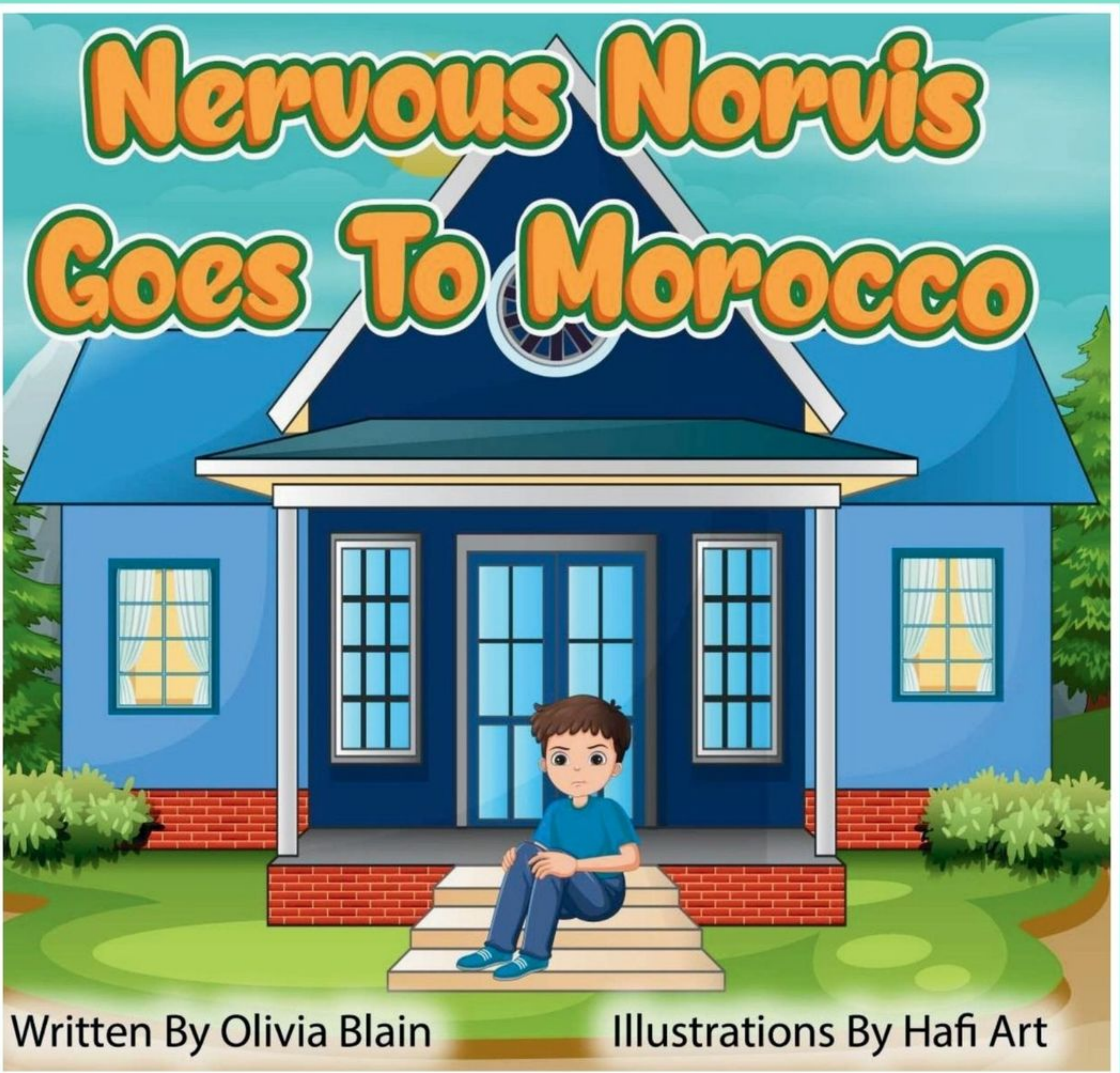


NERVOUS NORVIS

WORKBOOK

Nervous Norvis Goes To Morocco



Written By Olivia Blain

Illustrations By Hafi Art



OLIVIAMARIEBLAIN

THANK
YOU

FOR YOUR PURCHASE

TM HOPEFUL MOMENTS

MY INTRODUCTION

Hello!

