

Audience: 4-5 grades

Topic: Anxiety

Resources:

1- *NHS*, NHS, www.nhs.uk/.

2- *Mayo Clinic*, Mayo Foundation for Medical Education and Research, www.mayoclinic.org/.

3- *Healthline*, Healthline Media, www.healthline.com/.

4- "Calm Clinic - Information about Anxiety, Stress & Panic."
Calm Clinic - Information about Anxiety, Stress and Panic,
www.calmclinic.com/.

5- "Better Information. Better Health." *WebMD*, WebMD,
www.webmd.com/.

6- "U.S. Department of Health & Human Services (HHS)."
HHS.gov, www.hhs.gov/.