

ALL ABOUT ANXIETY

THE ELEPHANT & THE MOUSE ANIMATION ACTIVITY PACK

Student Workbook



Student Name:

Date:

STUDENT WORKSHEET

Use this student worksheet to note down your thoughts whilst watching the Elephant and the Mouse animation

1	Who would you expect to run away first?	
2	Who would you expect to run away this time? Any explanations or guesses why this might be?	
3	Try to guess what the mouse might be thinking as it sees the elephant running away for the second day in a row?	
4	Look at the stress performance curve diagram. Where do you think the elephant is currently at on this curve?	
5	What do you think the elephant will do on day 4? What do you think is going through its head? Guess some of its thoughts.	

STUDENT WORKSHEET

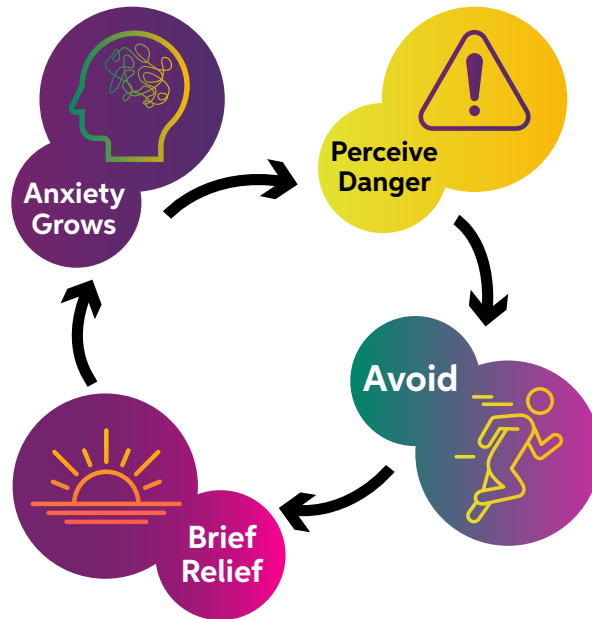
6	Guess what the mouse might be thinking at this stage?	
7	Did the mouse look for this power over the elephant? Do you think this mouse is scared or stressed by other things? Discuss.	
8	How would the elephant get its power back from the mouse? Brainstorm as a group	
9	Would taking its power back be easy for the elephant? What might an easy first step be to move towards its goal of walking right through the jungle?	

STUDENT WORKSHEET - AFTER WATCHING

10. Use the placemat activity to brainstorm ways the elephant might problem solve out of this cycle.

<p>What thoughts might be running through the elephants head?</p>	<p>What is one small step the elephant could take to move towards achieving the goal of getting through the jungle?</p>
<p>Is it realistic that the elephant will one day get to walk through the jungle?</p>	<p>Who could help the elephant achieve the goal?</p>

STUDENT WORKSHEET - THE ANXIETY CYCLE



11. Look at the diagram of the anxiety cycle:

Think of examples of times you have experienced the anxiety cycle. What helped you overcome the obstacle?

THE ELEPHANT'S ANXIETY CYCLE

Use the word bank to complete the anxiety cycle story for our elephant.

avoid	worse	bigger	green	power	facing
	mouse	relief	negative	time	

The perceived threat in the story of 'The Elephant and the Mouse' by Dr Claire Hayes is the _____ .
The elephant sees it as scarier than it is and this gets _____ every time they
avoid _____ it in the jungle. The elephant starts to _____
going into the jungle because it makes them feel scared, stupid and inferior. Not facing the mouse and the
jungle is a _____ at first but after a few days, the fear of the mouse gets
_____. In the end of the story, the fear of the mouse is much bigger than at the start,
because the elephant needs to take their _____ back. They could start by turning the
_____, red thoughts to more encouraging, _____ thoughts.
This will take the elephant _____ but will be well worth it.

EXTENSION ACTIVITIES

Wordsearch

M L N E G A T I V E T H O U G H T S Y H D F B R
A S M R E A L I S T I C G O A L S F M T U M P M
A J N O J N P H Y S I C A L S Y M P T O M S S Q
K L N U U P H L O B B D E E P B R E A T H I N G
U A J M A S L O A M P P D V R E T A U G R E T O
N K M E V U E Y C U A H P J L U D E C J J T A D
C L A M R O N L F N R M P Z N S M C W H C A A X
R I U V P W Q L I C O K I D V P C N Y M L R Z H
K B Q Z M H I C F H W W Y J W M L O N R E T S P
U N N G A G A I E M S Q T G W A U R U G E R Y O
T Z B O H T Y R A Z M A E N B R Z P O R I A H S
D V M T T U Q N R O L S I I J C L L Q S F E F S
K F A A S R N P F K T E X L R Y B R F M Q H J I
L M C I E B J D I E L K N L H M M C D Y S D A B
O K D V F U P N L E A Q A A G M W E B S S E V I
S E Y F C W G G P A Q T A N B U N D N B E S U L
H N D B A H N H S X H P X R M T M U G U R A O I
Q J S P E U A D N G D I W U S V B C G G T E D T
Z S Z L J N D J I V K Q Y O I M Y B Q X S R Z Y
S K P K T S X F G U D O K J W Y L N D J P C R C
Z S O V E R T H I N K I N G C X Y Z V D R N V C
S O E G C R V T N K Q P N Z E X V S H A K I N G
D L Z U R W D J E A E A N X I E T Y C Y C L E E
T A E R H T N W O N K N U N E B S N A O Y O Z G

