



The Gingerbread Man

Activity





Activity

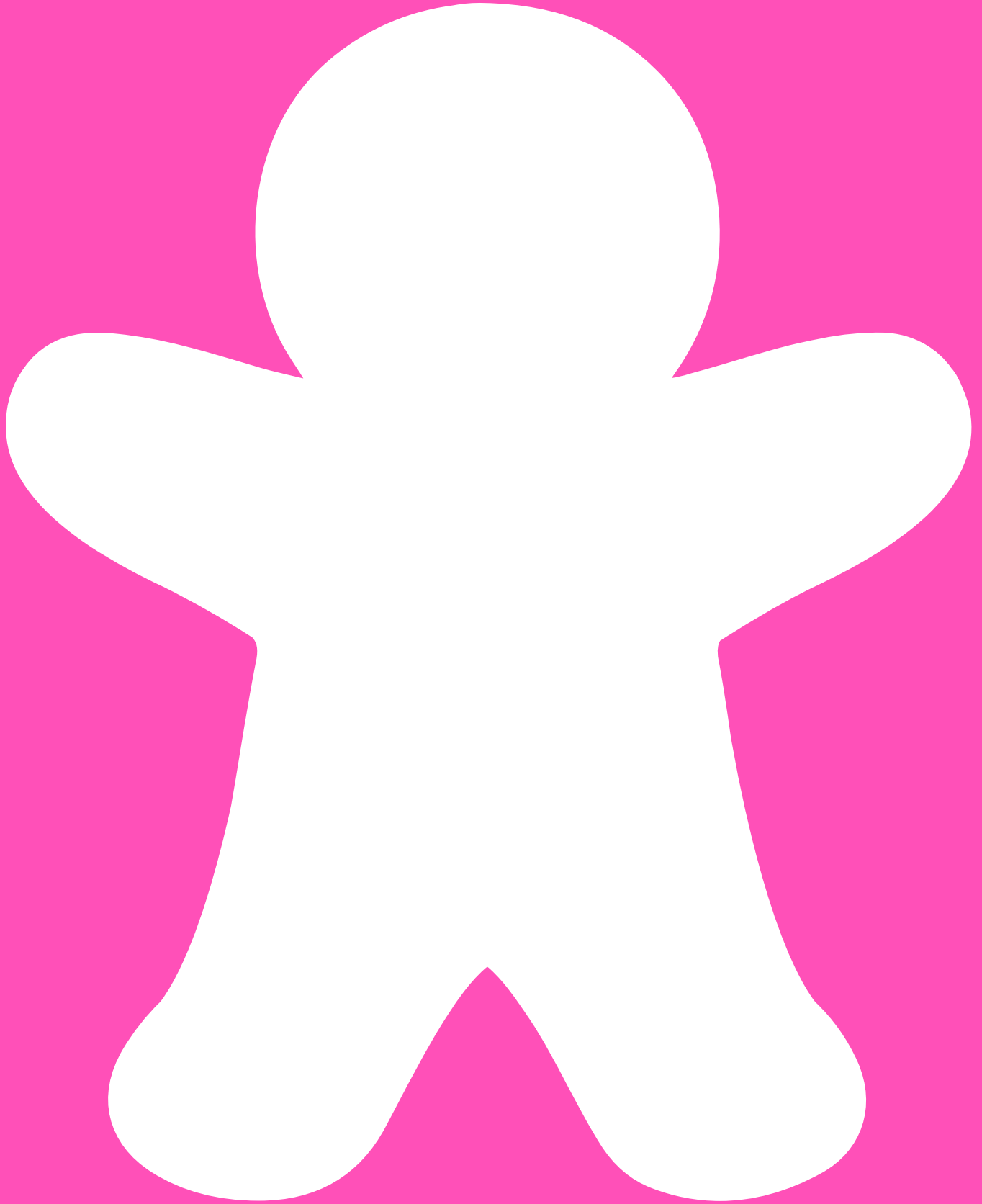
The physical effects of anxiety

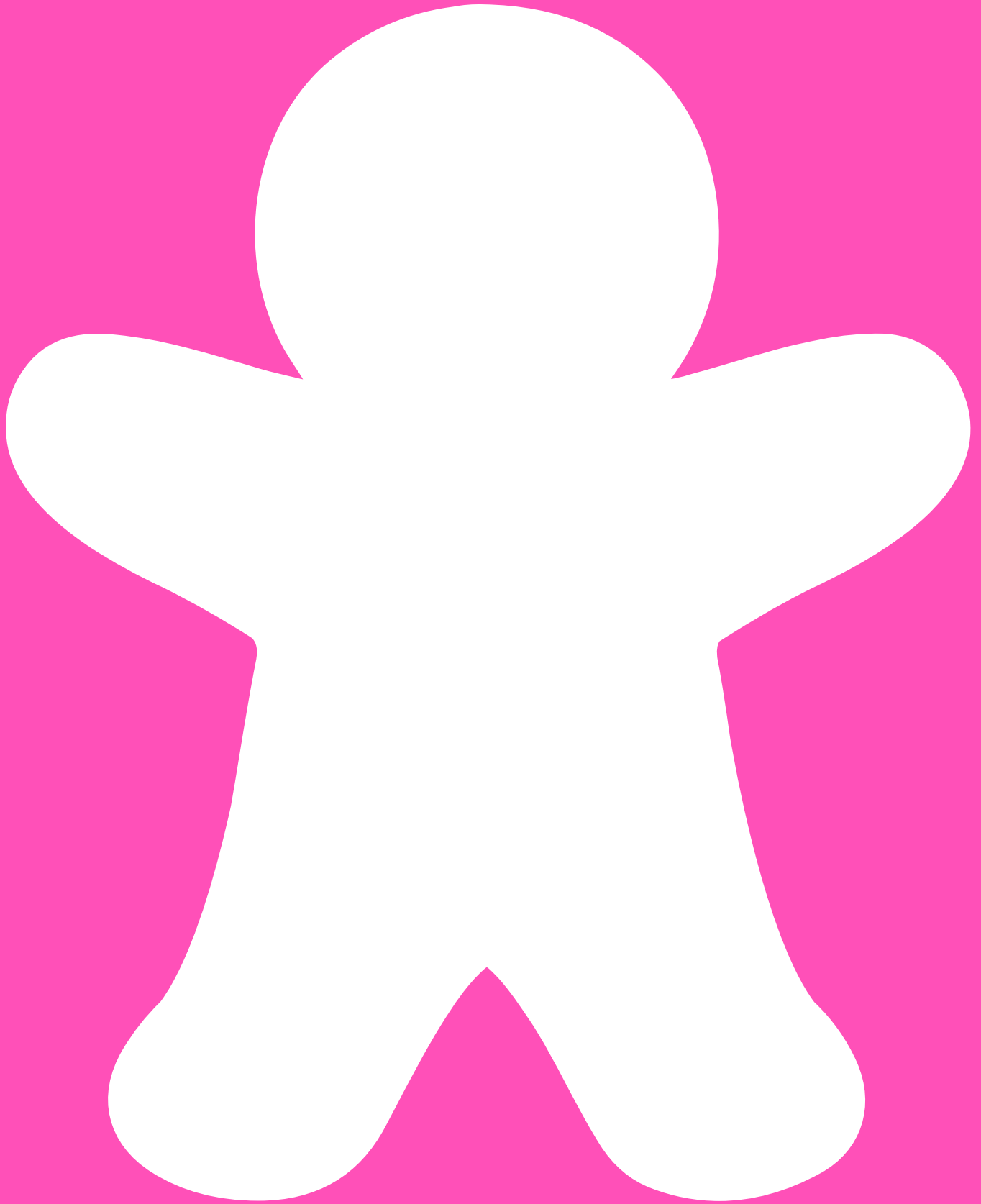
It is important that you each complete this activity using only pictures-no words!

We need to 'talk' to the emotional side of the brain and we cannot do that with words.

So as an example: a upset tummy might be shown with a butterfly.







Notes



Notes

