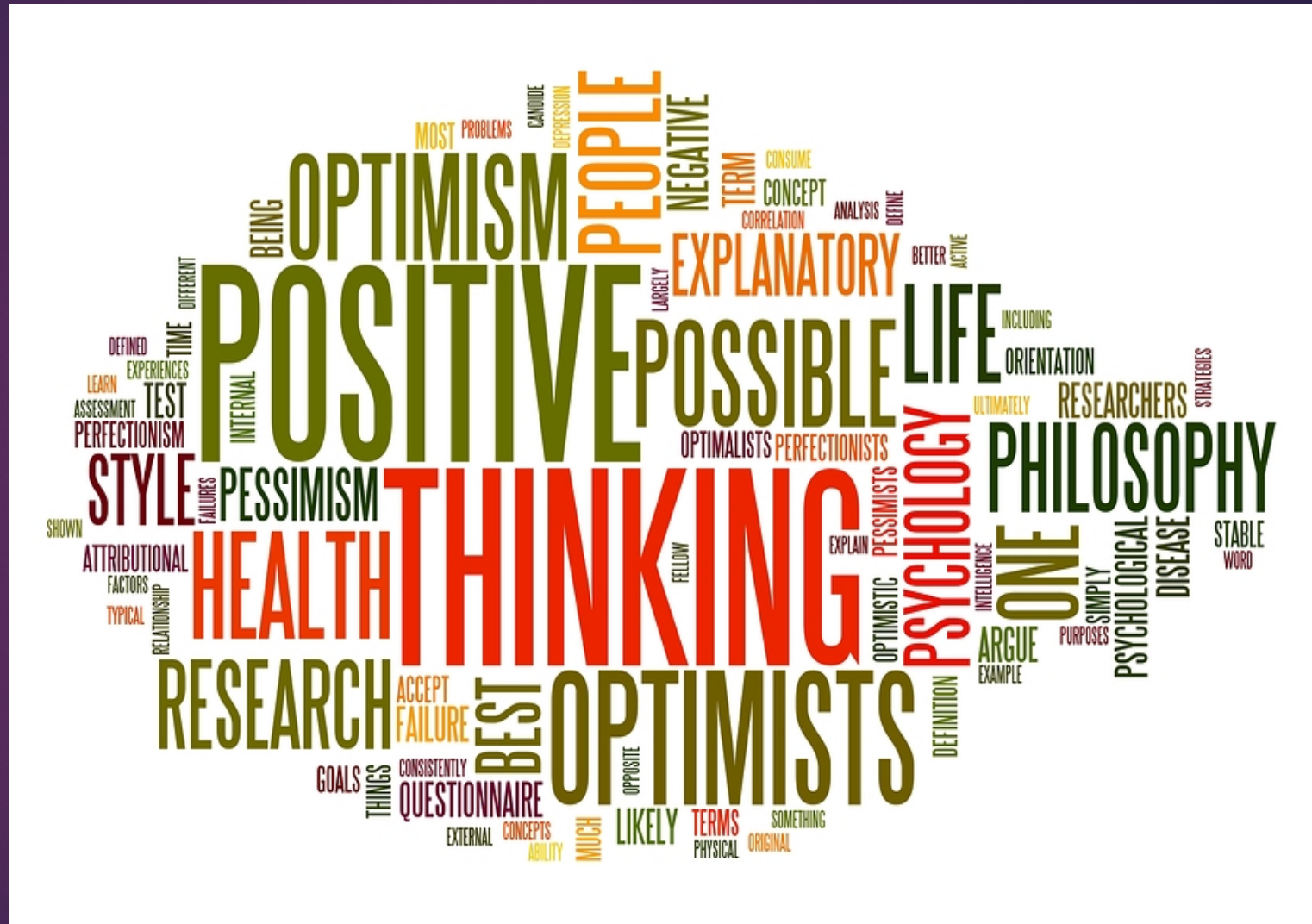


S1



Feeling Anxious Body Signs

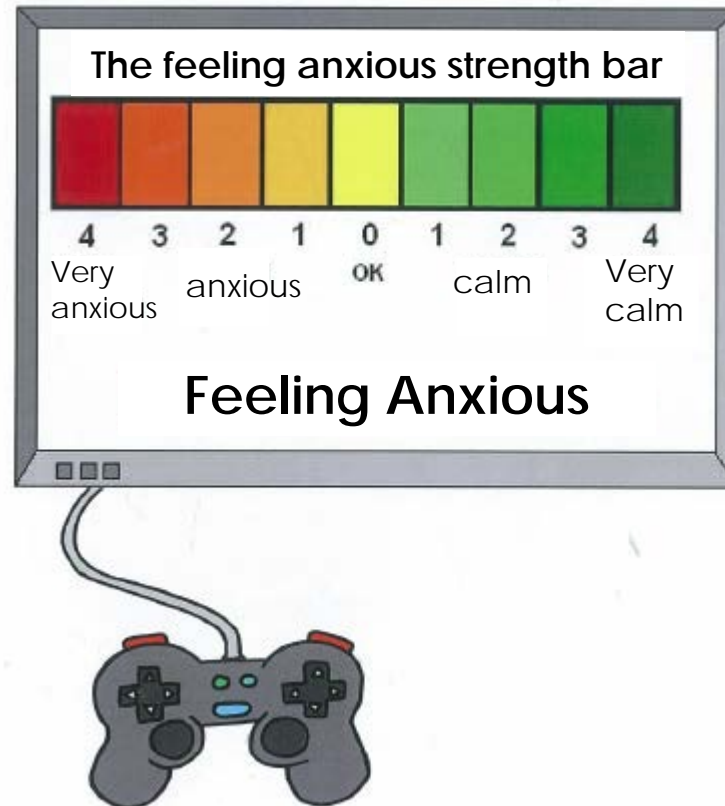
What makes me anxious?
How do you know I'm anxious?
How do others know I'm anxious?



WALT and WILF

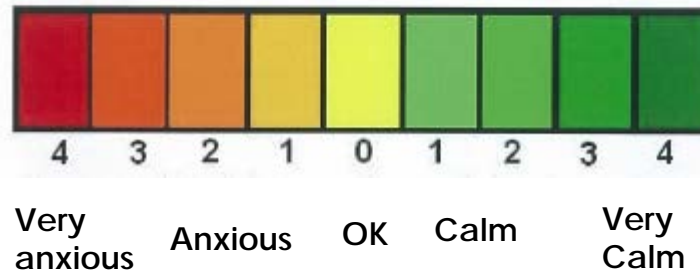
- ▶ WALT learn about **FIBS**
- ▶ Recognise different **Intensities** of “anxious” **Feelings**
- ▶ Recognise our **Body** signs are associated with feeling that way
- ▶ Recognise **Situations** that make us feel this way
