

About Anxiety - Level 3 Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find: a Student Video Viewing Guide, Student Activity Guide, and a Brain Quiz with an Answer Guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity.

Viewing the Video:

Without Student Video Viewing Guide - (6 minutes)

With Student Video Viewing Guide - (7-10 minutes)

Student Activities:

Activity #1 Write About It - (5-10 minutes)

Activity #2 Brainstorm - (10-15 minutes)

Activity #3 Group Skit - (10-15 minutes)

Brain Quiz:

(5-10 minutes)

Student Video Viewing Guide Strategies:

Before the video (3-5 minutes)

- Have students "popcorn out" (share without raising hand) to get the wheels turning on the following question:
 - It is normal to feel some anxiety from time to time, such as before a test or before a playoff basketball game?
 - Have you ever experienced anxiety?
 - How did you handle it?"
 - What does it mean to have a healthy body image?
- Have students "pair and share" with a classmate on the question, here are some top reasons that youth get anxious:
 - Performance • Family problems • Bullying • Anxious parents • Perfectionism
- Can you think of anything else that may cause teenagers anxiety?"

During the video (3-5 minutes)

- Pause the video at times for Checks for Understanding (CFU). You can call out a few students to answer and/or have them pair and share. Students can complete the brain quiz either during or after the video.

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Brain Quiz Answer Key: (5-10 minutes)

1. Symptoms of an anxiety disorder can be the following: (Answer: a. persistent worrying, extreme tiredness, trouble sleeping, muscle tension, headaches, sweating, nausea)
2. About how many teens and young adults suffer from a mental health issue? (Answer: b. 1 out of 5)
3. Which of the following is NOT a symptom of a panic attack? (Answer: d. Calm and happy feelings)
4. What are some factors that contribute to anxiety? (Answer: d. All of the above)
5. Strategies for coping with anxiety include all of the following except: (Answer: c. Worrying consistently)

Student Activity Options:

Activity #1 Write About It (5-10 minutes)

- a. Materials needed: Paper and art supplies.
- b. Directions: A mantra is an often-repeated word or phrase. A positive mantra such as, 'I can't change the past or predict the future- I can only concentrate on the present moment,' or "All I can do is my best, and my best is enough!" can be used to help in coping with anxiety. Come up with your own mantra to cope with anxious thoughts and feelings and display through artwork.
- c. Criteria for success: Students are able to create a positive phrase that supports positive coping.

Activity #2 Brainstorm (10-15 minutes)

- a. Materials needed: Whiteboard, markers for group brainstorm, sheet of paper and writing utensil for each student to generate their own list.
- b. Directions: Brainstorm as a class.
 - What are things that you and others in your grade, school, community get anxious about?
 - What are positive coping strategies?
 - Create a list of your top 10 coping strategies from the list created.
- c. Criteria for Success: Students are able to create their own top 10 list of positive coping strategies.

Activity #3 Group Skit (10-15 minutes)

- a. Materials needed: Paper and writing tool.
- b. Directions: In groups of 3-5 students, create a skit that demonstrates a student in your grade that is dealing with anxiety and a healthy strategy that the student utilizes to cope.
- c. Criteria for success: Students are able to create a skit that identifies an experience that elicits anxiety and a positive coping strategy.