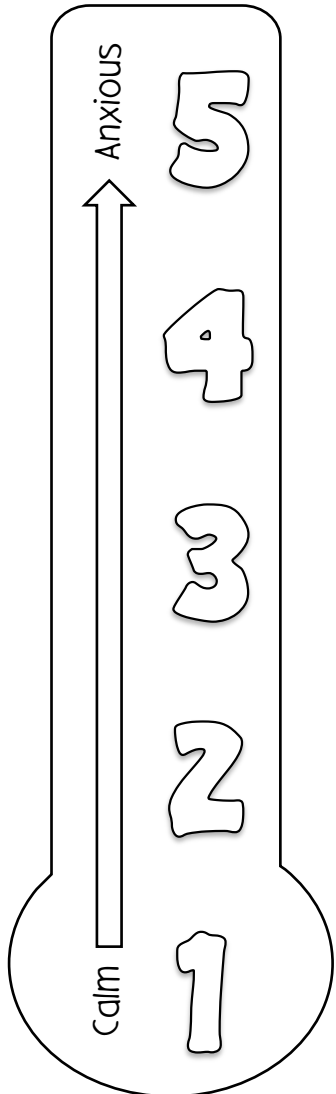


Anxiety scale

Name

Use this scale to monitor your levels of anxiety. Fill it in BEFORE reading the story and working through the worksheets.

Write a number from 1 to 5



How worried do you feel about coming to school ?

How worried do you feel about leaving your parent/carer?

How worried do you feel about seeing your friends?

How worried do you feel about seeing your teachers?

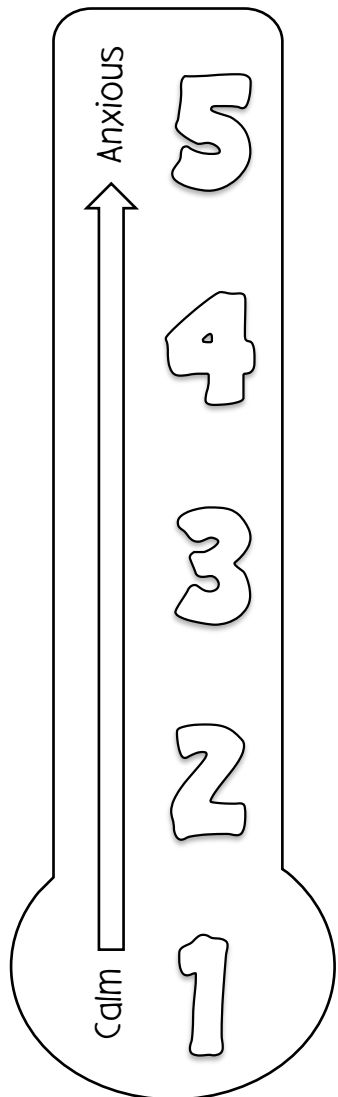
Any other comments?

Anxiety scale

Name

Use this scale to monitor your levels of anxiety. Fill it in AFTER reading the story and working through the worksheets.

Write a number from 1 to 5



How worried do you feel about coming to school now?

How worried do you feel about leaving your parent/carer now?

How worried do you feel about seeing your friends now?

How worried do you feel about seeing your teachers now?

Any other comments?