My name is Olivia Blain, and I am a licensed School Counselor and K-12 Educator. I created these lessons to help teach more lessons in a fun interactive way.

© **HOPEFUL MOMENTS**

NAME: _____

DATE: _____

Nervous Norvis Goes To Morocco



Hopeful Moments

NAME: _____

DATE: _____

Lesson 1

ASCA Mindset and Behaviors

Worksheet: Understanding Irrational Thoughts.

ASCA Alignments

Mindset:

M 1: Belief of development of the whole self, including a healthy balance of mental, social emotional learning and physical well being.

M 4: Self-confidence in the ability to succeed.

Behavior:

B-SMS 7: Effective Coping Skills.

B-SMS 6: Ability to identify and overcome barriers

B-SMS 10: Ability to manage transitions and adapt to change.

NAME: _____

DATE: _____

Lesson 1:

Lesson 1 Understanding Anxiety and Irrational Thoughts

Objective: Help students recognize when their thoughts are irrational and how to re-frame them.

Activity: Rational or Irrational? Read different scenarios and identify whether the thought is rational or irrational.

If I make a mistake, everyone will think that I'm dumb.

If I ask a question people will think I don't know anything.

Rewrite irrational thoughts into positive into more balanced ones.

Discussion Questions:

1. What is an irrational thought you've had before?
2. How do our thoughts influence our feelings?
3. What would you say to a friend who had an irrational thought?



ASCA Alignment Activity 2.

Mindset:

M 1 Belief of development of whole self, including a healthy balance of mental, social/emotional and physical well-being.

M 3: A positive attitude toward work and learning.

M 4 Self-confidence in ability to succeed.

Behavior

B-SMS 7: Demonstrate effective coping skills.

B-SMS 10 Ability to manage transactions and adapt to change.

How it fits:

By exploring the Thoughts-Feelings-Behavior triangle, students will better understand their emotions and behavior, which directly impacts their ability to cope with stress and communicate effectively.

NAME: _____

DATE: _____

Lesson 2: Thought- Feeling Behavior

Objective: Teach students how their thoughts influence their emotions and actions

