



KNOW YOURSELF

MANAGING BACK TO SCHOOL ANXIETY



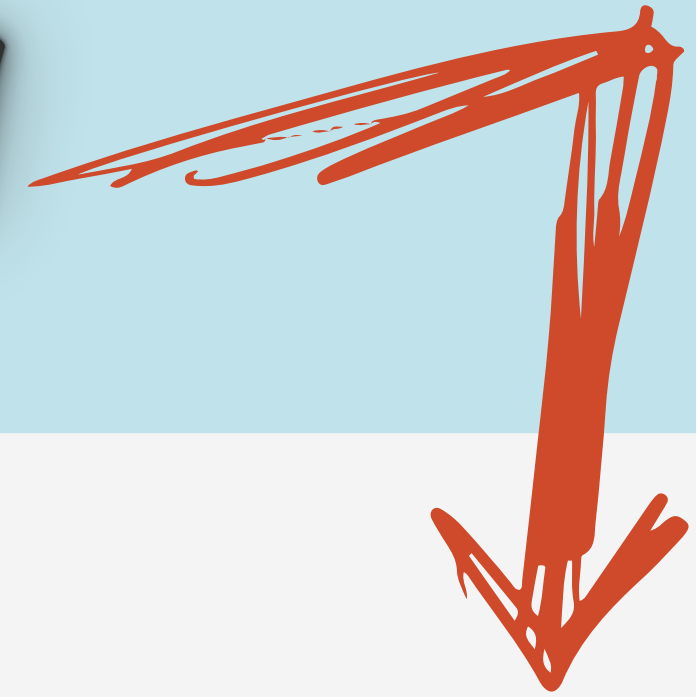
INTRODUCTION

Today, we will:

- * Identify how anxiety shows up in your body.
- * Practice Balloon Breathing as a grounding strategy to manage stress.
- * Explain how breathing builds self-awareness and helps you make better choices.



SEL CONNECTION



Today, we will practice **self-awareness** and **responsible decision-making** skills by learning to manage stress and make good choices.





ICEBREAKER

POWER OF PRESENCE



POWER OF PRESENCE

Ariana Grande says staying in the moment helps her move forward.

Let's practice!

POWER OF PRESENCE

5-4-3-2-1 AWARENESS CHALLENGE

Find a partner and name:

5 things you **see**

4 things you can **touch**

3 things you **hear**

2 things you **smell**

1 thing you can **taste** (or imagine)





POWER OF PRESENCE

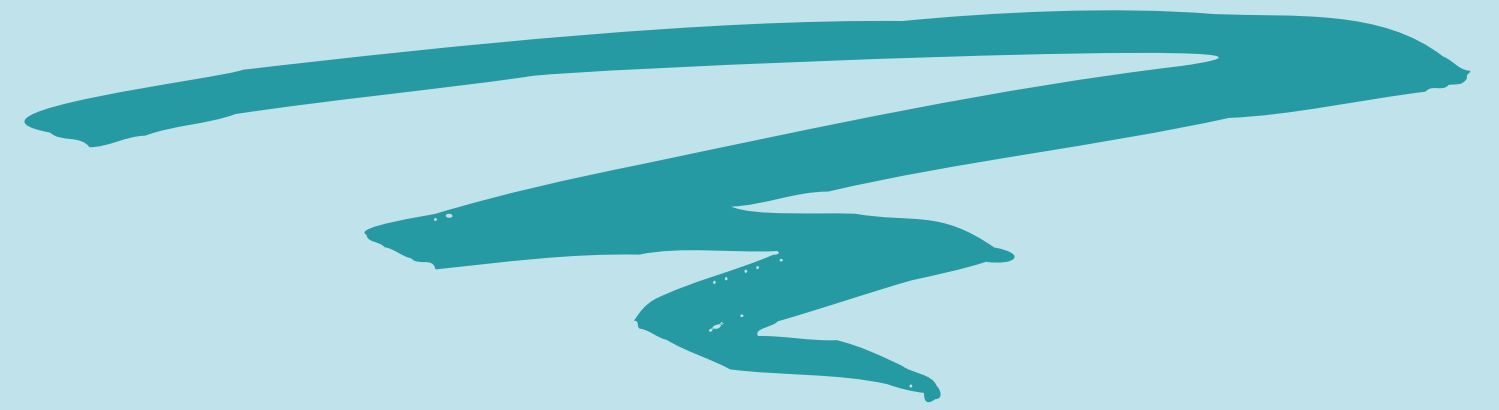
How do you feel now compared to before the activity?





LESSON PART ONE

UNDERSTANDING ANXIETY



LESSON: PART ONE



DEFINITION

UNDERSTANDING ANXIETY

CATASTROPHIZE

Catastrophizing means when your brain jumps to the worst-case scenario really fast.

