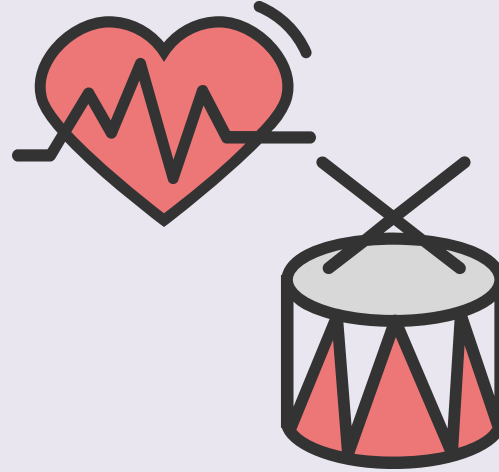


RECOGNIZING ANXIETY

Sometimes I might feel scared or worried. This is called anxiety.



I may feel like my heart is beating fast like a drum.



I may feel like I can't breathe.



My stomach may hurt, or I may feel like I'm going to throw up.



I may feel like I want to run away or hide.



I may feel angry or frustrated.



RECOGNIZING ANXIETY

It may be hard for me to sit still and not move around.



It might be hard for me to think or I may feel confused.



When I feel like this, it's important to tell a friend or trusted adult.