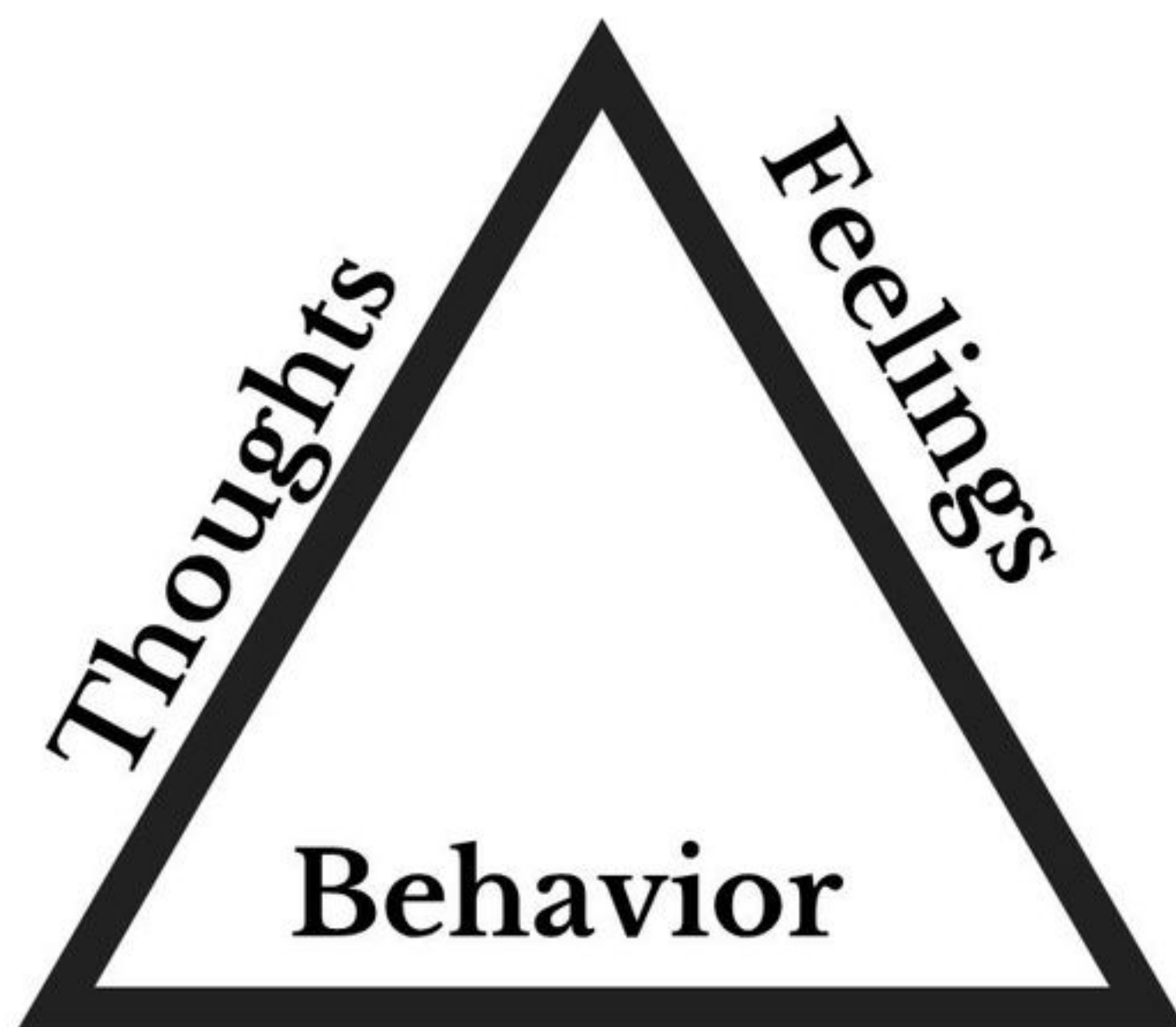
Activity: The thought Triangle

- Draw a triangle with three points: Thought-Feelings-Behavior.
- Give the students a scenario and then have them fill in the blanks:

Thought: If I speak in class, I'll embarrass myself.

Feeling: Nervous, scared.

Behavior: Avoids raising their hand.



Worksheet:

Students rewrite the thought in a more positive way to predict how their feelings and actions would change.

If I ask a question, people will think I don't know any thing.

If I make a mistake, everyone will think I am dumb.

Example of positive thought, If I have a question, maybe others do as well.

NAME: _____

DATE: _____

NAME: _____

DATE: _____



Recognizing Irrational Thoughts , is the first step to breaking the triangle, and making better choices.



NAME: _____

DATE: _____

Discussion Questions:

1. What is an irrational thought you've had before?

2 How do our thoughts influence our feelings?

**3. What would you say to a friend who had
irrational thoughts?**



NAME: _____

DATE: _____

ASCA Mindset Activity 3

Mindset

M4: Self-confidence in the ability to succeed.

Behavior:

B-SMS 7: Effective coping skills.

NAME: _____

DATE: _____

Lesson 3: Coping Skills Toolbox

Objective: Teach students healthy coping mechanisms to reduce anxiety,

Activity: Build a Coping Toolbox

Have students list or draw 5 coping tools they can use when they feel nervous.

Examples: Deep breathing, positive self-talk, visualization, movement, journaling

This worksheet self-management by giving students to manage anxiety and stress will help.



NAME: _____

DATE: _____

Activity: Match Irrational Thoughts
to coping strategies by drawing a line to the
correct strategy.