- **JUNGLE**
- **MOUSE**
- **ELEPHANT**
- **STRESS**
- **REALISTIC GOALS**
- **TALKING HELPS**
- **JOURNALING**
- **NORMAL**
- **ANXIETY CYCLE**
- **DEEP BREATHING**
- **PANIC ATTACKS**
- **TUMMY CRAMPS**
- **SHAKING**
- **PHYSICAL SYMPTOMS**
- **NEGATIVE THOUGHTS**
- **OVERTHINKING**
- **POSSIBILITY**
- **INCREASED HEART RATE**
- **FLIGHT**
- **FIGHT**
- **UNKNOWN THREAT**
- **FEAR**
- **ANXIETY**

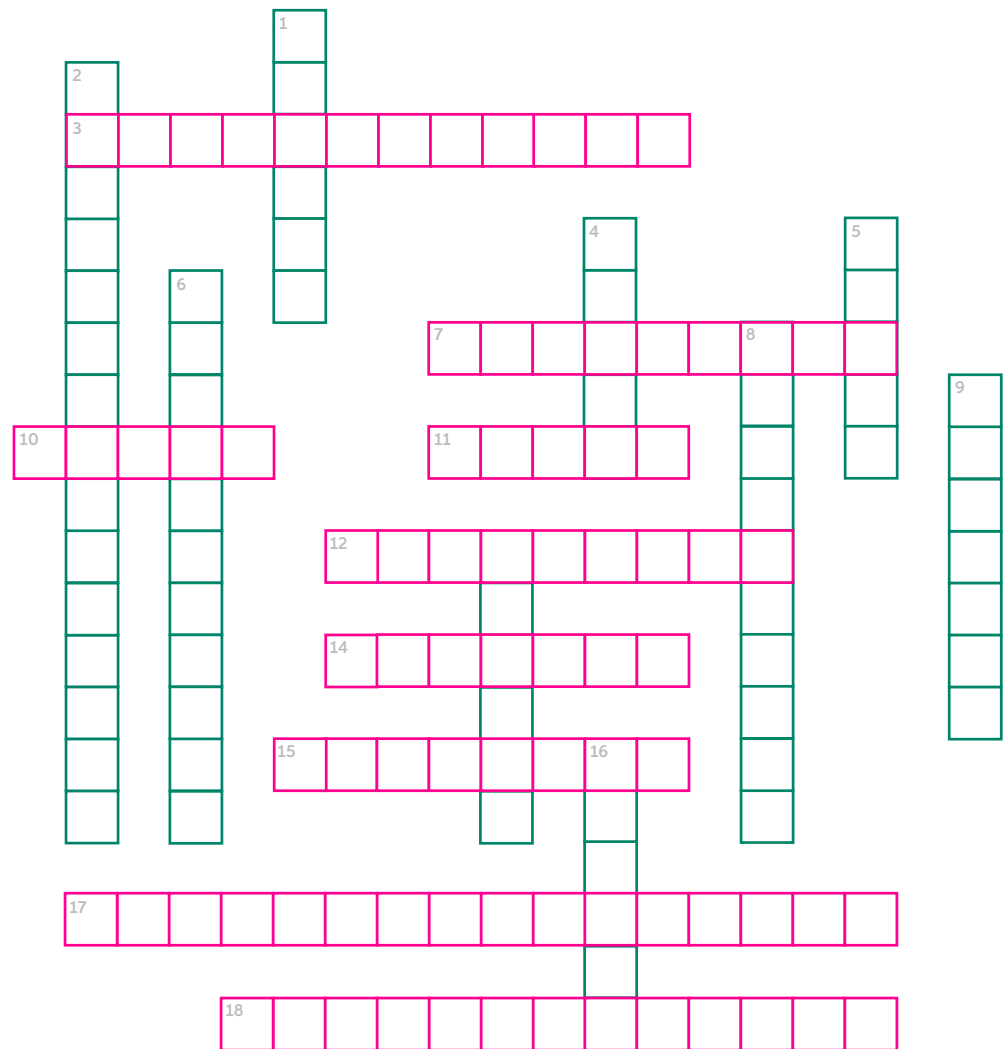
EXTENSION ACTIVITIES

Unscramble

	UNSCRAMBLE ME!	KEYWORD
1	AYEXNIT	
2	EFRA	
3	NKWONNU TREHTA	
4	GFIHT	
5	GLFTIH	
6	DNCRSAEIE THREA TAER	
7	OIPYITSSLIB	
8	IIKTHROGENNV	
9	EENGAIVT UHOSTHTG	
10	LPHAICSY SSMMOTPY	
11	HKNIGSA	
12	TMYMU AMPRSC	
13	AICPN STKATCA	
14	PEED EBHIRTGAN	
15	ATNYEIX LEYCC	
16	ALMRNO	
17	RJNUIAONGL	
18	NATKILG LEPHS	
19	AIIRSTECL GOSLA	
20	ESSRST	

EXTENSION ACTIVITIES

Crossword



ACROSS:

3. By avoiding something we fear we create a cycle called the _____.
7. A method to counteractive anxious thoughts and feelings.
10. By avoiding the jungle, the elephant is making the anxiety _____.
11. The elephant needs to take his _____ back.
12. Facing the mouse will be _____ for the elephant.
14. A normal human condition that has helped us survive.
15. A large animal with a trunk.
17. How we feel anxiety in our bodies.
18. A way the elephant can approach the transition back into the jungle.

DOWN:

1. The stress response to take no action whatsoever.
2. To make thoughts appear much worse than they are.
4. A small animal with a long tail and whiskers.
5. The stress response to facing the perceived threat.
6. Thoughts that will not leave you alone.
8. The elephant thinking the mouse is huge and scary is an example of an _____ thought.
9. Anxiety is fear of the _____.
13. The stress response to getting going.
16. Anxiety is a _____ response, but sometimes is overactive.



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