

ANXIETY (K-4TH)



[Watch the video lesson](#) and then show what you know

1. Feeling extra nervous, or anxious, can cause changes in your mood, how you sleep and your appetite.

- a) True
- b) False

2. What are some things in your life that can make you feel nervous?

- a) schoolwork or homework
- b) problems with friends
- c) pressure from family
- d) all of the above

3. What should you NOT do to help you feel less nervous?

- a) talk it out with someone you trust
- b) take a break and do something you love
- c) throw things
- d) do deep breathing exercises

4. Taking time to get outside can help you feel less nervous.

- a) True
- b) False

5. If you feel extra nervous or anxious for a long time, the most important thing to do is talk to a trusted adult so they can help you.

- a) True
- b) False