

# Counseling Map - Anxiety

Session #1: Intro	Session #2: What is Anxiety?	Session #3: Anxiety Looks/Feels Like	Session #4: Anxiety Triggers	Session #5 Calming Strategies	Session #6 Mindfulness
<b>Skill</b> Psychoeducation and Self Awareness	<b>Skill</b> Psychoeducation and Self Awareness	<b>Skill</b> Psychoeducation and Self Awareness	<b>Skill</b> Psychoeducation and Self Awareness	<b>Skill</b> Self Management	<b>Skill</b> Self Management
<b>Subskills</b> 1e, 2g, 3c, 4f	<b>Subskills</b> 1a, 1b, 1c, 1e	<b>Subskills</b> 1d, 1h	<b>Subskills</b> 1b, 1i	<b>Subskills</b> 2a, 2d, 2e, 2g	<b>Subskills</b> 2f
<b>Check-In</b> Feelings Chart	<b>Check-In</b> Week in Emojis	<b>Check-In</b> Feelings Chart and Size of Feelings	<b>Check-In</b> Feelings Spinner	<b>Check-In</b> Feelings Thermometer	<b>Check-In</b> I Feel _____ Because statements
<b>Warm Up</b> Draw a picture of someone who helps you	<b>Warm Up</b> I felt (feeling) when sentence stems	<b>Warm Up</b> Mark where you feel anxious on an outline of a person	<b>Warm Up</b> Sort situations that would make you nervous	<b>Warm Up</b> Deep breathing	<b>Warm Up</b> Grounding
<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Intro to Counseling</li> <li>• What is anxiety?</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Anxiety and the brain</li> <li>• Anxiety and the body</li> <li>• Match situations to different feelings</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Match situations to different feelings</li> <li>• Describe how anxiety makes different parts of your body feel</li> <li>• Mirrors - what worry looks like</li> <li>• Sort pictures of people who look worried</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Feelings thermometer</li> <li>• Fear ladder</li> <li>• You can tell I'm worried when ...</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• brain and automatic fear response</li> <li>• calming strategy practice: deep breaths, grounding, and distraction</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Explain mindfulness</li> <li>• Simple mindfulness script</li> <li>• Reflect on how it made them feel</li> </ul>

## Counseling Map & Checklist - Anxiety

Flexible, skill-based plan for counseling

Counseling Maps™ are where a curriculum map meets a treatment plan.

A counseling map gives you a guide of the skills that need to be taught, just like a curriculum map, but with the flexibility to build sessions like a treatment plan.

They are perfect for planning individual counseling sessions and can be extended for group counseling.

This all saves you time while still being responsive.

# Counseling Map - Anxiety

<b>Session #6</b> Anxious Thinking	<b>Session #7</b> Cognitive Strategies	<b>Session #8</b> Cognitive Strategies	<b>Session #9</b> My Strategies	<b>Session #10</b> What Motivates Me	<b>Session #11</b> My Success
<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b>

## EDITABLE COUNSELING MAP

<b>Check-In</b> I feel _____ because	<b>Check-In</b> Feelings Thermometer	<b>Check-In</b> Feelings Chart	<b>Check-In</b> Play Dough Faces	<b>Check-In</b> Rose-Bud-Thorn	<b>Check-In</b> Feelings Spinner
<b>Warm Up</b> Thoughts vs feelings sort	<b>Warm Up</b> Sort helpful and unhelpful thoughts	<b>Warm Up</b> Reframe negative thoughts	<b>Warm Up</b> Identify how you know you need to use a strategy	<b>Warm Up</b> Daily reflection cards	<b>Warm Up</b> Daily reflection cards
<b>Session Activities</b> <ul style="list-style-type: none"> <li>About negative thinking patterns</li> <li>Thought log</li> <li>Feelings tracker</li> <li>Magic triangle</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>Name your negative thinking</li> <li>Reframe negative thoughts</li> <li>Create a positive self talk phrase</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>Sort things in and out of your control</li> <li>Probability - determine likelihood an event will happen</li> <li>Come up with evidence for your thinking.</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>Strategy Stations.</li> <li>Create a strategy toolbox with your preferred strategies</li> <li>Make a strategy bracelet with a bead to represent each of your favorite strategies</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>Brainstorm something you want to change or improve</li> <li>Write down your why for your top 2</li> <li>Create a poster of your life once you have changed it</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>Brainstorm rewards for meeting a goal</li> <li>Success chains</li> <li>Give yourself a trophy</li> <li>Plan a reward party</li> </ul>
<b>Exit Ticket</b> Negative thoughts - which types	<b>Exit Ticket</b> Reframe a negative thought	<b>Exit Ticket</b> Self talk phrase - situation out of your control	<b>Exit Ticket</b> When you think you will need to use a strategy	<b>Exit Ticket</b> Write down a why phrase	<b>Exit Ticket</b> Rose-Bud-Thorn
<b>Cool Down</b> Mindful Minute	<b>Cool Down</b> Mindfulness	<b>Cool Down</b> Grounding	<b>Cool Down</b> Snake Breaths	<b>Cool Down</b> Box Breathing	<b>Cool Down</b> Happy Thoughts



# COUNSELING MAP

A sequence of sessions based on missing skills that can be personalized to your individual student.

Build your counseling maps using the included skills checklists and a repeatable session structure.

## 2. Self Management

# EDITABLE SKILLS CHECKLIST

2c Independently uses a strategy to manage anxiety in a real life situation.

## 2. Self Management - Calming Strategies

2d Uses a strategy to manage anxiety - deep breathing.

2e Uses a strategy to manage anxiety - grounding.

2f Uses a strategy to manage anxiety - mindfulness.

2g Uses a strategy to manage anxiety - distraction.

## 2. Self Management - Cognitive Strategies

2h Uses a strategy to manage anxiety - self talk.

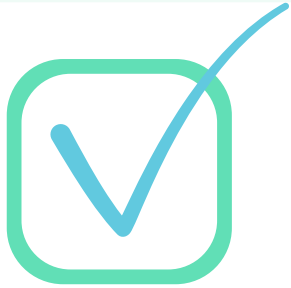
2i Uses a strategy to manage anxiety - personify.

2j Uses a strategy to manage anxiety - reframe.

2k Uses a strategy to manage anxiety - in and out of my control.

2l Uses a strategy to manage anxiety - check facts.





# SKILL AREAS

Psychoeducation

Self Awareness

Self Management

Goal Setting

Mindset

Problem Solving

Social Connection



# COUNSELING MAP - ANXIETY

## Parts of the Counseling Map

Each session included a feelings check-in, a warm-up, goal-focused activities, usually an exit ticket, and a cool-down exercise. What do your sessions include? Standard routines for a session can give a student a sense of predictability and safety. Add your counseling routine to each section, or use my flow.

## Grades 2 to 8

vocabulary and check how the student

## Individual Counseling

like to include warm-ups and cool-up activities review a skill covered in cool-down could also be sharing a goal

for the week or restating their plan to handle an event this week. The purpose of the cool-down is not only to practice or

## Editable

et the goals/subskills of the session.

Consider how you can use resources you already have and use some materials across sessions (e.g., feelings thermometers)

## Flexible and skill-based

plan your activities. What should the



## FAQ

Are there counseling maps for other topics?

Check here for all the counseling maps that are currently available. If you have a suggestion for another topic, email me at [laura@socialemotionalworkshop.com](mailto:laura@socialemotionalworkshop.com)

Are there activities included?

The counseling maps include possible activities you could use but does not include any direct student materials. You pick and plug in your favorite activities to address the skills.