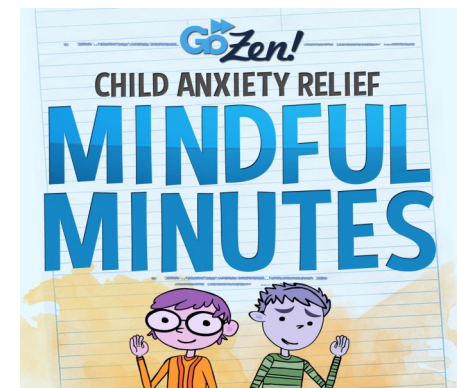


@gozenlove



**7 THINGS**  
**KIDS SAY AND DO**  
**THAT CAN MEAN**  
**"I'M ANXIOUS"**

KIDS STRUGGLE TO IDENTIFY OVERWHELMING EMOTIONS, WHICH CAUSE THEM TO ACT OUT IN WAYS THAT CAN BE TRANSLATED AS "I'M ANXIOUS."







# 3 EMOTIONAL OUTBURSTS

4

"WHAT IF...?"

5

"I  
CAN'T!"

6

"I DON'T  
WANT TO!"

