Worry Cards

Worry Cards are designed for young people with Asperger's and other autism spectrum disorders, to:

*increase their awareness of their own particular issues with anxiety
*explore self-help and problem solving with regards to anxiety

Print out the Character Summary when you print out the cards. It is useful as a reference when you are using the cards.

Further explanation, as well as all the card downloads, can be found at:

http://autismteachingstrategies.com/autism-strategies/worry-cards-free-download-card-game-activity-to-help-kids-with-asd-deal-with-anxiety-2/   Created by Joel Shaul, LCSW

Joel Shaul provides workshops nationwide on the topics of social skills training, CBT and emotional regulation for children with autism. To learn more, copy and follow this link: http://bit.ly/zGDQCi

Autism Teaching Strategies