

**LEVEL 2: WORRY WAVES - WHAT'S ON YOUR RADAR?**

Hmm, something's on my mind. Butterflies in stomach.

WRITE THREE WORRIES BUZZING IN YOUR HEAD.

DRAW A COMIC OF YOU KNOCKING OUT ONE WORRY.

WRITE WAYS YOU CAN GIVE WORRIES A BREAK.

TIP: Talk it out, write it down, take a walk.

**YOU ARE NOT ALONE!**

**LEVEL 4: PANIC PEAK - ERUPTION IMMINENT!**

Can't think straight, wanna escape. Fight or flight mode!

PRACTISE THE 5-4-3-2-1 TECHNIQUE:

- Name 5 things you can see:
- Name 4 things you can feel:
- Name 3 things you can hear:
- Name 2 things you can smell:
- Name 1 thing you can taste:

DRAW A PLACE OR ACTION THAT HELPS YOU FEEL SAFER FAST.

TIP: Grounding (5-4-3-2-1 technique), splash cold water, find cool space.

**YOU ARE NOT ALONE!**

**THE ANXIETY METER WORKSHEET**

1. SHADE THE LEVEL THAT MATCHES HOW YOU FEEL RIGHT NOW!

2. WRITE THREE WORDS THAT DESCRIBE HOW YOU FEEL:

3. WRITE THREE THINGS TO COOL DOWN YOUR ANXIETY METER:

REMEMBER: IT'S OKAY NOT TO BE OKAY.

# The Anxiety Meter Poster & Worksheets

www.SocialWorkersToolbox.com

**THE ANXIETY METER**

**LEVEL 5: MELTDOWN METEOR**  
TOTAL OVERLOAD! Need a reset ASAP.  
TIP: Reach out for help IMMEDIATELY, find an adult, crisis text line.

**LEVEL 4: PANIC PEAK**  
Can't think straight, wanna escape. Fight or flight mode!  
TIP: Grounding (5-4-3-2-1 technique), splash cold water, find a safe space.

**LEVEL 3: STRESS STORM**  
Heart beating faster, muscles tight. Getting overwhelmed.  
TIP: Deep breathing (4-7-8), count to 10, squeeze a stress ball.

**LEVEL 2: WORRY WAVES**  
Hmm, something's on my mind. Butterflies in stomach.  
TIP: Talk it out, write it down, take a walk.

**LEVEL 1: CALM CRUISE**  
Feelin' chill, ready to roll. Breathin' easy.  
TIP: Listen to music, draw, hang with friends.

REMEMBER: IT'S OKAY NOT TO BE OKAY. YOU ARE NOT ALONE ON THIS JOURNEY!



Free Download



# THE ANXIETY METER



## LEVEL 5: MELTDOWN METEOR

TOTAL OVERLOAD! Need a reset ASAP.

**TIP:** Reach out for help IMMEDIATELY, find an adult, crisis text line.

## LEVEL 4: PANIC PEAK

Can't think straight, wanna escape. Fight or flight mode!

**TIP:** Grounding (5-4-3-2-1 technique), splash cold water, find a safe space.

## LEVEL 3: STRESS STORM

Heart beating faster, muscles tight. Getting overwhelmed.

**TIP:** Deep breathing (4-7-8), count to 10, squeeze a stress ball.

## LEVEL 2: WORRY WAVES

Hmm, something's on my mind. Butterflies in stomach.

**TIP:** Talk it out, write it down, take a walk.

## LEVEL 1: CALM CRUISE

Feelin' chill, ready to roll. Breathin' easy.

**TIP:** Listen to music, draw, hang with friends.



REMEMBER: IT'S OKAY NOT TO BE OKAY. YOU ARE NOT ALONE ON THIS JOURNEY!



# THE ANXIETY METER WORKSHEET



1. SHADE THE LEVEL THAT MATCHES HOW YOU FEEL RIGHT NOW!

2. WRITE THREE WORDS THAT DESCRIBE HOW YOU FEEL:

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3. WRITE THREE THINGS TO COOL DOWN YOUR ANXIETY METER:

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REMEMBER: IT'S OKAY NOT TO BE OKAY.

# LEVEL 1: CALM CRUISE - CHILLIN' LIKE A VILLAIN.

Feelin' chill, ready to roll.  
Breathin' easy.

LIST THREE THINGS THAT HELP YOU STAY CHILL.

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DRAW A PLACE WHERE YOUR BODY FEELS RELAXED.



WRITE THREE CALM WORDS OR LINES.

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TIP: Listen to music, draw,  
hang with friends.

**YOU ARE NOT ALONE!**

# LEVEL 2: WORRY WAVES - WHAT'S ON YOUR RADAR?



Hmm, something's on my  
mind. Butterflies in stomach.

