

LET'S MEASURE YOUR ANXIETY

Look at the scale and talk about the questions below. Do this before we do any activities and do it again at the end. 1 is all calm and 5 is very anxious.

How anxious do you feel about going back to school?

1 2 3 4 5

How anxious do you feel about not being with your parents/carers?

1 2 3 4 5

How anxious do you feel about seeing your teacher?

1 2 3 4 5

How anxious do you feel about the changes?

1 2 3 4 5

