

Materials: Worksheets, computer, pens, program books, timers, markers	Suggested Pre-requisite skills: Attending
Weekly Targeted Skill(s): <ul style="list-style-type: none"> • Anxiety 	
References Used: <ul style="list-style-type: none"> • <i>Anxiety Around New People</i> (https://slp.everydayspeech.com/video/anxiety-around-new-people) • <i>Anxiety Around New People Worksheet</i> https://slp.everydayspeech.com/video/anxiety-around-new-people) • <i>Rate Your Anxiety</i> (https://www.twinkl.com/resource/t-c-254661-rate-your-anxiety-worry-activity-sheet) • <i>The Relaxation Wheel</i> (https://www.twinkl.com/resource/anxiety-and-stress-activity-pack-t2-p-628) • <i>My Main Worries</i> (https://www.twinkl.com/resource/t-c-254664-my-main-worries-activity-sheet) 	
Teaching Procedure	
Teacher Action	Student Action
<ol style="list-style-type: none"> 1. Direct everyone’s attention to the TV and watch “<i>Anxiety Around New People</i>” 2. Complete <i>Anxiety Around New People Worksheet</i> 3. Go Over “<i>Rate Your Anxiety</i>” <i>Worksheet</i> 4. Go Over the “<i>Relaxation Wheel</i>” 5. Assist students with creating their wheel 6. Go over “<i>My Main Worries</i>” <i>Worksheet</i> 7. Have student share some of their worries and coping skills you could use to assist you with your worries. 	<ol style="list-style-type: none"> 1. Attend to video “<i>Anxiety Around New People</i>” 2. Complete Activity <i>Anxiety Around New People Worksheet</i> 3. Complete “<i>Rate Your Anxiety</i>” <i>Worksheet</i> 4. Read examples from “<i>Relaxation Wheel</i>” 5. Create the “<i>Relaxation Wheel</i>” 6. Complete “<i>My Main Worries</i>” <i>Worksheet</i> 7. Share some of your worries and coping skills you could use to assist you with your worries.

Mental Health: Anxiety