

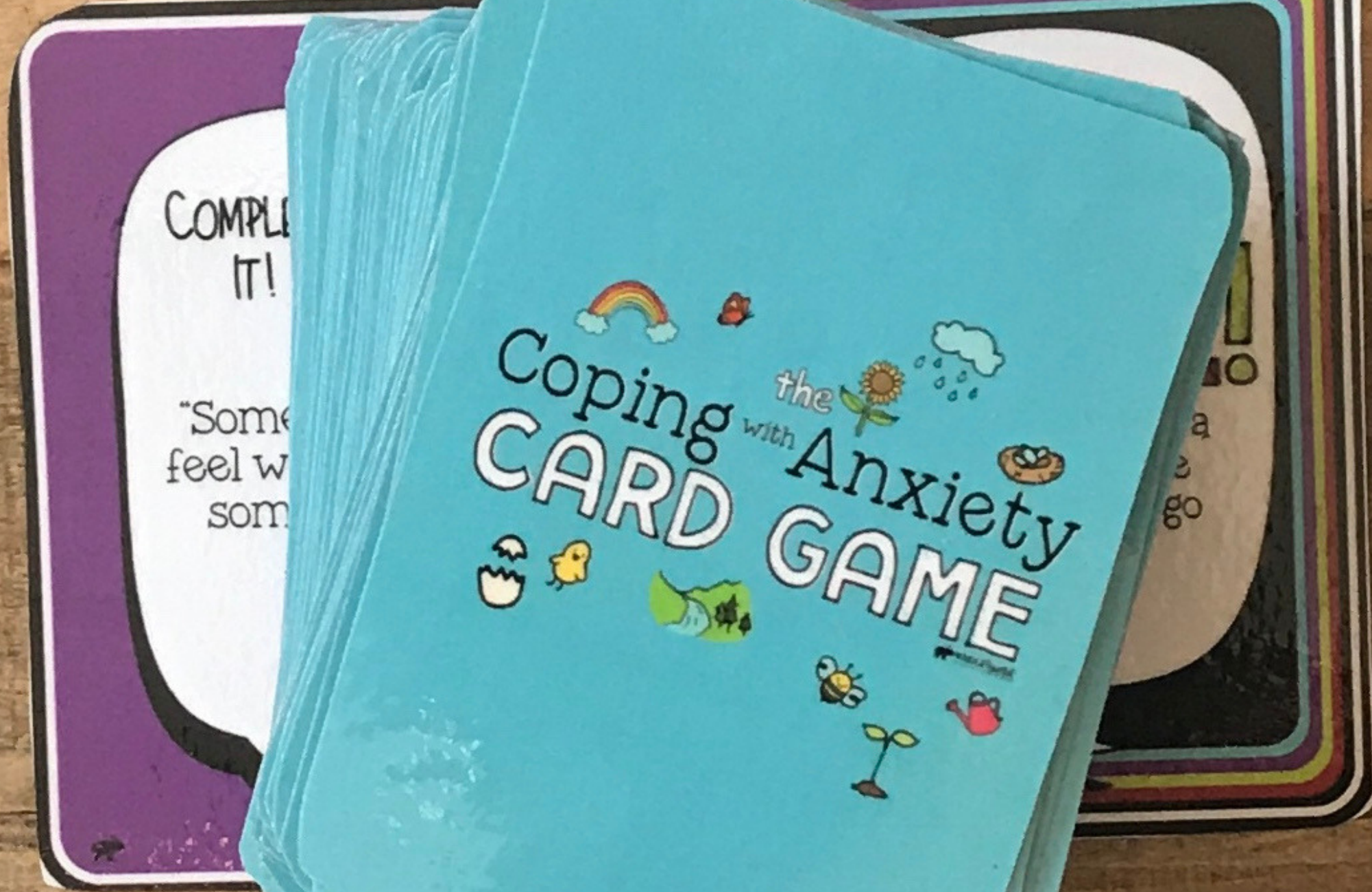
When I feel anxious or afraid, it seems like my body gets ready to either fight, flee or freeze.

body feels when I am worried is.."

I am stronger than my fear. I was made for this challenge. I can do tough things

3!  
The next person in line takes 3 cards before their turn.

7  
Doing yoga and/or stretching helps to release tension in our bodies. Try doing 3 different stretches and/or yoga poses right now!



9  
REFRAME IT!  
Turn the following "What If" into a more Realistic Thought:  
"What if everyone starts laughing at me?"

ROTATE RIGHT!