If I mess up
everyone will
laugh at me

This might be
hard, but I can
try my best

I can't do
this I'm
going to fail

Every One makes
mistakes most people
wont notice

Something bad
is going to happen
if I try this new thing

I have not met
the right people
yet, I am worth knowing

No one wants
to be my friend

I cannot predict the
future, it might go better
than I think

Everyone is judging me

Most people are too busy
worrying about themselves
to judge me

NAME: _____

DATE: _____

Answer

Activity: Match Irrational Thoughts to copying strategies.

If I mess up
everyone will
laugh at me

Every One makes
mistakes most people
wont notice

I can't do
this I'm
going to fail

This might be
hard, but I can
try my best

Something bad
is going to
happen
if I try this new
thing

I cannot predict
the
future, it might
go better
than I think

No one wants
to be my friend

I have not met
the right people
yet, I am worth
knowing

Everyone is judging me

Most people are too
busy
worrying about
themselves
to judge me

NAME: _____

DATE: _____

Tools:

Irrational Thought	Rational Replacement	Tool to Handle It
"If I mess up, everyone will laugh at me."	"Everyone makes mistakes —most people won't even notice."	● Deep Breathing – Try box breathing to calm your nerves.
"I can't do this. I'm going to fail."	"This might be hard, but I can try my best."	● Positive Affirmation – Repeat: "I am capable."
"Something bad is going to happen if I go."	"I can't predict the future. It might go better than I think."	● Thought Journal – Write down the fear and list facts that support or disprove it.
"No one wants to be my friend."	"I haven't met the right people yet. I am kind and worth knowing."	● Gratitude Practice – List 3 things you like about yourself.
"I have to be perfect, or I'll get in trouble."	"I'm allowed to make mistakes. That's how I learn."	● Self-Compassion – Talk to yourself like you would a friend.
"If I talk in class, I'll say something stupid."	"It's okay to speak up. Everyone gets nervous sometimes."	● Grounding Exercise – Do 5-4-3-2-1 senses check to feel present.
"I shouldn't feel this way."	"It's okay to feel nervous. Feelings come and go."	● Name It to Tame It – Say what you're feeling out loud to take power away from it.
"If I don't do it perfectly, I failed."	"Progress is more important than perfection."	● Growth Mindset Reminder – "Mistakes help my brain grow."
"Everyone is judging me."	"Most people are too busy worrying about themselves to judge me."	● Visualization – Picture a calm, safe place in your mind.



Work sheet 4

Positive Self-talk and Affirmations

ASCA Alignment

Mindset and Behaviors

M4 : Self-confidence in ability to succeed.

M 5: Belief in abilities to their fullest to achieve high quality results and outcomes.

Behavior:

B-LS 1: Critical thinking skills to make informed decisions.

B-SMS 7: Effective coping skills.

B-SMS 10: Ability to manage transitions and adapt to change.

How it fits:

Focusing on positive self-talk helps students develop a positive self-image and manage their emotions effectively. This also builds a sense of belonging and helps students resolve conflicts internally.

Activity 4:

Positive Self-talk and Affirmations

Activity: What Would Norvis Say?

Students write **3** affirmations they can say when they feel nervous.

Examples:

"I am capable of handling this."

"I have overcome hard things before."

"It's okay to feel nervous. I can still do my best."

NAME: _____

DATE: _____

Discussion Questions:

1. Why does self-talk matter?
2. How does Norvis's self-talk change throughout the story?
3. How can you remind yourself to use positive self-talk?

NAME: _____

DATE: _____

Lesson 5

Worksheet: Facing Fears & Taking Action

ASCA Alignment:

Mindset:

M 4: Self-confidence in the ability to succeed.

M 5: Understanding that change is a part of growth.

Behavior:

B-SMS 6: Ability to identify and overcome barriers.



Lesson 5: Facing Fears & Taking Action

Objective: Teach students how to handle anxiety by focusing on realistic outcomes.

Activity: What's the Worst That Can Happen?

