



# Belly Rise

By Jill-Lynnette Piazza

Place a check in the circle(s) below...

- I completed this on my own
- I worked on this with a classmate or friend
- I discussed my ideas with the help of an adult

**What Might Anxiety Feel Like or Look Like**

**“Tool Belt” Ideas to Try or Use**



For more information, contact [aly@expoundpublicity.com](mailto:aly@expoundpublicity.com).

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