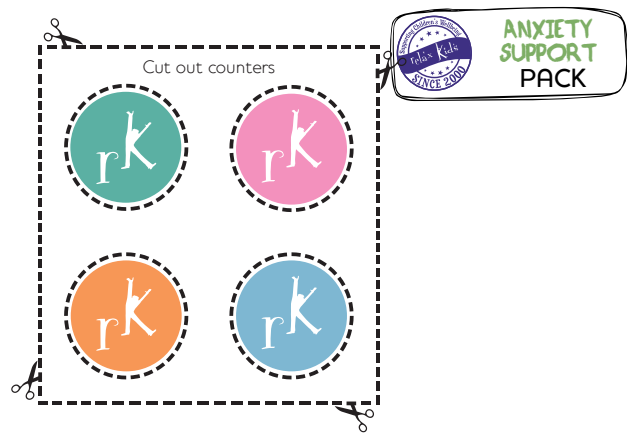


ANXIETY SNAKES AND LADDERS



Can you climb all the happiness items with your qualities and avoid all the slides.
Get to the end and remember you are amazing!

100 You are amazing	99 wobbly knees	98	97	96	95	94	93	92 faster breathing	91
81	82	83	84	85	86 remember to breathe	87	88	89	90
80	79	78	77 shaky hands	76	75	74	73	72 talk to a friend	71
61	62	63	64	65	66	67 find a safe place in your mind	68	69 feeling sweaty	70
60	59 get a hug	58	57 worrying thoughts	56	55	54	53	52	51
41	42	43	44	45	46 say 'I am OK'	47	48	49	50
40	39	38	37	36	35	34 thumping heart	33	32	31 think about something else
21 hold a pebble	22	23 feeling restless	24	25	26	27	28	29 tummy churning	30
20	19	18	17	16	15	14	13	12	11
12 start		34		56 ask for help		78		91	0

You will need a dice and counters. Roll the dice and move your counter along the board. When you get to an anxiety snake, you go down the snake and when you get to a ladder, you go up. The first person to reach the end is the winner. Talk about the snakes and ladders as you go along the board.