



LIST OF ANXIETY SYMPTOMS

Which of these feeling and behaviors have you notice in your child(ren)? Connection Zoo™ currently addresses the majority of these (and we will add additional cards in the future).

- Trouble Breathing/Shortness of Breath
- Dizzy/Light-headed
- Upset stomach
- Anger
- Fast heartbeat
- Sweating
- Avoidance
- Embarrassment
- Crying
- Feeling stupid
- Shaking/Trembling
- Feeling lonely
- Freezing up
- Isolating
- Leaving
- Fear of being judged and/or laughed at
- Negative self-talk
- Muscle tension
- Clinging
- Mind going blank