

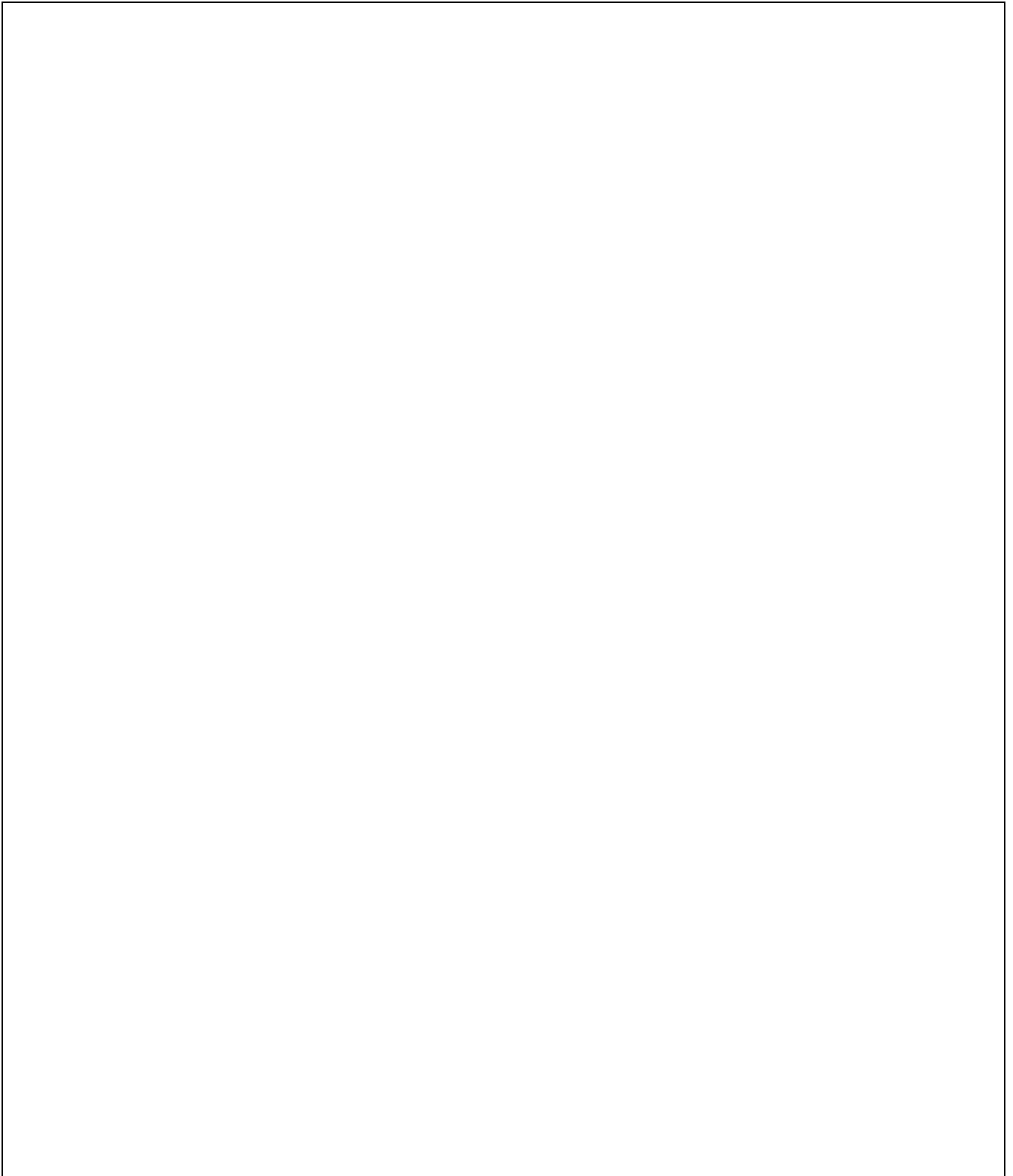
Instructions for use: Fill out using Acrobat Reader then save to your PC once completed.

Unit 3: Understanding anxiety

Activity 1

Make notes about a situation where you experienced anxiety. What did it feel like? How did you react?

Write your ideas below.

A large, empty rectangular box with a thin black border, intended for the student to write their notes about a situation where they experienced anxiety.

