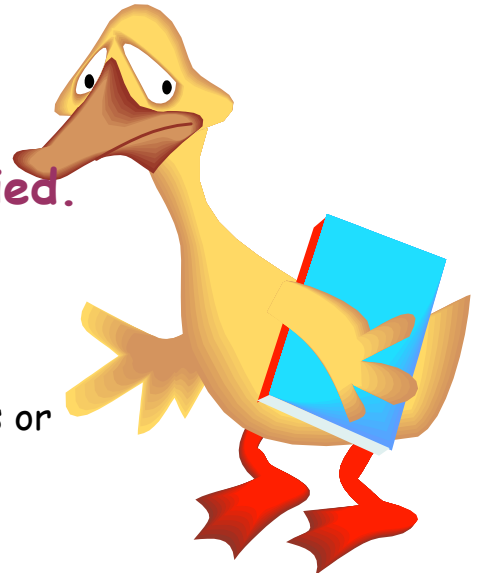


Willy is worried.

Anxiety is when you feel scared or worried.

Feeling worried at times is normal.

Meeting new people, having to talk in front of the class or even learning something new can make you worry.



What can you do you are feeling anxious:

- Talk with a parent or an adult you trust.
- You can tell other kids you trust about your worries and fears.
- Get plenty of exercise. It can take your mind off things, makes you feel good, and afterwards your body will feel relaxed.
- Get a good night sleep and eat properly.
- Practice skills like reading out loud, giving a report or ball and bat skills . That way you feel good about yourself when you are doing something in front of your class.
- Talk to your teacher about any fears you may have at school. They may be able to help you work on some ways to deal with your fears.

You may have to decide which fears you can do something about and which you can't. You can get help to sort out your fears and deal with them. Then you can get on to the most **important** things like having **fun** with your friends and family, **enjoying** learning at school and keeping **fit, strong and healthy**.