For example, if you forget your homework, you might think, “My teacher will hate me, I’ll fail the class, and I’ll never get into college!” It’s when small problems feel huge in your mind.



LESSON: PART ONE



TALK ABOUT IT

UNDERSTANDING ANXIETY

Can you think of a time that you may have catastrophized a situation before taking a moment to breathe and think?



LESSON: PART ONE



WATCH A VIDEO

UNDERSTANDING ANXIETY

- 1) Watch the video about how Ariana Grande deals with anxiety.
- 2) Ariana doesn't let anxiety take over. She acknowledges the feeling → breathes through it → decides what's next.





UNDERSTANDING ANXIETY

When you feel anxious or stressed, what do you notice happening in your body?

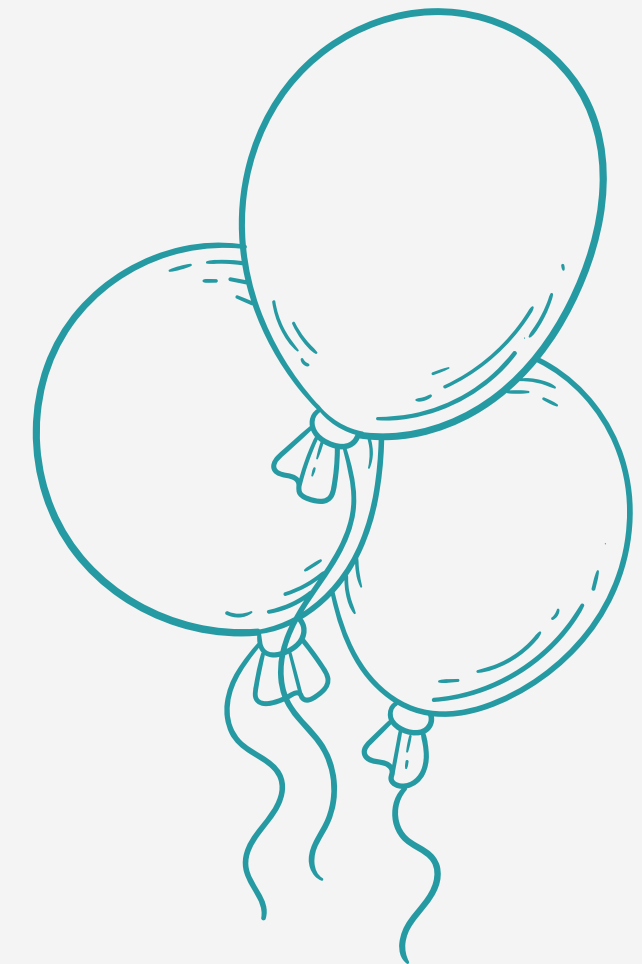
- Heart racing
- Sweaty palms
- Stomach ache
- Shaky voice



UNDERSTANDING ANXIETY

BALLOON BREATHING

- Hands on your belly
- Inhale through your nose for 4 (balloon fills)
- Hold for 2
- Exhale through your mouth for 6 (balloon deflates)
- Repeat 3–5 times



LESSON: PART ONE



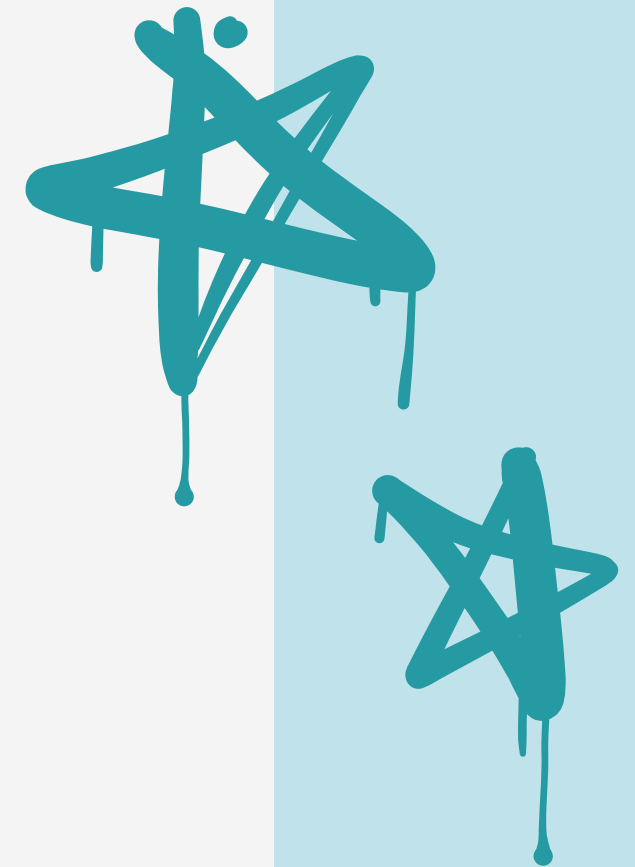
TALK ABOUT IT

UNDERSTANDING ANXIETY

Breathing = Power to Pause

You get to choose your response instead of reacting right away.

