TEEN ANXIETY MANAGEMENT TOOLKIT

Grades 6 - 10

A Research-Based Intervention Resource

Includes:
- Teacher Implementation Guide
- 12 Psychoeducation Handouts
- 24 Coping Strategy Cards
- 4 Breathing Exercise Posters
- 20-Page Worry Journal

Teacher Implementation Guide

Purpose: This toolkit is designed to provide educators with structured, evidence-based materials to support students experiencing anxiety. It aligns with CBT (Cognitive Behavioral Therapy) principles, focusing on psychoeducation, awareness, and coping skills.

Implementation Tips:
• **Small Groups:** Ideal for lunch bunches or targeted intervention groups.
• **Classrooms:** Use handouts as part of a Health or Advisory unit.
• **Individuals:** Use the journal as a check-in tool for students needing extra support.

Research Basis: The materials utilize psychoeducation (understanding the biological basis of anxiety) and cognitive restructuring (identifying thought traps) which are proven methods for anxiety reduction in adolescents.

Psychoeducation Handouts

What is Anxiety?

Anxiety is a natural response to stress. It is your body's way of alerting you to danger. This handout explains the difference between normal worry and an anxiety disorder.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

The Fight or Flight Response

Understand why your heart races and your palms sweat. Learn about the 'alarm system' in your brain (the Amygdala) and why it sometimes goes off by accident.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

Physical Symptoms of Anxiety

Anxiety affects the body. Common signs include headaches, stomach aches, rapid breathing, and tense muscles. Learning to spot these signs is the first step to managing them.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

Thought Traps: Catastrophizing

Catastrophizing is when your mind jumps to the worst possible conclusion. Learn how to catch these thoughts and reframe them.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

Thought Traps: Mind Reading

Thinking we know what others are thinking (usually negatively) is a common trap. Learn strategies to stop guessing and start asking.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

Avoidance vs. Coping

Avoiding things that make us anxious feels good in the short term but makes anxiety worse in the long run. Learn why 'facing fears' is the better path.

Discussion Questions:

1. How does this relate to your experiences?
2. What is one thing you learned?

Coping Strategy Cards

Deep Breathing	**5-4-3-2-1 Grounding**
Positive Affirmation	**Go for a Walk**
Listen to Music	**Drink Cold Water**

Muscle Relaxation	Talk to a Friend
Write in Journal	**Use a Fidget**
Count to 10	**Draw or Color**

Read a Book	Stretch Body
Watch a Funny Video	**Organize Space**
Mindful Eating	**Nature Walk**

Squeeze Stress Ball	**Visualization**
Repeat a Mantra	**Warm Shower**
Pet an Animal	**Ask for Help**

Breathing Exercise Posters

Box Breathing

Inhale 4s

Hold 4s

Exhale 4s

Hold 4s