Students list their biggest fear and write out:

Worst-case scenario

Best-case scenario

Most likely outcome

Worksheet: Draw or write about a time they were scared but did it anyway.

Discussion Questions:

1. What's a time you were scared but did something anyway?
2. How does avoiding fears make them worse?
3. How did Norvis's actions help him feel braver?

Teacher Implementation Tips

- ✓ Flexible Use: These lessons can be used by classroom teachers, school counselors, or small groups.
- ✓ Customizable: Activities can be adapted for grades 2-5, depending on writing ability.
- ✓ Connection to ELA: Journaling, reflection, and vocabulary activities help with writing skills.
- ✓ Classroom Displays: Consider making a Courage Wall where students post affirmations and success stories.

NAME: _____

DATE: _____

Pre/Post Test

Statement	Not true at all (1)	A little true (2)	Mostly True (3)	Very True (4)
1. I Can tell when I am feeling nervous or anxious				
2. I know some strategies to calm myself when I feel overwhelmed.				
3. I know some strategies to calm myself when I feel overwhelmed.				
4. I know how to replace a negative thought with a positive one.				
5. I believe I can handle hard or scary situations better than before.				



Pre/post test Knowledge Check (Multiple Choice)**Instructions: Circle the best answer.****1. What is an example of an irrational thought?**

- a) I studied hard, so I'll probably do well on the test.
- b) If I raise my hand, everyone will hate me.
- c) I can ask for help when I need it.
- d) It's okay to be nervous sometimes.

2. Which of the following is a healthy coping skill?

- a) Yelling at someone
- b) Ignoring the problem
- c) Taking deep breaths
- d) Quitting everything

3. If I'm nervous about a new situation, I should...

- a) Avoid it forever
- b) Think of the worst-case scenario
- c) Tell myself I can handle it and use a strategy
- d) Pretend it's not happening

4. What's a good way to change a negative thought?

- a) Keep repeating it
- b) Say the opposite in a positive way
- c) Tell someone else to fix it
- d) Just stay quiet

NAME: _____

DATE: _____

Open-Ended Reflection

Instructions: Answer in your own words.

1. What is one thing you can say to yourself when you're feeling nervous?

2. What's one tool or strategy that helps you calm down?

3. After learning with Norvis, how do you feel about handling nervous thoughts now?

Scoring & Use Notes for Counselors

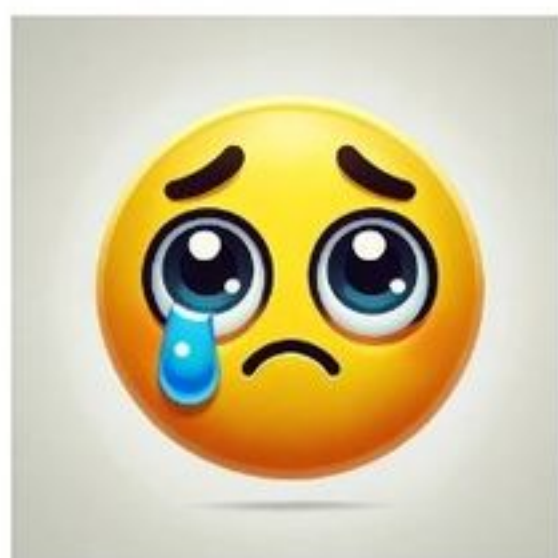
Compare Part 1 self-rating scores pre/post to see growth in student confidence.

Part 2 should show improved understanding of concepts—aim for 3+ correct post-test.

Use Part 3 reflections for insight into what stuck and where more support may be needed.

Instructions (**read aloud**): "Point or circle to the face that shows how you feel when something new makes you nervous."

