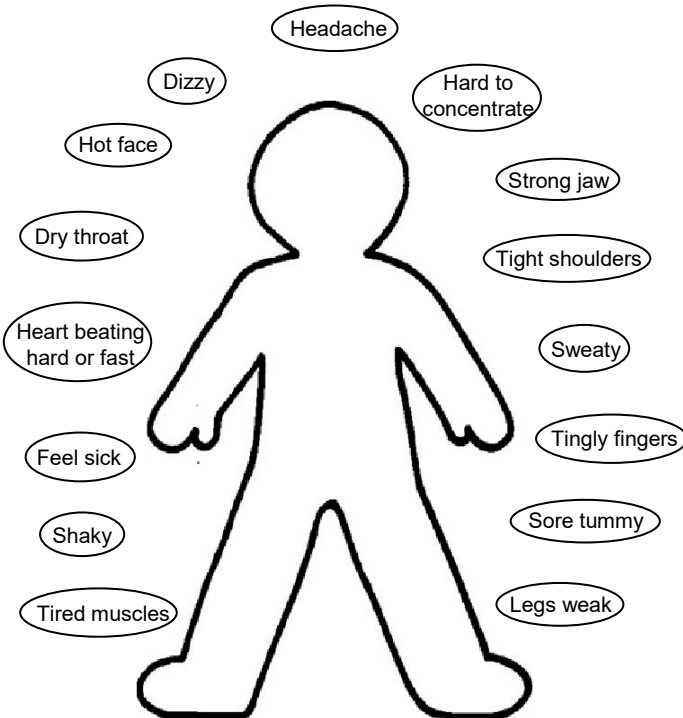


Anxiety is a feeling everyone has sometimes.
It's normal!

What does it feel like for you?
Colour in where you feel it in your body.

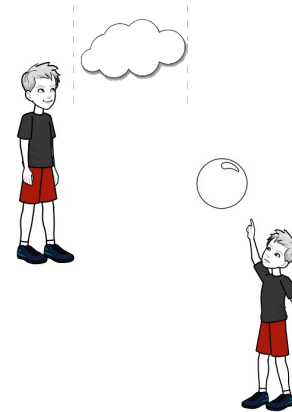


Do you feel like there are too many thoughts
in your head sometimes?

It can take some time but you can learn to
watch them...

...pass like clouds...

...or pop like bubbles!



If you feel like Alex sometimes and you want
to figure out what could help, ask an adult to
work through this with you!



Do you worry about going
to or being at school?

 **Emotionally Based School
Avoidance: Guidance for Children
and Young People**



 **Cambridgeshire
County Council**

Educational Psychologists EBSA Group 2023

**This leaflet is designed to help
children and young people understand
what might be going on for them and
get support if they want to.**

