



# OLIVIA WRAPPED IN VINES ACTIVITY SHEET



Anxiety, or that worried feeling you sometimes get, is an unpleasant emotion that can be caused by many things in our lives. Olivia's anxiety feels like vines that wrap around her body and it is caused by her not wanting to make her teacher, Solange, or her parents mad. Fortunately, Solange gives her tricks for making the vines go away. First she suggests that Olivia take deep breaths. Sometimes just focusing on something simple, like your breathing, can calm your anxiety. When that doesn't work for Olivia, Solange asks her to visualize, or picture, the vines in her head and then see herself chopping them down.

What about you? Have you ever had anxiety, that worried feeling? Can you picture this feeling as an object, as some *thing*, and then try to get rid of it like Olivia does with her vines?

DID YOU NOTICE THE FUNNY NICKNAMES SOLANGE GIVES OLIVIA? CAN YOU INVENT YOUR OWN? HERE ARE SOME IDEAS TO HELP YOU GET STARTED!

My monkey

doing jumps

My frog

in pajamas

My fish

eating chocolate

My hedgehog

with braids

My cat

in flip-flops

On pages 8 and 9, Olivia lists things that make her vines grow, such as going to the dentist or fighting with a friend. What about you? Are there specific things that make you feel anxious or worried?



Olivia's supersoft lion seems to keep her company throughout her day (sometimes it looks like it even comes alive!). Do you have a favorite stuffie or object that makes you feel better when it's close by?

