

to be like me

Name: _____

BOOKS/LITERATURE



Click on the image of *A Little Spot of Anxiety* to hear Hannah talk about the book. Then, click on the image of Author Diane Alber, and listen to a live reading of her book!

[Link to Publisher](#)

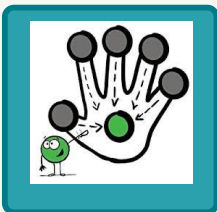
Discussion Questions:

- What is anxiety?

- Do you ever get anxiety? What causes you to have anxiety?

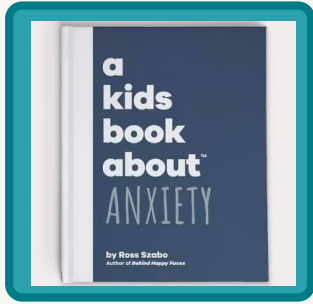
- What are ways that you can keep your anxiety spot from growing too big?

Bonus Activity



Click on the box for a printable poster of the exercise taught in *A Little Spot of Anxiety* and practice the technique.

Name: _____



Click on the image of *A Kids Book about Anxiety* to hear Hannah talk about the book.

[Link to Publisher](#)

Discussion Questions:

- The author says that his anxiety feels like a bouncy ball moving from his stomach to his chest. When you have anxiety, how does it feel?

- What is anxiety?

- How is anxiety different than being nervous?

- What are some strategies that Ross has to deal with his anxiety?

- How does it help to talk to someone that you trust about anxiety?

- Who is someone that might be able to help you with your anxiety?