How might this activity connect to the SEL competency self-awareness?





LESSON PART TWO

WHAT'S THE SCENARIO?



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

PRACTICE TIME

Step 1: Acknowledge the feeling.

Step 2: Pause & breathe.

Step 3: Decide what's next + what we can learn.



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

SCENARIO 1: FORGETTING HOMEWORK



Feeling: Nervous, embarrassed, worried.



Pause: 3 balloon breaths.



What's Next: *Brainstorm together!*



Learn: Mistakes happen—new habits help!



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

TIPS IF YOU FORGET YOUR HOMEWORK

- Be honest with your teacher
- Ask to bring it tomorrow
- Make a checklist to stay on top of your work



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

SCENARIO 2: PRESENTING IN CLASS



Feeling: Nervous, shaky, scared.



Pause: 3 balloon breaths.



What's Next: *Brainstorm together!*



Learn: Breathing keeps us focused on now.



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

TIPS FOR PRESENTING IN CLASS

- Use notes
- Focus on 1 key point
- Pause if needed



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

SCENARIO 3: FRIEND DRAMA AT LUNCH



Feeling: Hurt, left out, maybe angry.



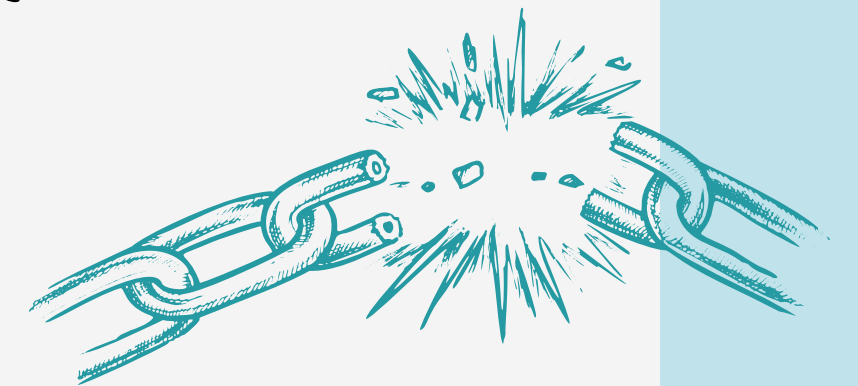
Pause: 3 balloon breaths.



What's Next: *Brainstorm together!*



Learn: Friendships shift—calm talks prevent overreacting.



LESSON: PART TWO

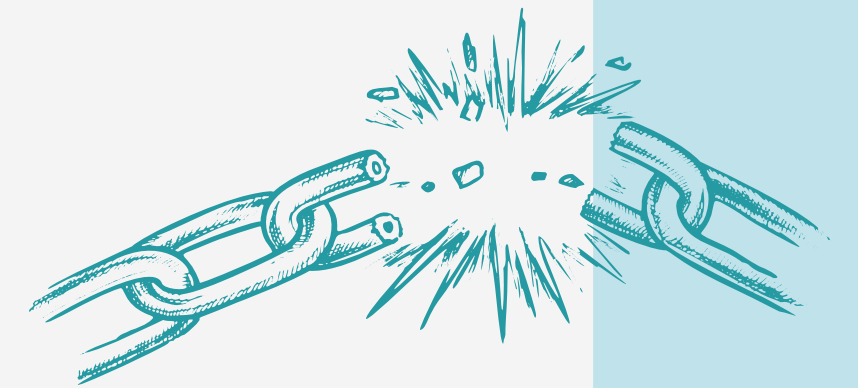


TALK ABOUT IT

WHAT'S THE SCENARIO?

TIPS FOR FRIEND DRAMA AT LUNCH

- Use "I statements"
- Sit with someone new
- Check if it was intentional



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

SCENARIO 4: RUMOR OR GOSSIP



Feeling: Embarrassed, upset, mad.



Pause: 3 balloon breaths.



What's Next: *Brainstorm together!*



Learn: Staying present shows strength.



LESSON: PART TWO



TALK ABOUT IT

WHAT'S THE SCENARIO?

TIPS FOR RUMORS AND GOSSIP

- Correct it calmly
- Ignore it
- Ask an adult for help





LESSON PART THREE

QUICK WRITE



LESSON: PART THREE



QUICK WRITE

- Which scenario felt most real to you?
- After breathing, what's one healthy next step you would choose?
- What can you learn about yourself from that choice?

