

UNCOVERING

# School Anxiety

WORKSHEETS TO NURTURE  
FEARLESS LEARNERS



Nelea Lane, CMWC

# UNCOVERING School Anxiety

## WORKSHEETS TO NURTURE FEARLESS LEARNERS

By recognizing the unique needs of your child and seeking patterns in their behavior, you are embarking on a journey of discovery and support. This booklet serves as a guiding star, helping you uncover the underlying causes of anxiety and develop strategies that empower your child to feel secure and confident. Each activity is thoughtfully designed to enhance your understanding of your child's anxieties while promoting resilience in a shared, compassionate space. As you navigate this path together, remember that your engagement and insights are pivotal in transforming school fears into strengths. Your dedication not only reassures your child but also instills in them the courage to conquer challenges with optimism and determination.

Embrace this opportunity to be an active participant in your child's emotional growth and well-being, knowing that your support makes all the difference.

Start by setting aside dedicated time to explore each worksheet with your child. Engage in open discussions, encouraging them to express their feelings and concerns about school. Utilize the practical activities provided as opportunities to bond and reinforce the lessons learned.

Remember, patience and persistence are key; celebrate every small victory together. By actively participating in this journey, you'll nurture a resilient mindset in your child, equipping them with the confidence to face any challenge the school setting presents. Let this guide be your roadmap to fostering strength and perseverance, knowing that your joint efforts will nurture your fearless learner.

*with love*



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# My School Day Timeline

**Create a timeline of a typical school day, divided into sections such as morning, afternoon, and evening.**

- Have the child draw or write activities they engage in during each part of the day.
- Encourage them to include positive aspects of their school day, such as favorite subjects, friends, or enjoyable activities.
- Discuss strategies for managing challenging parts of the day.

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# School Superhero Self-Portrait

- Ask the child to draw themselves as a superhero with special powers that help them face their school-related challenges.
- Encourage them to write down their superhero name and the unique abilities they possess.
- Discuss how they can apply these strengths in real-life situations at school.



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SUPERHERO NAME

# Emotion Check-In Thermometer

- Provide a movable arrow or clothespin for the child to indicate their current emotional state each day before and after school.
- Discuss coping strategies or resources available for managing difficult emotions.
- Track progress over time and celebrate improvements in emotional regulation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# School Goal Ladder

- Have the child write a school-related goal at the top of the ladder.
- On each rung, have them write a step or action they can take to work towards their goal.
- Encourage them to decorate the ladder and track their progress by coloring in each rung as they complete the steps.
- Celebrate their achievements along the way and discuss how setting and working towards goals can help them overcome school-related struggles.

