

STUDENT CALM PACK

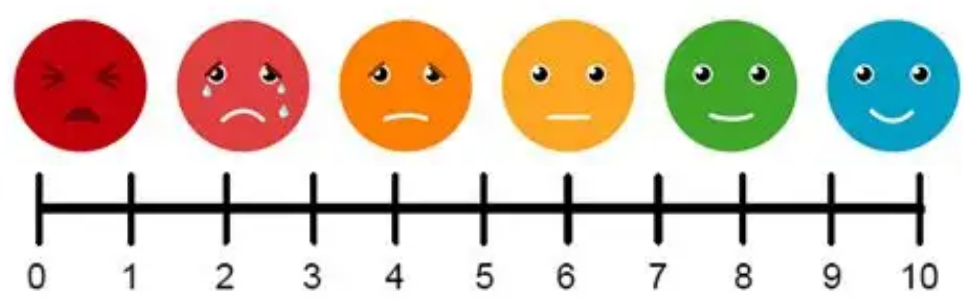
MY CALM AND CONFIDENCE PACK

DENBIGH SCHOOL

Aspire, Innovate, Achieve, Belong

My Anxiety Scale

TASK: Circle how school feels today?



Overwhelemed **Worried** **Calm**

What would make it 1 point smaller?

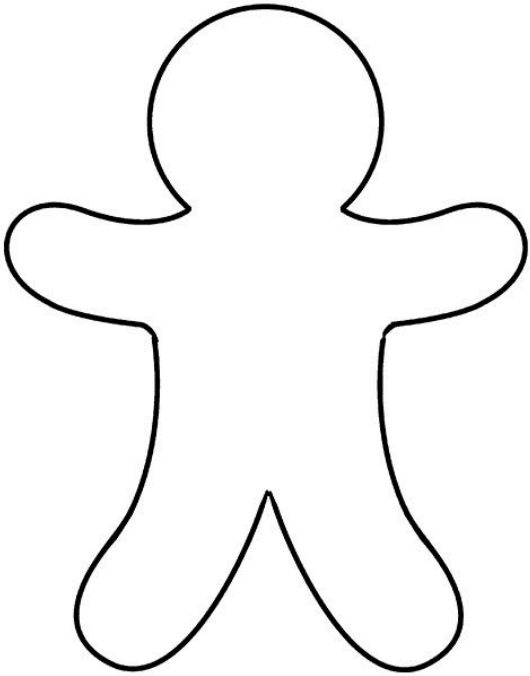
Write here:

What would help lower it?

Write here:

My Body Map

TASK: Colour where anxiety sits in your body



What helps calm your body?

Write here:

Meet My Anxiety

My anxiety's name:

It says:

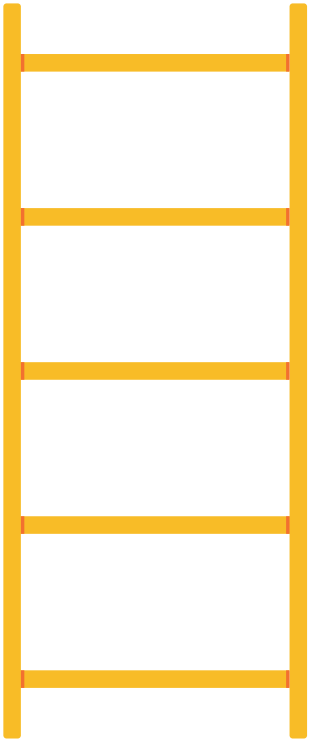
What proves it wrong?:

When it gets smaller:



My School Ladder

This week's step:



Arrive

One lesson

Break

Half-day

Full Day

Trusted Adult:

Today's Goal

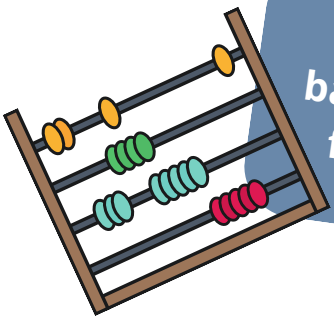
“What Helps Me”

Breathe 4-2-6



Name 5 things you see

Count backwards from 20



I feel safest when:

I can talk to:

School feels easier when: