

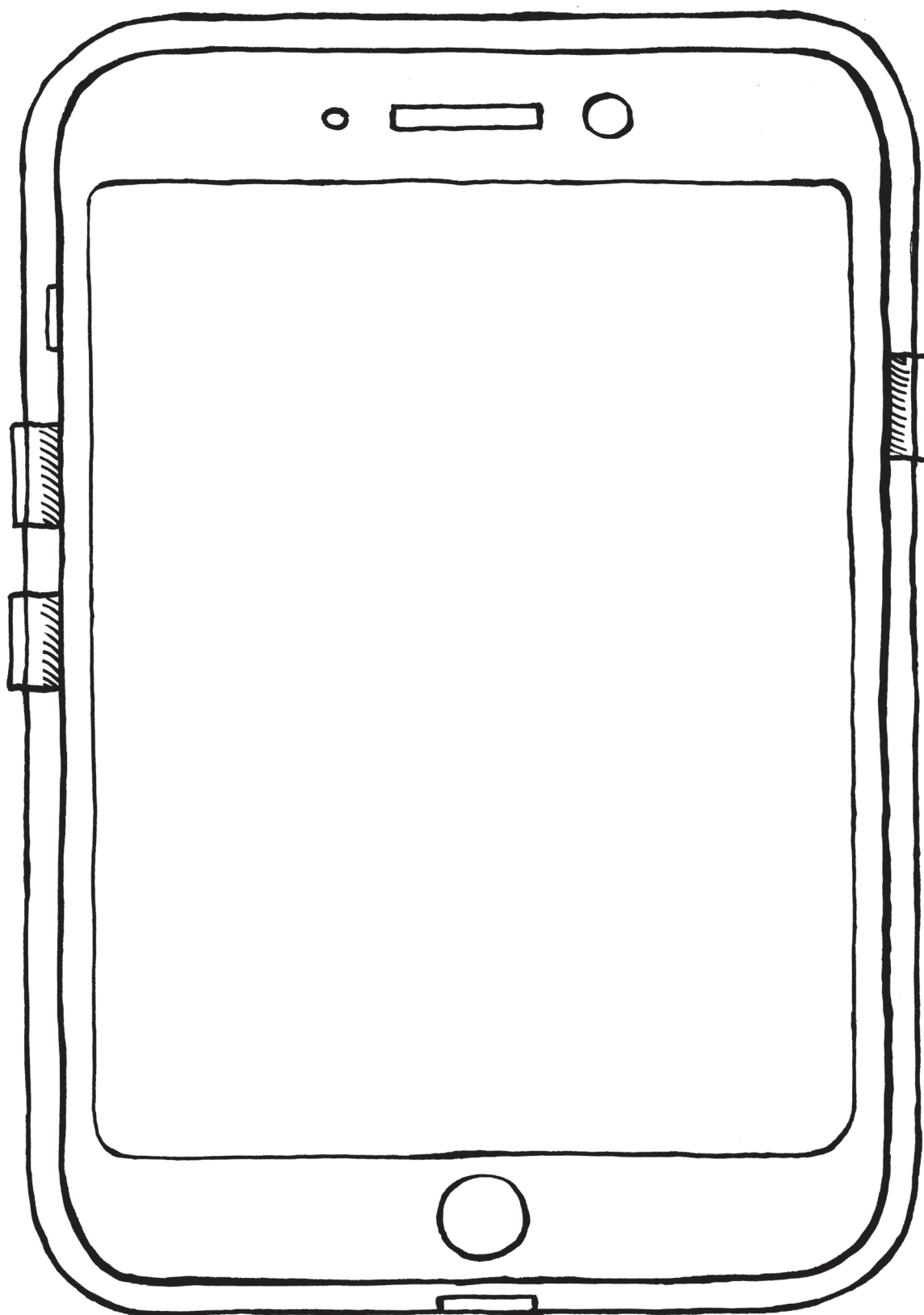
## Common worries for children template

<b>Being up high</b>	<b>Other people's dogs</b>	<b>Having someone to play with</b>
<b>Other kids not liking me</b>	<b>People thinking I'm dumb</b>	<b>Feeling like I can't stop worrying</b>
<b>Making a mistake</b>	<b>Things not being right</b>	<b>Being away from my parents</b>
<b>Being away from home</b>	<b>Something bad happening to my family</b>	<b>Something bad happening to me</b>
<b>Getting sick</b>	<b>Germs</b>	<b>Not being able to breathe</b>
<b>Earthquakes, tsunamis and floods</b>	<b>Vomiting</b>	<b>Schoolwork</b>
<b>Burglars or kidnappers</b>		

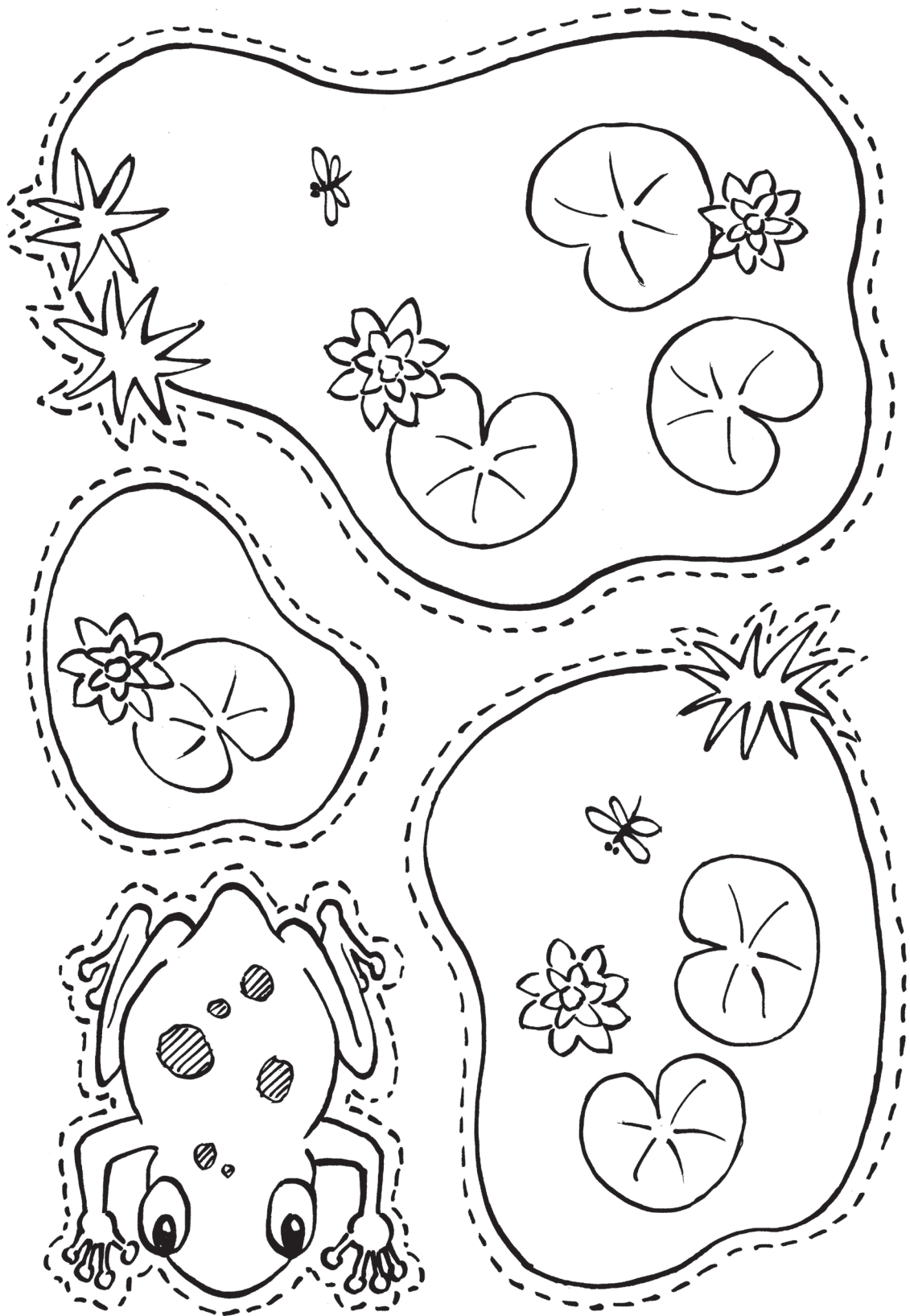
## Body changes that can happen with anxiety template

<b>Feeling hot</b>	<b>Feeling cold</b>	<b>My body shaking</b>
<b>Breathing quickly</b>	<b>My heart going fast</b>	<b>Needing to go to the toilet</b>
<b>My muscles getting tight or feeling sore</b>	<b>Feeling sweaty</b>	<b>Feeling dizzy</b>
<b>Feeling like I'm going to be sick</b>	<b>Feeling like there are butterflies in my tummy</b>	<b>Sore tummy</b>
<b>Sore head</b>	<b>Feeling really tired</b>	<b>Feeling like I can't sit still</b>
<b>Feeling jumpy</b>	<b>Feeling like it's hard to breathe</b>	<b>My chest feeling tight</b>

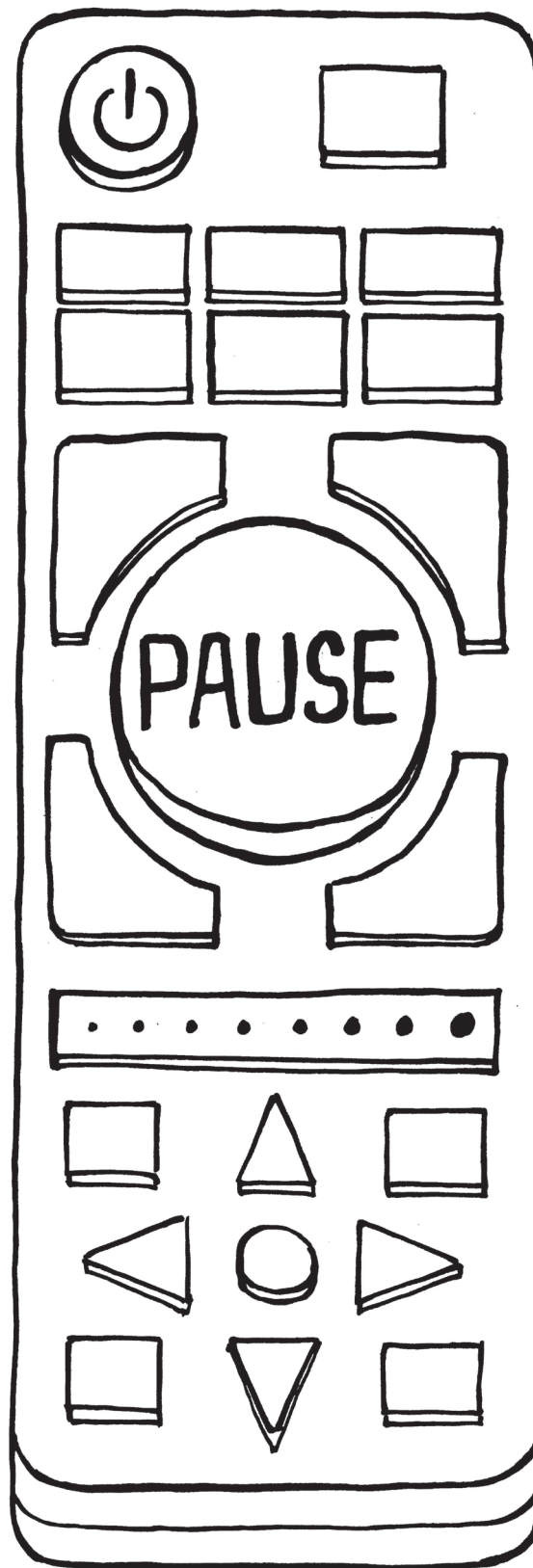
## Phone template



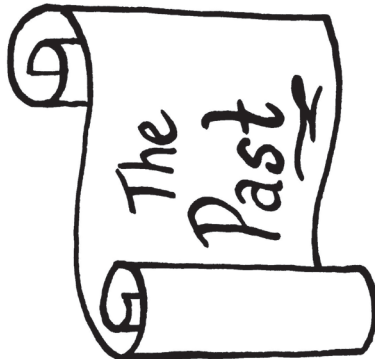
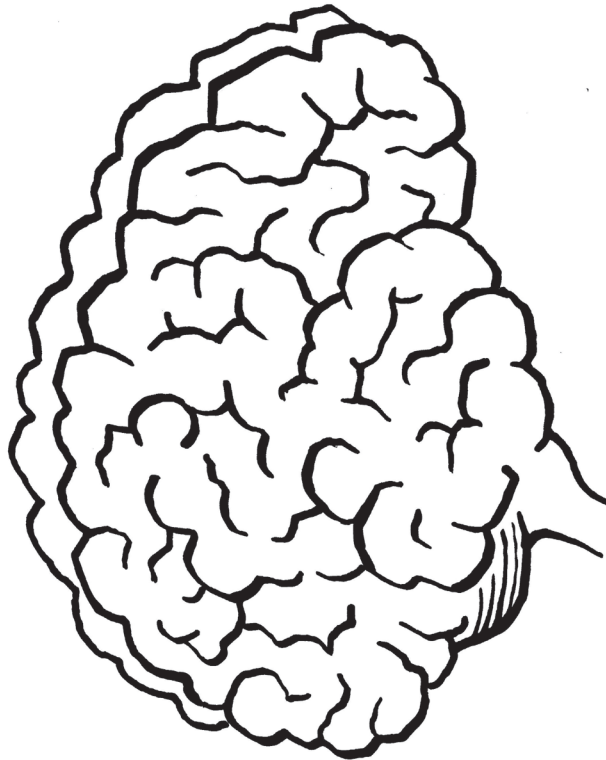
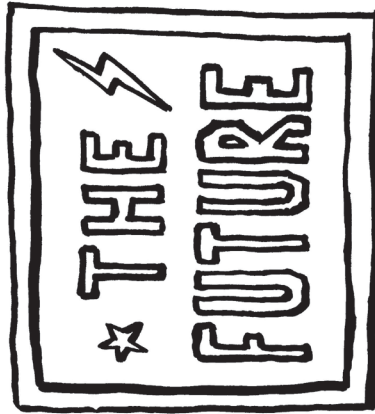
## Frog template



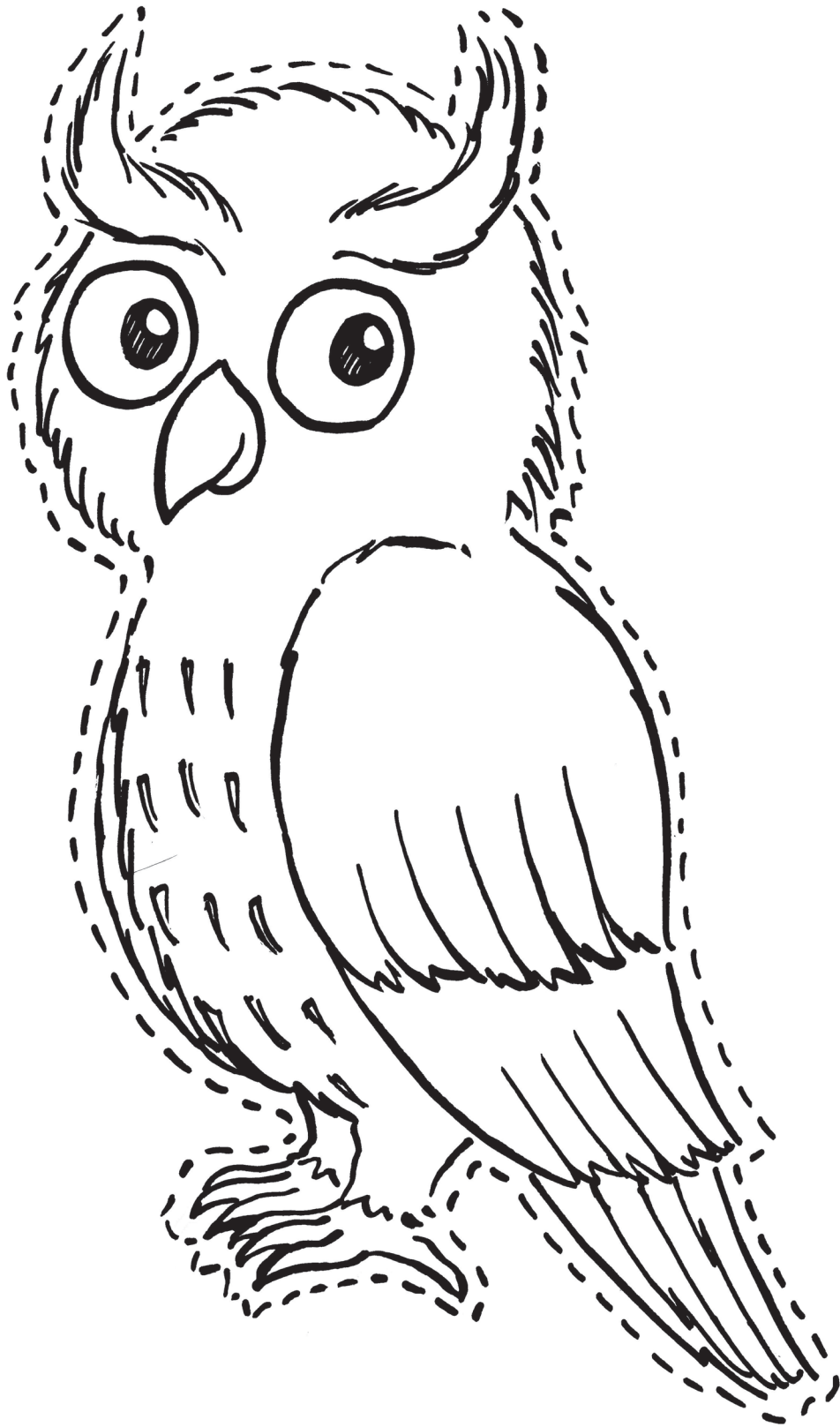
## Remote control template



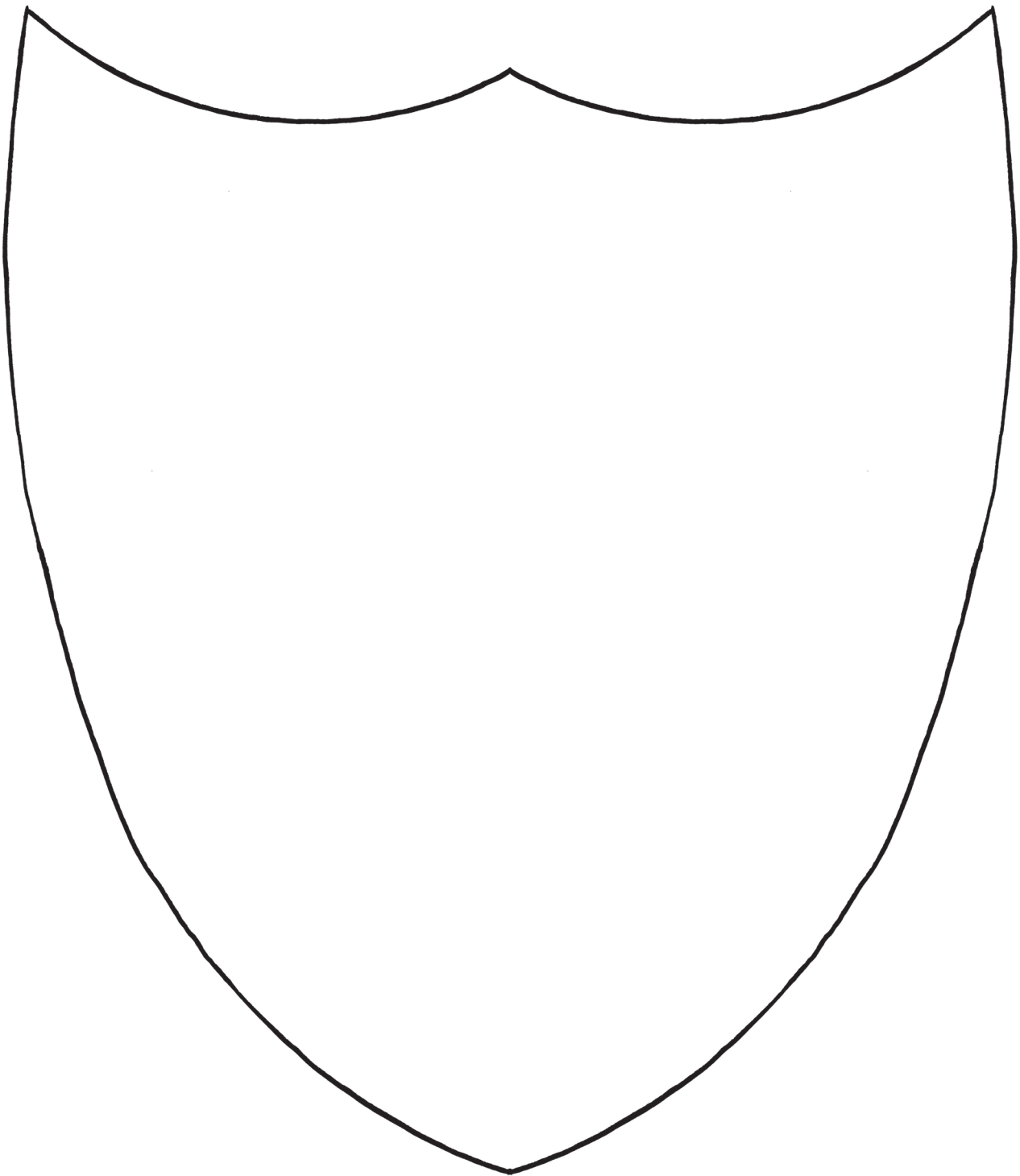
## Time-traveling brain template



## Owl template

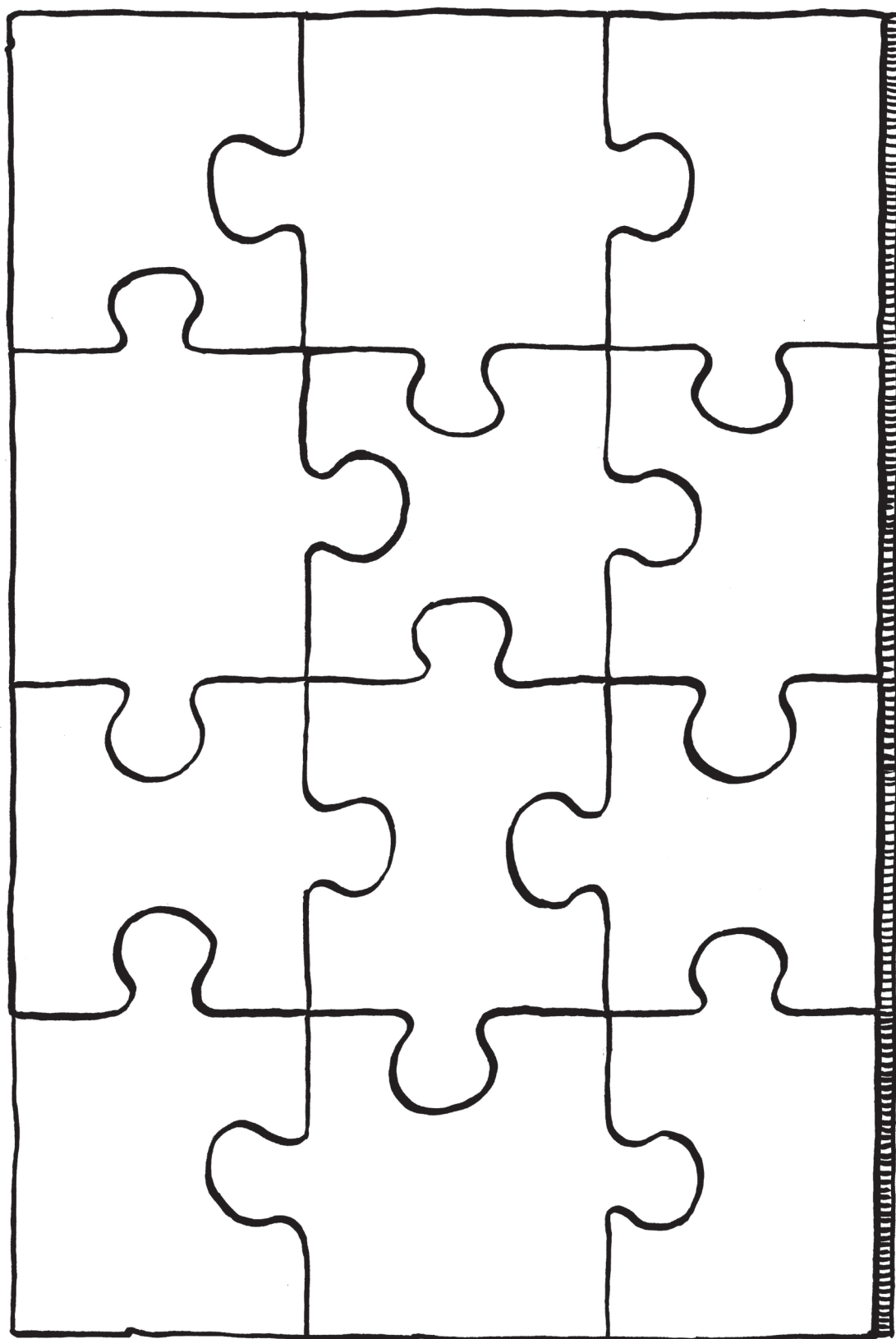


## Shield ball template

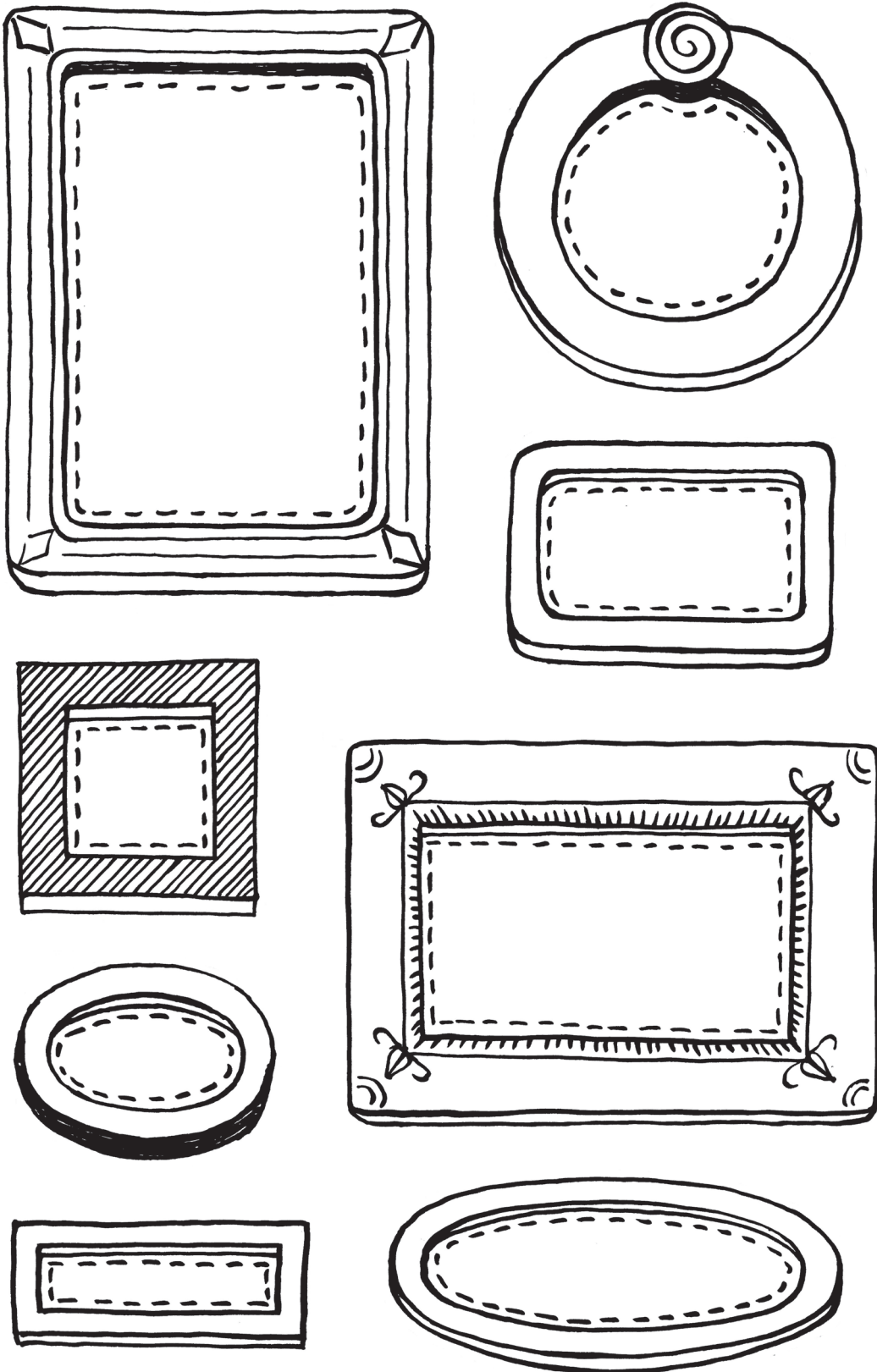




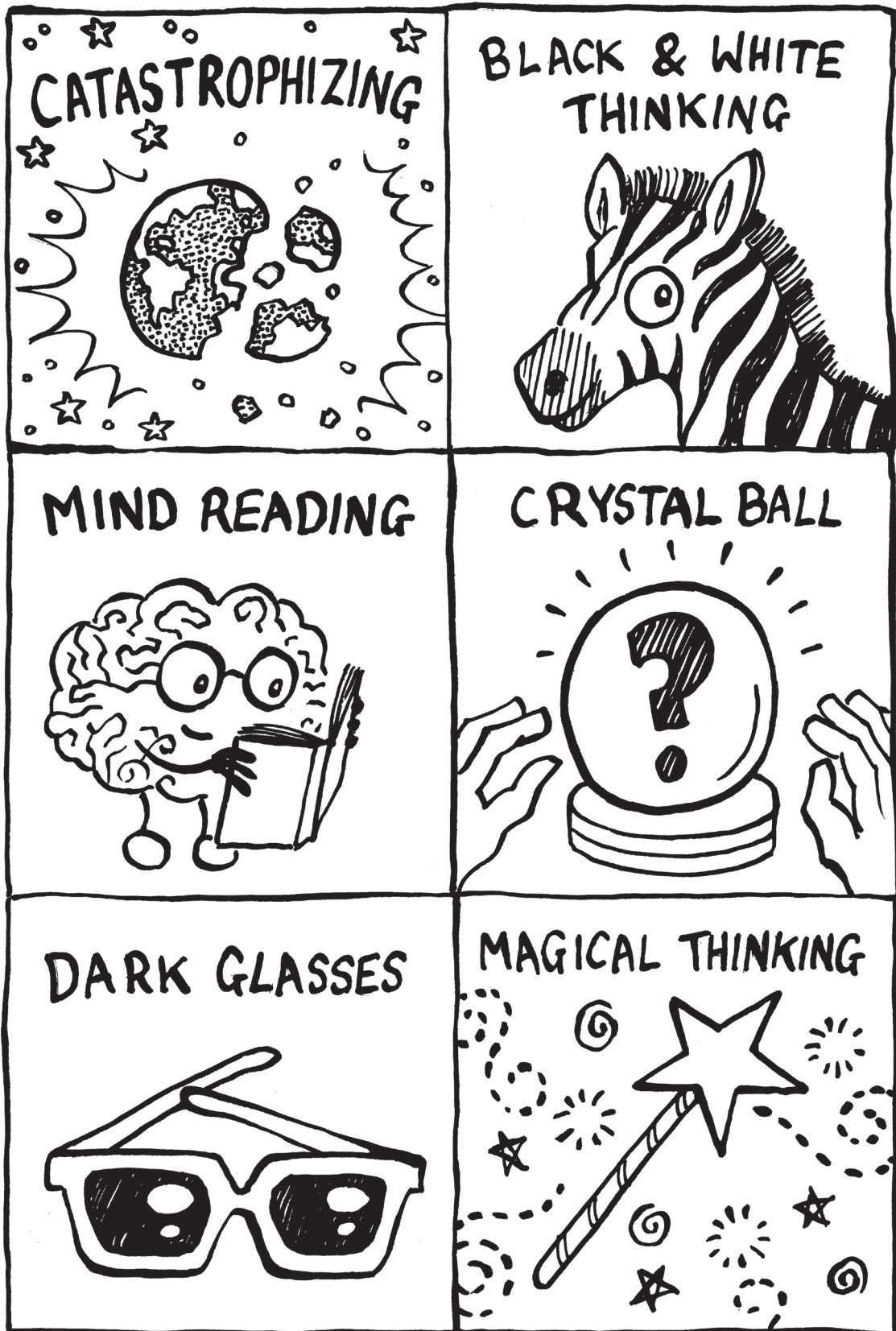
## Jigsaw puzzle template



## Frames template



## Thought error lotto template



## Shrink ray template

