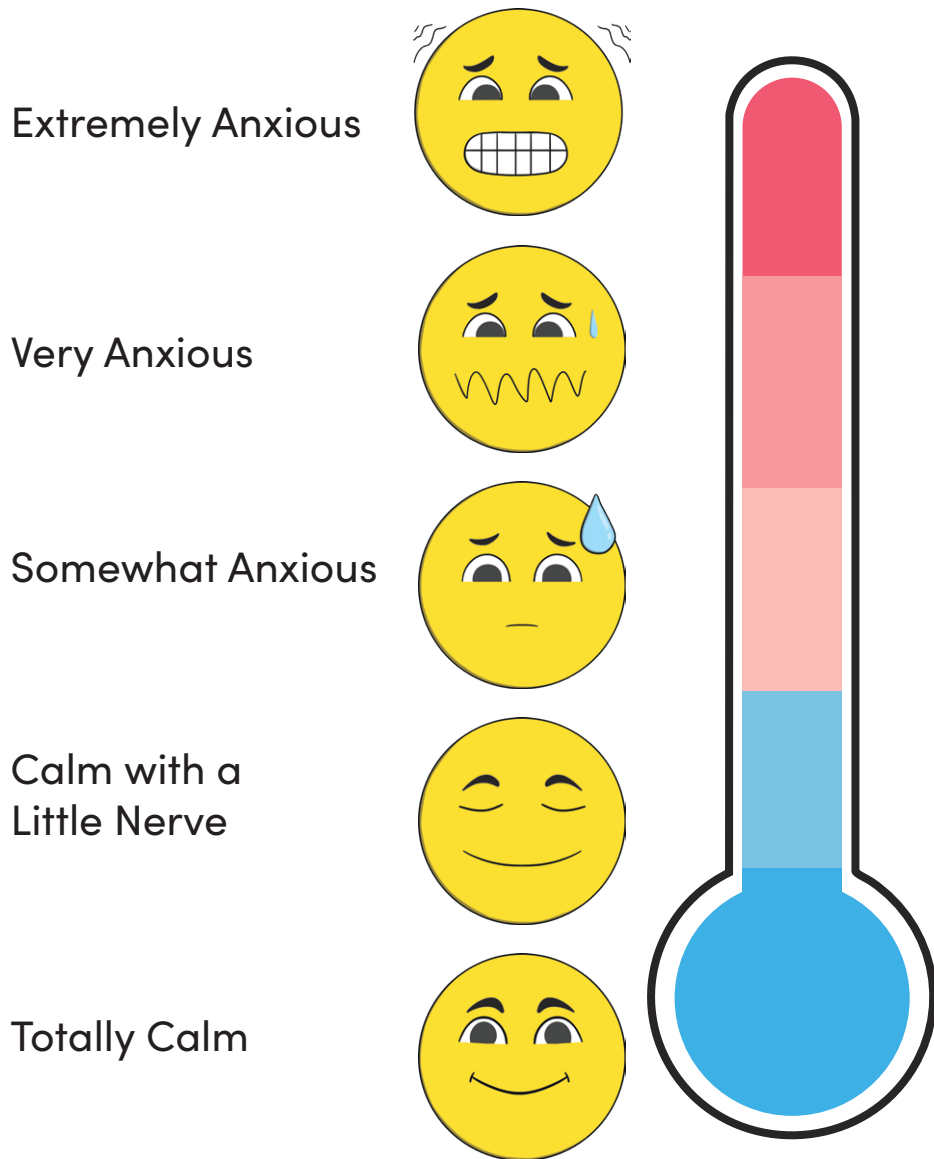


Sensitive Topic Resource Disclaimer



We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on students you use it with due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your students. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.

Anxiety Level Thermometer



Things That Make Me Anxious	Tools to Calm Down
I feel worried when ...	If I feel this way, I try to ...
I get nervous when ...	If I feel this way, I try to ...
I feel upset if ...	If I feel this way, I try to ...
I start to feel anxious when ...	If I feel this way, I try to ...
Something that makes me feel uneasy is ...	If I feel this way, I try to ...