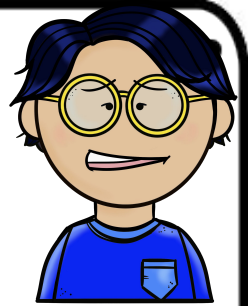


I Feel Worried

Activity Directions



[Access your copy of the google slides activity by clicking this link. You will be prompted to make your own copy. Save to your google drive.](#)

ASCA Mindsets & Behaviors

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 6. Positive attitude toward work and learning
- B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

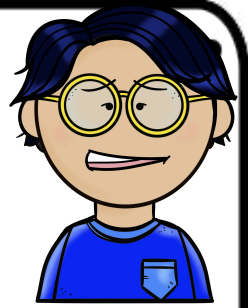
Learning Objectives

- Students will be able to define the word worried.
- Students will learn about positive self talk for when they feel worried.
- Students will learn about worries that are in their control and those that are not.
- Students will learn coping skills for when they are worried.

Directions:

1. This resource may be posted in your school's digital platform, such as google classroom or class dojo.
2. Students will self-guide through the presentation in slide edit mode - do not have them use the present mode, as the interactive pieces won't work that way.
3. Students will click and drag circles on some slides to answer questions.
4. An answer key slide is included. You may delete this slide if you do not want students to have the answers.
5. If you are using a platform such as Google Classroom, you can create this as an assignment, which will make a copy for each individual student. They can then answer the questions and then submit their answers to you.

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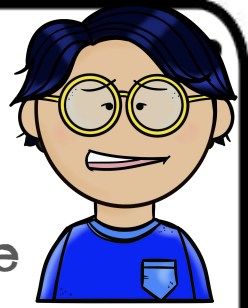
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- Email this file directly to your students or families during school closures.
- Use this resource for your own personal use in counseling or check ins that you do with your students.
- Use this resource with your students as many times as you’d like.
- Print any part of this resource for your personal use.

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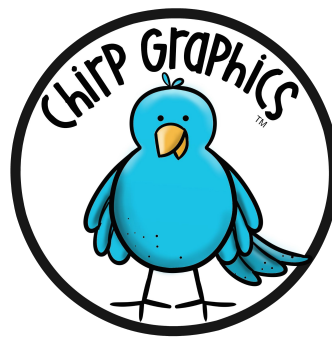
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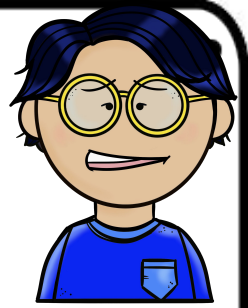
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About the Author



Thank you so much for purchasing my product! I love creating resources to share with my colleagues! Please leave me some feedback so I can continue to improve and make future products even better.

I have a Bachelor's degree in Communication and Sociology and a Master's in School Counseling, both from George Fox University. I have been a school counselor since 2015, initially in a high school before finding my love of elementary counseling in my second year. I work at a K-6 elementary school in a suburb of Portland, Oregon. My school is Title I and AVID certified. Two-thirds of our students participate in a dual-language program, receiving half their day in English and half in Spanish. My school counseling program received RAMP recognition in 2020.

In addition to my day job, I have also been an adjunct instructor in the counseling program at George Fox University, supervised school counseling interns, serve on my district's counseling leadership team, and am a board member of the Oregon School Counseling Association.

When I'm not working (that's important!), I love spending time with my husband, going to movies, baking, cross stitching, and playing bluegrass mandolin. I survive on coffee and pet all the dogs.

Thank you again for supporting my little TPT business! I hope you and your students enjoy learning about emotions!

Best of luck to you,

Ronda Gatewood

rondagatewood@gmail.com

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