



Taking Charge of Your Lion



Your lion can seem big and scary but you are in control and you can shrink him!

What you need:

An envelope



Scissors



Glue



Cut out the cat at the bottom of the page and stick him on the front of the envelope.

Cut out the lion and fold him up from the bottom, keep folding him until he is as small as he will go.

Put him in the envelope. Feel strong that you are in control of the lion and look at the cat to help you remember the important message...Don't Feed the Cat. Put your envelope in a safe place.

Sometimes you will feel anxious and talking about this will help. Use your envelope to help you. Take out the lion and unfold it. Do you need to fold it out the whole way? Only do this if you are the most anxious you have ever been, you might only need to reveal his feet, or you might need to unfold him more. As you talk to someone about your worry and start to feel less anxious fold up your lion and pop him back into your envelope. Great job!! Use this activity as often as you need to.

You could also take your lion out and unfold him all the way! Then talk to someone about how you have overcome your anxiety and taken charge! Fold the lion back up as you talk and feel super proud when he is safely back in the envelope.





Cut out your lion and fold him up from his head down to his feet.

