*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

1. Can you identify what is making you feel afraid?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. Decide whether you are in actual danger or just feeling afraid. If you are not in real danger, do this:
   - Take a deep breath and relax your body – imagine your body is a spaghetti noodle.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

3. List three people who you can talk to when you are feeling anxious.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

4. Describe a time when you were brave, and imagine yourself as a superhero.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

5. What are things you enjoy doing (e.g., doing artwork, playing a card/board game, watching a favorite TV show)? Write down three activities you can do when you are feeling anxious.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

From the experts at BOYS TOWN® boystown.org/parenting