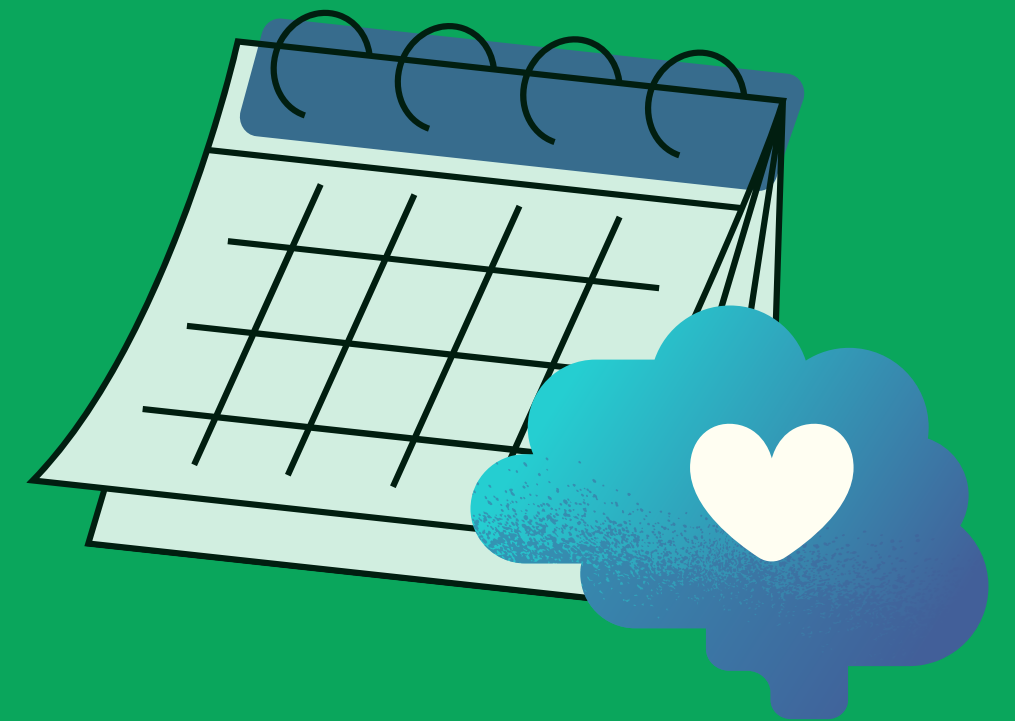


The ANGST Creative Coping Toolkit: Year-at-a-Glance Planning



Program Use Guide

The following pages will serve as a guide in implementing this toolkit into your current curriculum throughout the school year (planned as 30-minute periods).

You will also find a blank month template to fill in yourself if needed.

iMPACTFUL Year-at-a-Glance
Planning Guide 2023

Creative Coping Toolkit: Angst Edition



When prompted, enter the login details provided to you by your organizer into the player above.

Toolkit Sections

Chapter Modules	2
Guided Activities	3
Learning Bursts	4
Panel Discussion (Video)	
F.A.Q. (Video)	
Test Your Knowledge!	
Post-Screening Survey	
Handouts & Resources	

Inside the ANGST Creative Coping Toolkit:

- 1 Full-Length Film (43 min):** Access to the film to watch in a group event, individually, or at home with family.
- 2 Chapter Modules:** The film broken down by chapter into short video clips—with prompts to guide both self-reflection and group conversation (15 min) after viewing.
- 3 Guided Activities:** Interactive and immersive activities to deepen learning and support easy-to-implement positive change—useful and impactful for all ages.
- 4 Learning Bursts:** Short, easily-digestible videos answering FAQs that stem from the film programming.



Unit 1:

Introduction:

What is Anxiety?

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Discuss** how school may be a cause of anxiety.
- ✓ **Reflect** on how anxiety feels for them and compare with others their experience with anxiety.
- ✓ **Brainstorm** ways to work through feelings when they arise.

The ANGST Creative Coping Toolkit: Month 1

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): Facilitator, Not Expert W1	Useful Vocabulary (5 min) Watch ANGST (43 min) Principles for Conversation (5 min) Film Viewing Discussion (5-20 min)			
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed. W2		Starter Check-In, Module 1 (1 min) What's the Deal? (5 min)		
Teacher Prep (15 min): Same as above. W3		Anxiety Doesn't Discriminate (3 min) So What Then? (10 min)		
Teacher Prep (15 min): Same as above. W4		I Don't Remember When All the Worrying Started (3 min) Goodbye to 'Can't' and 'Try' (10 min) End of Module Check-in (1 min) Reflection (In Class or HW)	<div style="border: 1px solid red; padding: 5px;"> What have you learned from listening and sharing about your or your classmate's experiences with anxiety? Are you surprised by anything you heard? </div>	



Unit 2:

Dive Deeper:

What are the Cause and Effects of Anxiety?

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Discuss** ways to open up the conversation about mental health and brainstorm opportunities to help each other.
- ✓ **Brainstorm** situations that cause people anxiety or feelings of loss of control, as well as coping strategies.
- ✓ **Analyze** how anxiety manifests as physical symptoms in the body and how to work through them.

The ANGST Creative Coping Toolkit: Month 2

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 2 (1 min) Panic Attack (3 min)		
W2				
Teacher Prep (15 min): Same as above.		I Feel Like I Can't Control Anything (3 min)		
W3				
Teacher Prep (15 min): Same as above.		It's Just A Stomach Ache (2 min) 3 Breaths & 3 Wishes (10 min) End of Module Check-in (1 min) Reflection (In Class or HW)	<div style="border: 1px solid red; padding: 5px;"> What signals does your body send you when you're anxious? How will you incorporate an activity like '3 Breaths & 3 Wishes' to support you through those feelings? </div>	
W4				



Unit 3:

Getting Help:

How Do We Support Ourselves and Others Too?

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Discuss** how to support others and how to identify and seek help with mental health challenges.
- ✓ **Strategize** ways to check in with others about mental health, and how to begin dialogue with guardians, trusted adults, and caregivers.
- ✓ **Discuss** strategies, tips, and tricks for decreasing the occurrence of and coping with anxiety.

The ANGST Creative Coping Toolkit: Month 3

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W1				
Teacher Prep (15 min): Same as above.		Starter Check-In, Module 3 (1 min) Anxiety Takes Many Forms (3 min) The Worry Jar (10 min)		
W2				
Teacher Prep (15 min): Same as above.		You Don't Have Anxiety; You're Just Anxious (8 min) Confronting Our Fears (10 min) The Worry Jar Cont. (10 min)		
W3				
Teacher Prep (15 min): Same as above.		Take A Break, Reboot, and Jump Back (5 min) End of Module Check-in (1 min) Reflection (In Class or HW)	In your own words, what's the difference between feeling anxious and having anxiety? What strategies will you use when you are feeling anxious?	
W4				



Unit 4:



Caring Communities:

*How Do We Create
Happy Spaces & Kind
Relationships?*

In this unit, students will **cultivate their abilities** to understand one's thoughts, emotions, and values and how they influence behavior across contexts.

At the end of this unit, students will be able to:

- ✓ **Discuss** how to have positive engagements with ourselves and others, in an effort to feel better on a daily basis and create happy spaces.
- ✓ **Reflect** on how we show others that we care by improving our listening skills.
- ✓ **Define** themselves as a person beyond mental health, and brainstorm how to show our acceptance and appreciation for others.

The ANGST Creative Coping Toolkit: Month 4

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.</p> <p>W1</p>	<p>Useful Vocabulary (5 min) Principles for Conversation (5 min)</p>			
<p>Teacher Prep (15 min): Same as above.</p> <p>W2</p>		<p>Starter Check-In, Module 4 (1 min) Talk to People (5 min) HW: Bedtime Seeds (10 min)</p>	<div style="border: 1px solid blue; padding: 5px;"> Reflect the next morning how you feel! </div>	
<p>Teacher Prep (15 min): Same as above.</p> <p>W3</p>		<p>Bellwork: Share Bedtime Seeds Activity (10 min) Be A Good Friend (2 min)</p>		
<p>Teacher Prep (15 min): Same as above.</p> <p>W4</p>		<p>It Gets Better (5 min) My Attitude is Gratitude (10 min) End of Module Check-in (1 min) Reflection (In Class or HW)</p>	<div style="border: 1px solid red; padding: 5px;"> <p>What has been your biggest takeaway learning about anxiety, feeling anxious, and supporting friends and family?</p> <p>What's one lesson you want to incorporate in your life, and one lesson you'd like to share with a friend or family member?</p> </div>	

The ANGST Creative Coping Toolkit: Template

● Teacher Prep
 ● Full-Length Film
 ● Chapter Modules
 ● Guided Activities
 ● Learning Bursts
 ● 101 Course
 ● Reflection

	Monday	Tuesday	Wednesday	Thursday	Friday
W1	Teacher Prep (15 min): See what Chapter Modules and Guided Activities you did not get to. Feel free to push back modules as needed.	Useful Vocabulary (5 min) Principles for Conversation (5 min)			
W2	Teacher Prep (15 min): Same as above.		Guided Activities		
W3	Teacher Prep (15 min): Same as above.		Learning Bursts		
W4	Teacher Prep (15 min): Same as above.		Reflection (In Class or HW)		