

# Anxiety Worksheet For Kids

**Name:**

**Date:**

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What things or situations make you feel nervous, scared, or anxious?

What do you think about when you're nervous, scared, or anxious?

What do you feel when you're nervous, scared, or anxious? Check what you feel:

- Mouth Dry
- Legs Weak
- Hands Sweaty
- Whole body is sweating
- Chest Tight
- Having a hard time breathing
- Stomach Hurts or Butterflies in Tummy
- Heart Pounding
- Dizzy, Weak, or Sick
- Jelly Legs
- Want to go to the toilet
- Lump in Throat
- Headache

Does your body feel anything else when you're nervous, scared, or anxious? Where do you feel it on your body?

Is there something you can do to feel better when you're nervous, scared, or anxious?