WRITE THREE WORRIES BUZZING IN YOUR HEAD.

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DRAW A COMIC OF YOU KNOCKING OUT ONE WORRY.

WRITE WAYS YOU CAN GIVE WORRIES A BREAK.

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**TIP: Talk it out, write it down,  
take a walk.**

**YOU ARE NOT ALONE!**

# LEVEL 3: STRESS STORM - IT'S GETTING TURBULENT!

Heart beating faster, muscles tight. Getting overwhelmed.

LIST THREE THINGS THAT FIRE UP YOUR STRESS.

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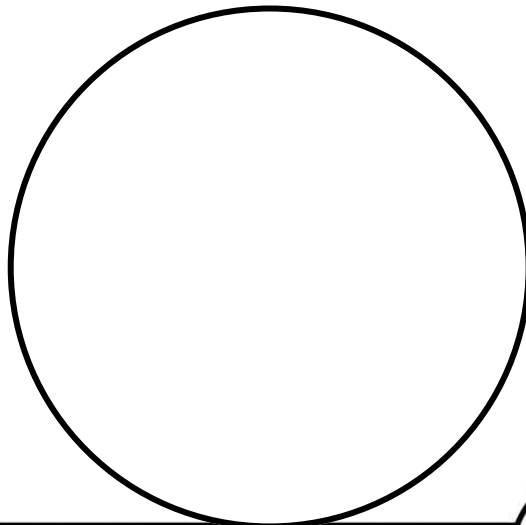
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TRY THE BREATHING BELOW AND SLOW THINGS DOWN.

BREATHE IN (4S)  HOLD (7S)  BREATHE OUT (8S)

DRAW A STRESS BALL FACE. PRETEND TO HOLD IT AND SQUEEZE IT TIGHT.



TIP: Deep breathing (4-7-8), count to 10, squeeze a stress ball.

**YOU ARE NOT ALONE!**

# LEVEL 4: PANIC PEAK - ERUPTION IMMINENT!



Can't think straight, wanna escape. Fight or flight mode!



## PRACTISE THE 5-4-3-2-1 TECHNIQUE:

1. Name 5 things you can see: \_\_\_\_\_
2. Name 4 things you can feel: \_\_\_\_\_
3. Name 3 things you can hear: \_\_\_\_\_
4. Name 2 things you can smell: \_\_\_\_\_
5. Name 1 thing you can taste: \_\_\_\_\_

DRAW A PLACE OR ACTION THAT HELPS YOU FEEL SAFER FAST.

TIP: Grounding (5-4-3-2-1 technique), splash cold water, find a safe space.

## YOU ARE NOT ALONE!

# LEVEL 5: MELTDOWN METEOR - TOTAL OVERLOAD!

**TOTAL OVERLOAD!**  
Need a reset ASAP.

WRITE THE NAMES AND NUMBERS  
OF ADULTS WHO CAN HELP.



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DRAW OR WRITE WHAT YOU WILL DO FIRST WHEN  
THINGS FEEL OUT OF CONTROL.

**TIP: Reach out for help IMMEDIATELY,  
find an adult, crisis text line.**

**YOU ARE NOT ALONE!**

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

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[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

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resources for  
direct work



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# About this Resource

This printable anxiety meter PDF is a simple visual tool that helps children and young people identify, understand and communicate how anxious they are feeling.

The anxiety meter is best introduced when the child is calm. Explain that it shows different levels of anxiety, from feeling relaxed through to feeling very worried or overwhelmed. Go through each level together and talk about what that level might feel like in the body, such as a fast heartbeat, tight tummy, shaky hands or racing thoughts.

Adults can ask the child to point to or name the level that matches how they feel. This supports emotional awareness and gives children a clear way to express anxiety when they struggle to find the right words. The meter can also be used to notice changes over time, for example before and after a difficult situation or calming activity.

Once a level is identified, the anxiety meter can be linked to coping strategies. Adults can help the child decide what might help at each level, such as breathing exercises, grounding techniques, movement breaks or asking for support. This makes the tool practical, not just descriptive.

The anxiety meter can be used during one to one support, therapy sessions, ELSA work, nurture groups, school counselling, behaviour support planning or at home. It is useful before school, during transitions, after challenging events, or when a child shows signs of emotional dysregulation.

The PDF can be printed and displayed in a calm corner, classroom, therapy room or home. It can also be kept in a wellbeing folder or emotional regulation toolkit for regular reference.

This resource is suitable for children and young people, including those with additional needs such as autism or ADHD. It supports emotional regulation, wellbeing, behaviour understanding and communication skills. Parents, carers, teachers, social workers, counsellors and other professionals can use this tool to help children feel understood and supported when anxiety increases.