

# Sometimes I Feel Anxious



25  
PAGES

When I am anxious my  
body might shake or shiver.



I might feel anxious when I  
do not understand what I  
am supposed to do.



**Sometimes  
I Feel  
Anxious**



Anxious is how I feel when  
I do not feel comfortable in  
a situation.



When I am anxious my  
heart might beat very hard  
and fast.

