







Name: _____
Please complete and hand in to your teacher

The Benefits of Helping Others with Anxiety

WORD SCRAMBLE

1. Unscramble the words on the right to complete the sentences and learn about the benefits of helping others with anxiety.

1. Makes us feel _____ and happier		E B T E R T
2. Promotes _____ behavior		P O I T S V I E
3. Gives a sense of purpose and _____		A T S I F A C S O I N T
4. Can help _____ our physical health		M P R I V O E
5. _____ self-confidence and self-esteem		A R S I S E
6. Can encourage more _____ to perform a "Good Deed"		O P P E L E

2. Reflection: Think about a time that you helped someone and it made you feel good, why do you think it made you feel that way?