1. I know when I feel nervous.



No idea at all



Unsure

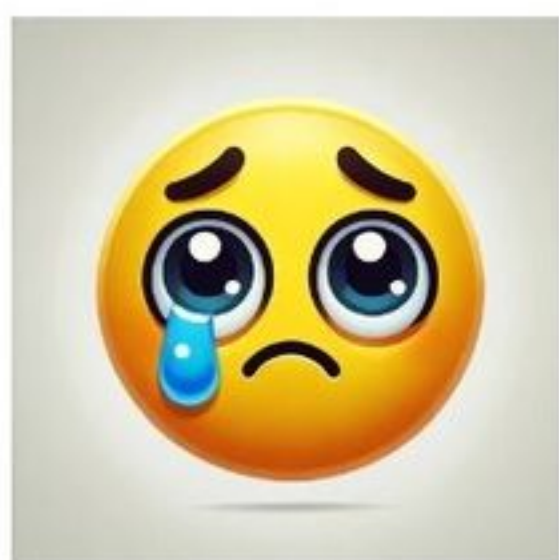


Know
some what



Yes I know
and can
state it

2. I can calm down when I feel worried .



No idea at all



Unsure

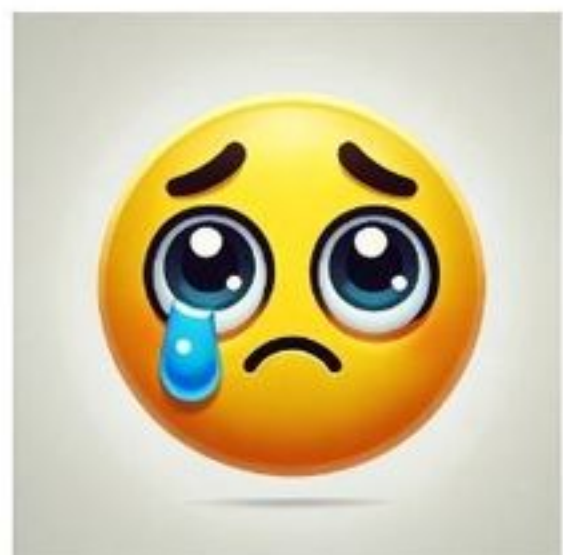


Know some
what



Yes I know
and can
state it

3. I know how to help myself when I am scared.



No idea at all



Unsure

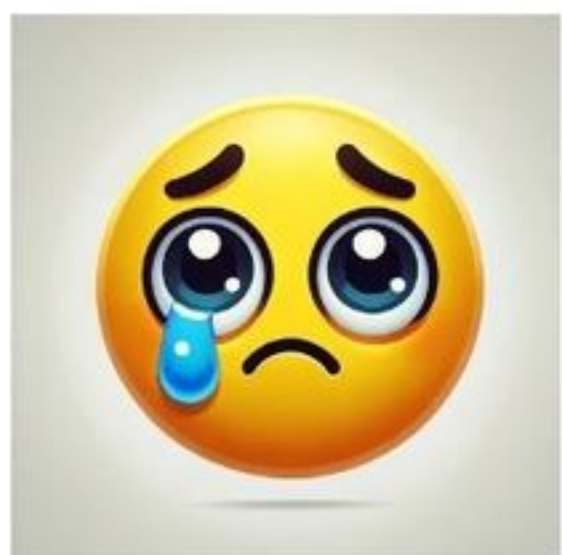


Know some
what



Yes I know
and can
state it

4. I feel ok trying new things



No idea at all



Unsure



Know some
what



Yes I know
and can
state it

5. I can say nice things to myself.



No idea at all



Unsure

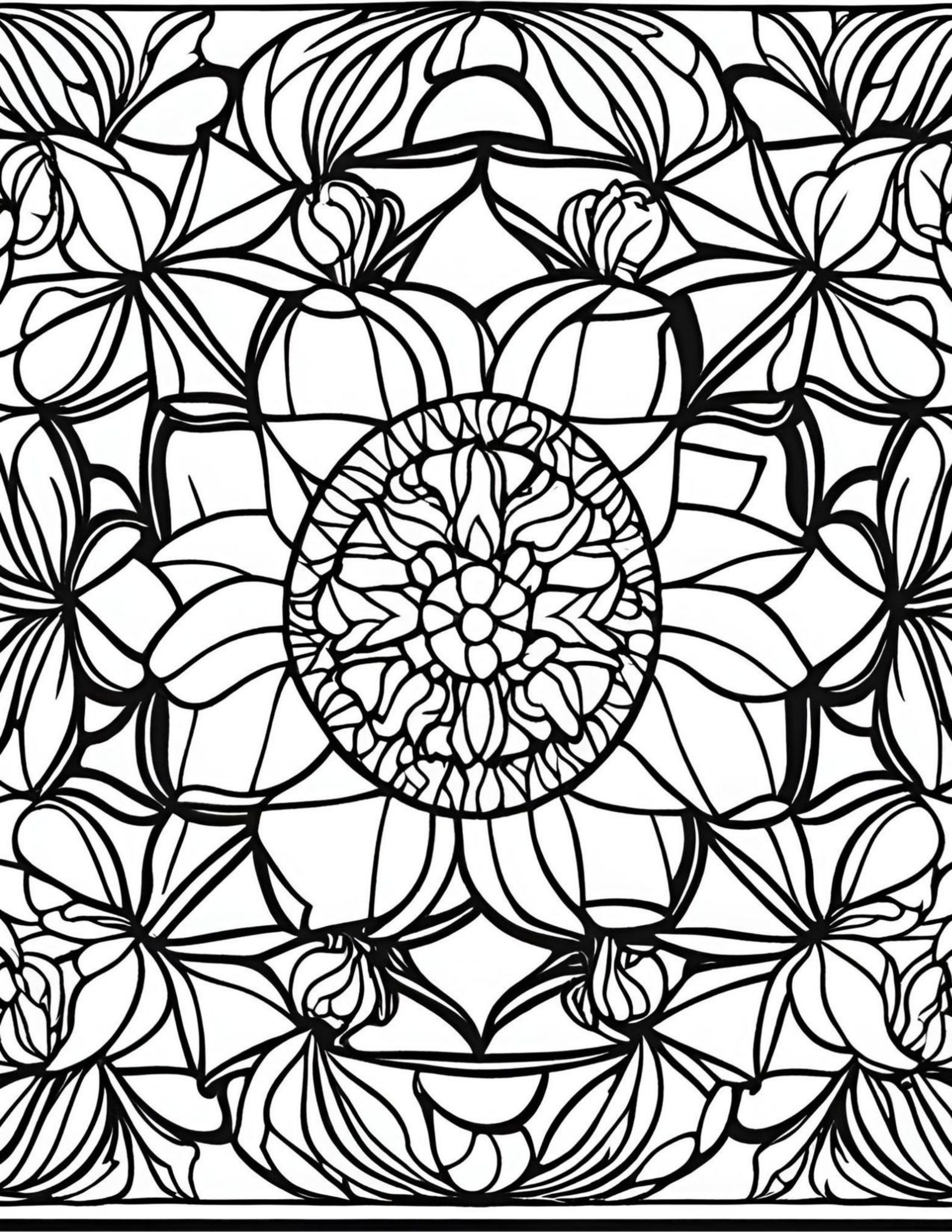


Know some
what



Yes I know
and can
state it





Thank you for your support.

Feeling social reach out and let me know your thoughts. Check out my current products on Amazon. Be on the look out for more stuff coming on Gumroad.



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Hopeful Moments

Olivia Blain

Motivational Speaker
& Educator

Olivia Blain is a licensed School Counselor and Educator teaching life and social emotional lessons on my Skool community Adult-ish Academy. Going out and speaking to motivate people to follow their dreams. Selling books on Amazon and Gumroad.



SIGNATURE TOPICS

- ✓ People Empowerment
- ✓ Wellness and Self-care-
Moving through fear.
- ✓ Being Your Authentic Self
- ✓ Managing Anxiety and Stress
- ✓ Breathwork and Meditation

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Check out my other educational products on Gumroad.





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