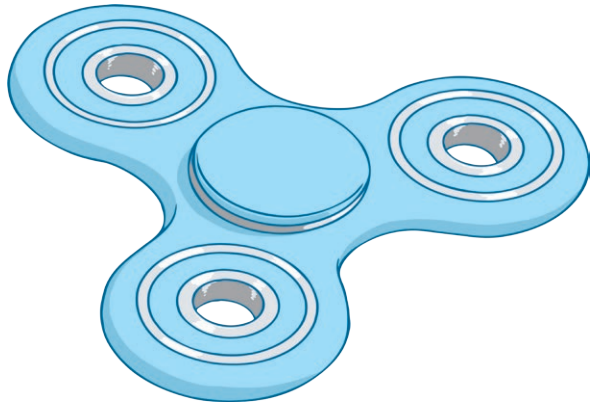


When I'm anxious, I can



pick a fidget toy

twinkl.com

When I'm anxious, I can



do some yoga

twinkl.com

When I'm anxious, I can



go for a run

twinkl.com

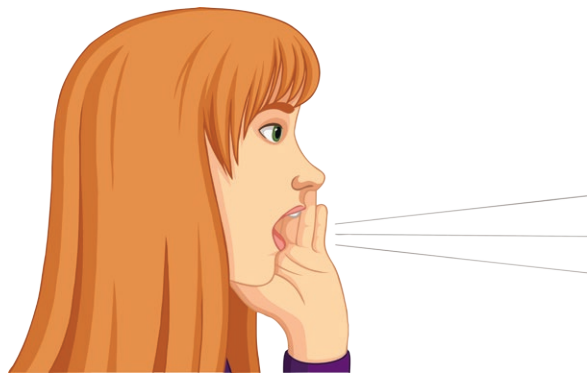
When I'm anxious, I can



make a plan

twinkl.com

When I'm anxious, I can



scream outside

twinkl.com

When I'm anxious, I can



talk to a friend

twinkl.com

When I'm anxious, I can



drink water

twinkl.com

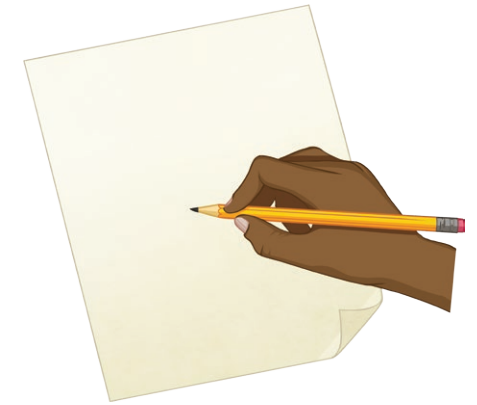
When I'm anxious, I can



do some deep breathing

twinkl.com

When I'm anxious, I can



draw

twinkl.com

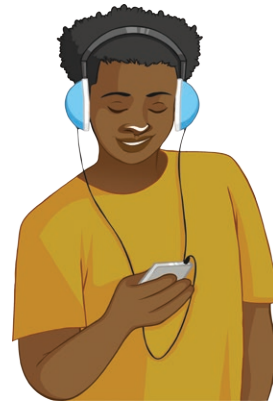
When I'm anxious, I can



go to the gym

twinkl.com

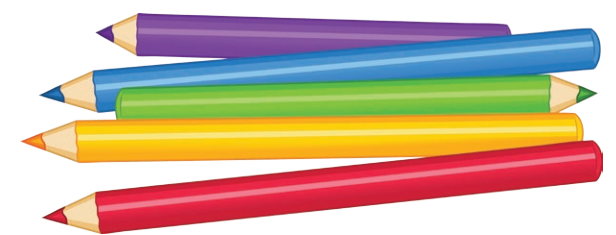
When I'm anxious, I can



listen to music

twinkl.com

When I'm anxious, I can



do some colouring

twinkl.com

When I'm anxious, I can



go for a walk

When I'm anxious, I can



go somewhere quiet

When I'm anxious, I can



talk to an adult

When I'm anxious, I can

When I'm anxious, I can

When I'm anxious, I can

When I'm anxious, I can

[twinkl.com](https://www.twinkl.com)

When I'm anxious, I can

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