- ▶ WILF I can tell Anxious **FIBS** by using my Strength Bar

The Feeling Anxious Strength Bar

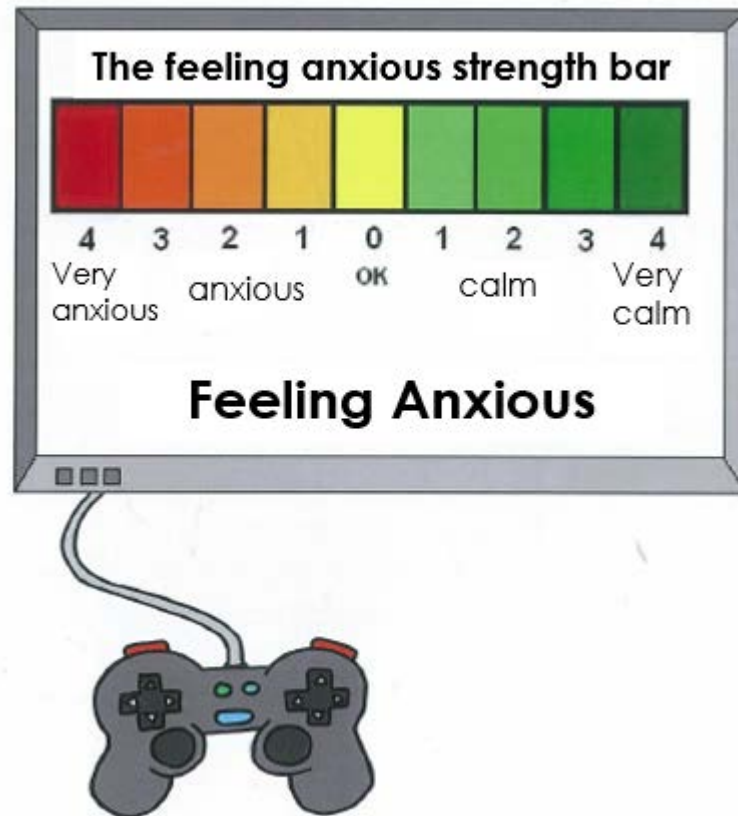


How anxious are the children?

The feeling anxious strength bar



Feeling Anxious Activity



Feelings like anxious



Riley video

- ▶ Discuss feelings of anxiousness that the characters experience.
- ▶ How intense are they?
- ▶ Why is it important to show and discuss feelings?
- ▶ What Zone of Regulation would the feeling of anxiousness go in?
- ▶ Anxious