

Asking for a Friend

Name: _____

Art Activity: Create a Poster



There are many grounding techniques that can help individuals deal with anxiety. Some might involve breathing, others counting, some might activate different senses or involve imagining pleasant places and people. Eden uses a number of different ways to manage their anxiety in the novel.

Choose one technique you learned about in the story or from your own research, and on the back of this page, **create a poster** for students that could be hung in a classroom to remind them of a strategy they can use when they feel anxious. (For example: box breathing). Create a rough plan for your poster in the box below.

Consider some of the factors which make an effective poster: size of lettering, a simple, clear message, use of colour, images, use of space, etc.

My Plan: