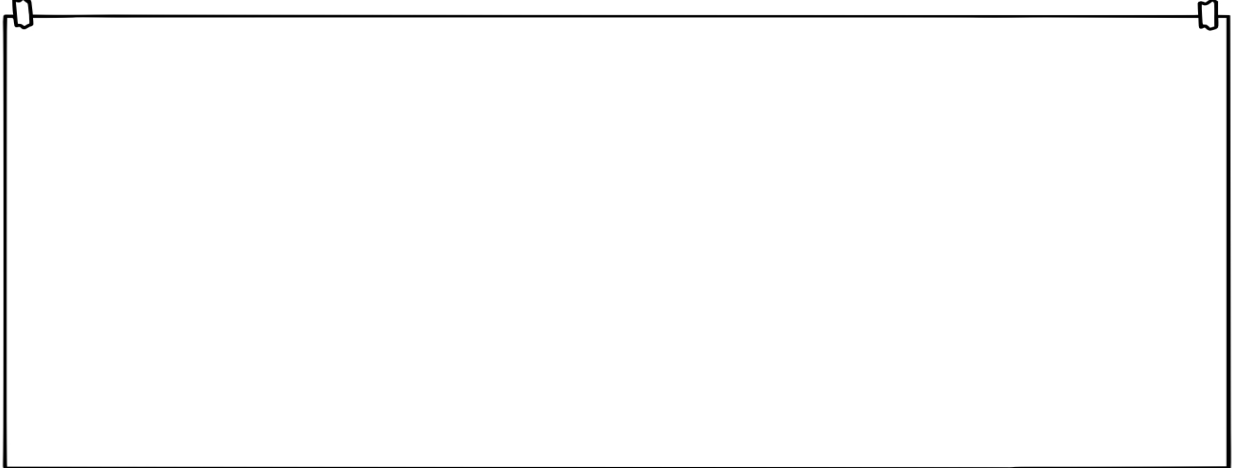


Name:

Date:

I feel **ANXIOUS** today!

Draw a picture, and write about why you are feeling anxious today.



What are some things you or others can do to help you feel better?
