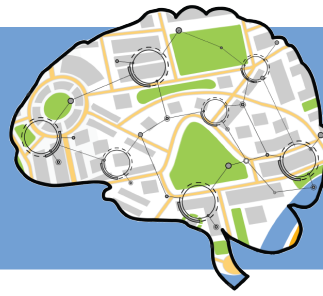


Anxiety & The Brain Activity Guide Grade 6-12



Know Your Neuro

Quiz Questions

1) What is anxiety?

- A. A feeling
- B. Energy in your body that gives you information
- C. An indication that you care about something a lot
- D. All of the above

(Answer: d)

2) Symptoms of an anxiety disorder can be the following:

- A. Persistent worrying, extreme tiredness, trouble sleeping
- B. Persistent feelings of joy and contentment, sweating
- C. Persistent worrying, feeling consistently energized
- D. Feeling calm, physically strong and healthy

(Answer: a)

3) What is coping skill?

- A. A tool for giving up and withdrawing
- B. A technique for dealing with negative feelings
- C. A way to get rid of all your problems
- D. A behavior that helps you beat yourself up

(Answer: b)

4) The stress response involves:

- A. The frontal lobe turning on
- B. The limbic system shutting down
- C. The limbic system turning on & frontal lobe shutting down
- D. The fight, flight, freeze, or befriend behaviors

(Answer: c & d)

5) What does negative self-talk turn into?

- A. Brain cell networks
- B. Automatic Negative Thoughts
- C. Negative beliefs about yourself
- D. All of the above

(Answer: d)

6) What is the difference between positive and negative coping skills?

- A. Positive coping skills help you avoid feelings
- B. Negative coping skills help you get energy out
- C. Positive coping results in escaping from problems
- D. Negative coping results in avoidance

(Answer: d)

Activities

Activity #1

Discussion: If your best friend confides in you that they have been cutting daily for the last month. They insist that it is not a problem, that it helps them cope. They ask you not to tell anyone.

- 1) Do you keep their confidence, or do you talk to their parents or another trusted adult?
- 2) What might be the result of each choice?
- 3) Why do people chose negative coping skills sometimes?

Activity #2

Divide students into groups of 3-5 students. Have each group brainstorm as many positive coping behaviors that they can think of in a specified timeframe.

Have each person individually list their top 10 coping behaviors from the list divided into positive and negative coping skills.

Ask students to share 1-2 from their list and explain why they choose them. Ask if anything on their list is not serving them well. Ask what new coping behaviors they

Activity #3

Positive self-talk is a coping skill to help manage negative feelings.

1) Have each student write a list of their negative self-talk.

2) Then, ask students to transform these statements into positive self-talk statements.

3) Ask students to transform these positive statements into artwork.

Encourage students to display the artwork in a place where they can view and read aloud daily.