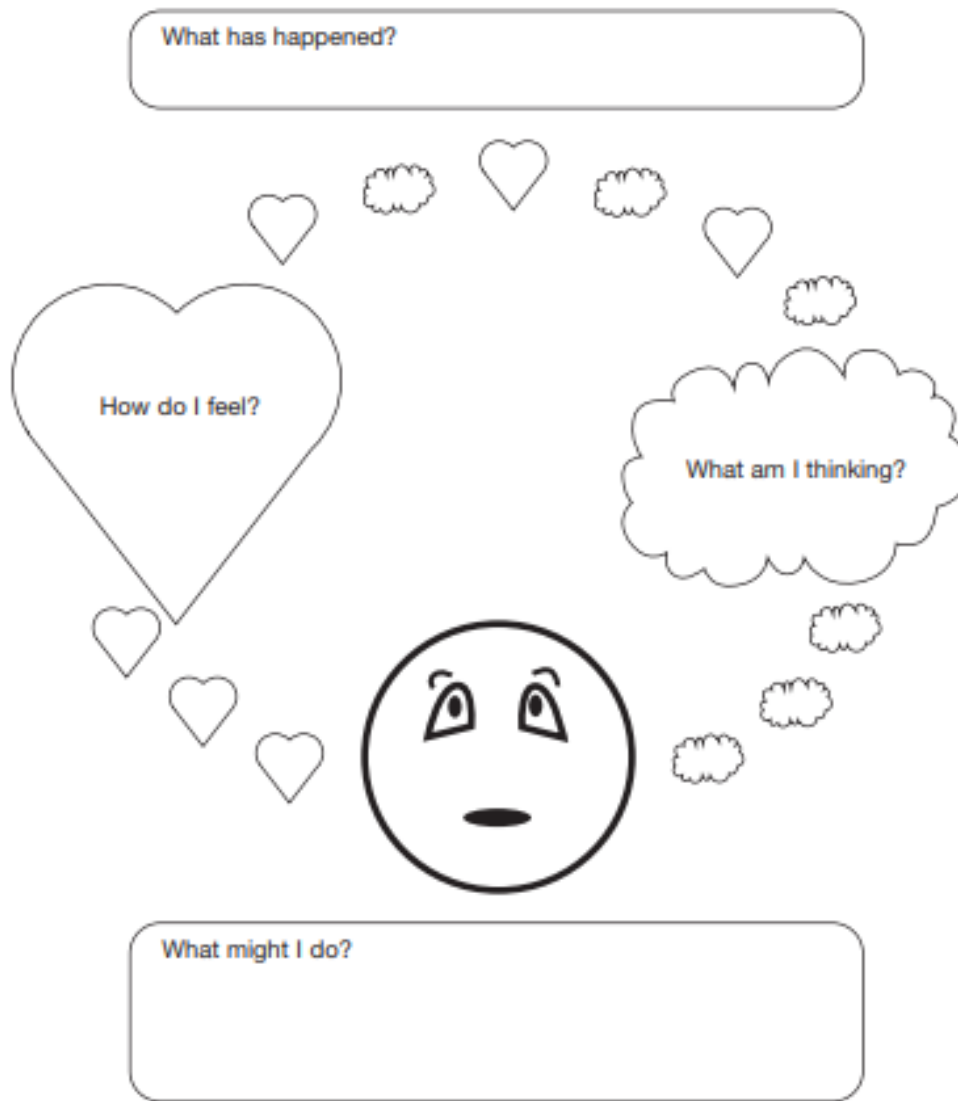


LO: I can learn to regulate my emotions.



Sometimes we need to talk about our worries with the people around us. Other times we may want to take our minds off our worries by doing other things.

What Can Your Brain Focus On When You're Feeling Anxious?

Your brain can't hold on to anxious thoughts when you're using it for something else! Fill in the blank bubbles with your own ideas.

