

Name:

Date:

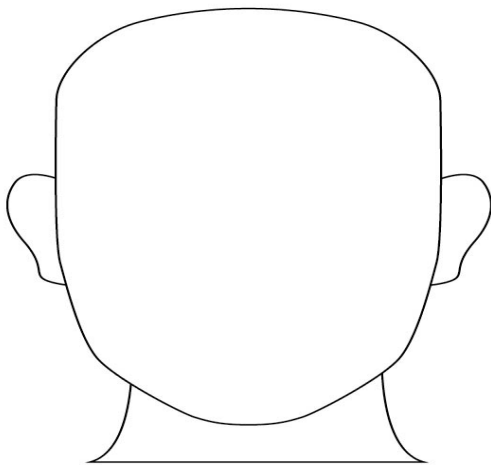
CBT for children

With Anxiety

Write what happened when you felt anxious.

What Thoughts Raced Through My Mind?

Draw your worried face



Write a kind thought to tell yourself.

Even though I feel anxious sometimes,
I am really good at: