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# ANXIETY

**FIGHT FLIGHT FREEZE –  
A GUIDE TO ANXIETY FOR KIDS**

**DR. DAN SIEGEL: FLIPPING YOUR LID  
TALKING TO YOUR CHILD ABOUT  
ANXIETY**

**RELAXATION EXERCISES**

**NAME IT TO TAME IT!**

**GUIDED MINDFULNESS  
MEDITATIONS**

**FEELINGS THERMOMETER  
ACTIVITY**

**STRESS IN CHILDREN AND TEENAGERS**

**CARETOONS: NORMALIZING  
ANXIETY**

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