**Anxiety and stress:**

**evaluation questions**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes** Fred 7 | **Not sure**Ryan 3 | **No**Pauline 6 |
| I know what anxiety and stress are. |  |  |  |
| I know what happens to my body if I feel like that. |  |  |  |
| I have a plan for how I could sort some of the things that make me feel anxious or stressed. |  |  |  |
| I have some ideas about how I can make myself feel calm again if I am anxious or stressed. |  |  |  |

*This resource has been created by Barnardo’s whilst they held the WESAIL contract 2018-2022 AND EDITED FOR USE BY Barnardo’s SENDIASS Bradford 2022.*

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