likes to make us feel too scared and confused to do the things we need to do. It can even make us feel all alone!

Anxiety pretends to know what will happen to us, but it doesn't know the best path we should take. Anxiety doesn't know our future! Even though there are scary things in life, like when we have to go to a new school, change homes, go to the doctor, meet strangers, or get stuck in mud, Anxiety will tell us we can't do it. That's not true! We *can* do it because we have all the right things packed in our backpack, always ready for a new adventure!

When we start to feel Anxiety about something new or scary, the first thing to do is...

**Remember.** Remember that we have everything we need to get us through. We are properly prepared, lacking nothing!

The second thing we do is **put Anxiety on the ground**. Grab the letter "A" and place it on the ground behind you.



The third thing we do is say this, **"Anxiety, you're not in control, I can do this, I'm not stuck!"** Say it with me! "Anxiety, you're not in control, I can do this, I'm not stuck!"

Great job! I'm so proud of you!

Drag each of the tools and put them into your adventure bag! Whenever you feel Anxiety, remember you are prepared! Pull out the letter “A” from your backpack, place it on the ground behind you, and say, “Anxiety, you’re not in control, I can do this, I’m not stuck!”