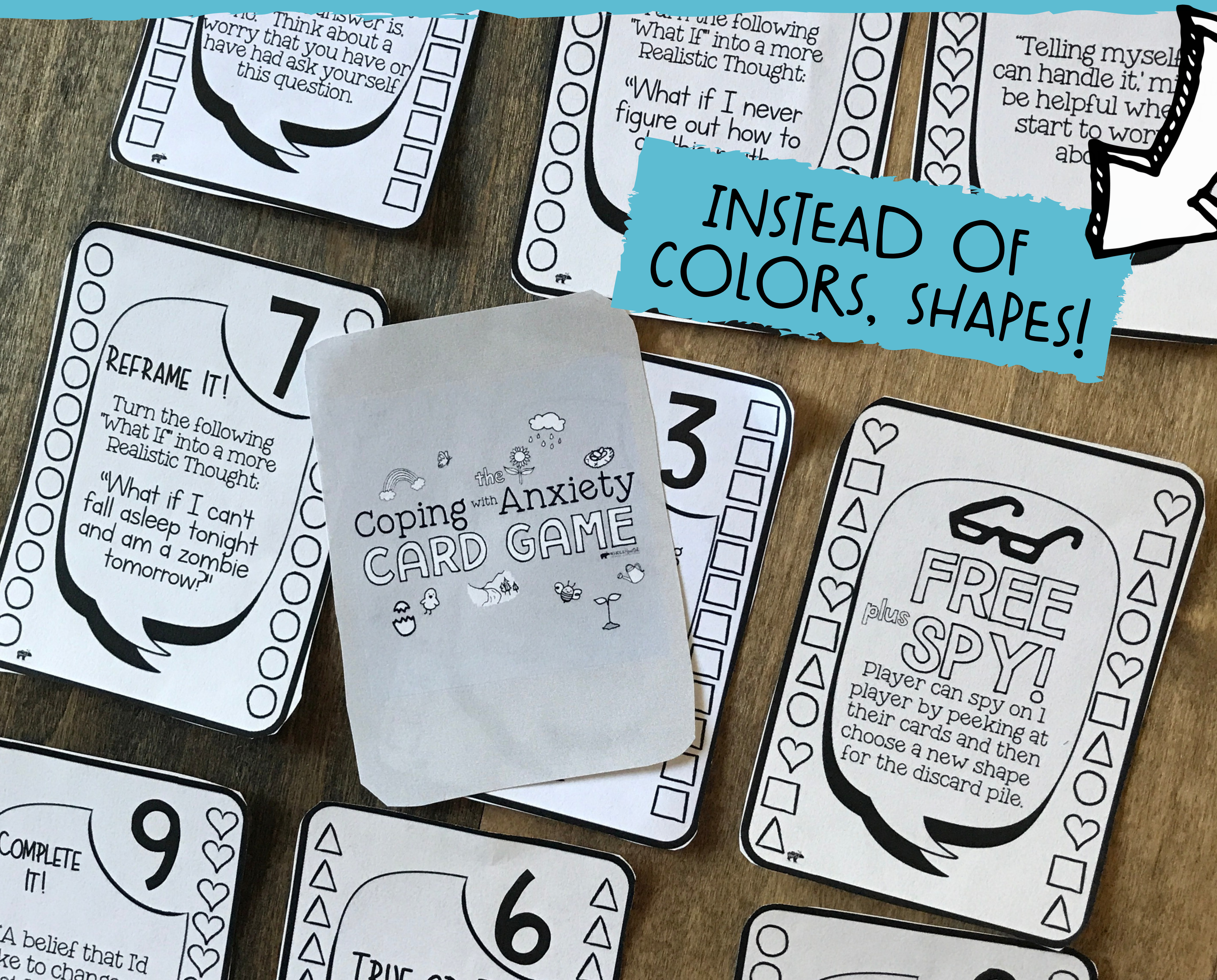
3  
What is something you feel worried about? What evidence do you have that your worry may not

1  
TRUE OR FALSE  
Taking slow, mindful breaths helps to calm my body and mind when I feel worried or

GO AGAIN!  
Player gets to "go again" gaining an

- BUILD RAPPORT & CONNECTION
- COUNSELING ASSESSMENT TOOL
- GREAT ICEBREAKER GAME!

# INCLUDES A BLACK & WHITE SET, TOO!



INSTEAD OF  
COLORS, SHAPES!

the  
Coping with Anxiety  
CARD GAME

... answer is.  
worry that you have or  
have had ask yourself  
this question.

... one following  
"What If" into a more  
Realistic Thought:  
"What if I never  
figure out how to  
do this with

"Telling myself  
can handle it," mi  
be helpful whe  
start to wor  
abo

7  
REFRAME IT!  
Turn the following  
"What If" into a more  
Realistic Thought:  
"What if I can't  
fall asleep tonight  
and am a zombie  
tomorrow?"

3

FREE SPY!  
plus  
Player can spy on 1  
player by peeking at  
their cards and then  
choose a new shape  
for the discard pile.

9  
COMPLETE  
IT!  
A belief that I'd  
like to change

6  
TRIVIA