

RESOURCES & ACTIVITIES
TO HELP CHILDREN MANAGE:

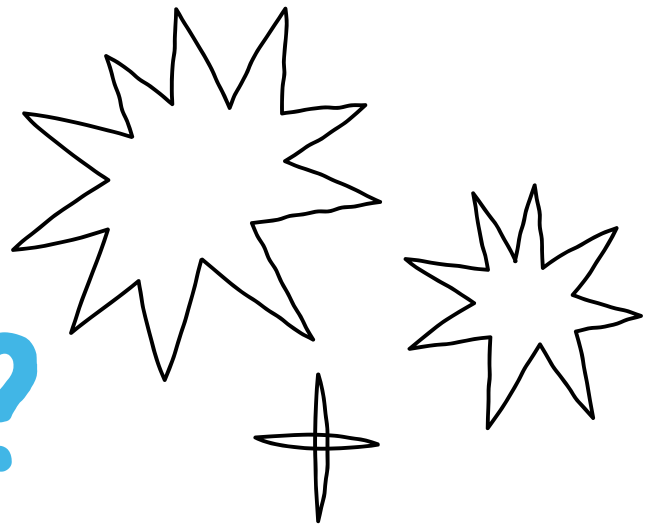
WORRIES



ANXIETIES

PARENT/CARER GUIDE

WHAT IS ANXIETY?

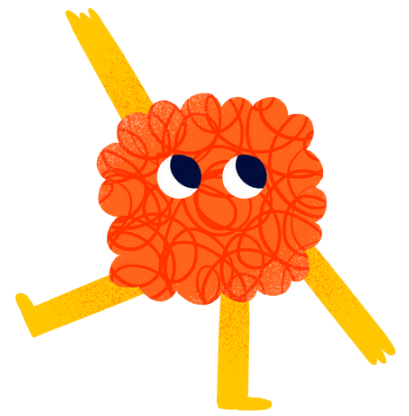


Anxiety is a normal feeling which we all feel and experience.

A little bit of anxiety is a good thing because it prepares our bodies for danger and helps us get things done for example revising for a big exam. If we weren't worried we wouldn't have any motivation to revise so it can be helpful.

However, too much anxiety can impact our lives, stop us from concentrating and make us worry a lot more.

WHAT CAN WE DO TO HELP?



Here are a few tips that you can do to make a difference:

- Talk to your child about how they are feeling, ask them what is happening in their body and when this happens. Children sometimes don't know why they feel like this which makes it more scary and overwhelming.
- Help your child to recognise when they are feeling anxious so they can learn to tell you when they are feeling anxious and ask for help.
- Normalise anxiety so your child does not feel scared 'it is ok to feel anxious, this feeling will pass'. It might be helpful to describe the anxiety as a wave sometimes it is bigger and sometimes it is smaller. It passes through like waves.
- Keeping a worry diary or book can help children write down when they are feeling anxious. This encourages them to identify what makes them anxious.
- Positive thinking - help your child notice what they think is the worst thing that can happen and then problem solve with them so they are able to feel better and feel like they can cope.

OPEN QUESTIONS TO ASK CHILDREN WHEN THEY ARE WORRIED

Why are you feeling worried?

What is frightening you?

What do you think will happen?

What is the worst thing that might happen?

What it is about [the situation] that is making you worried?

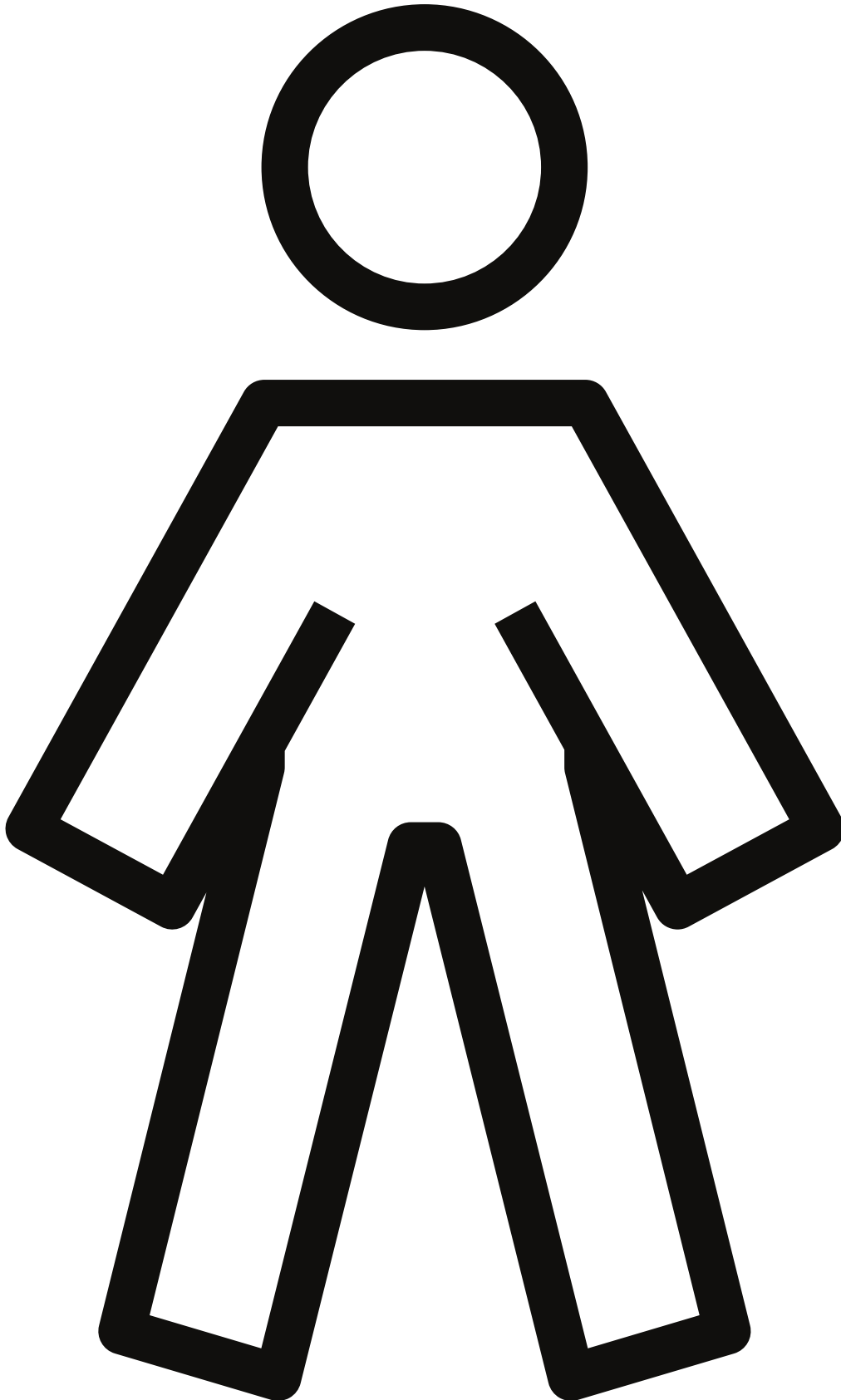
The better the question, the better the answer.

Your responses:

- Be curious
- Help your child feel understood
- Help your child feel normal
- Make suggestions
- Check you have understood
- Keep it rewarding (and fun, if applicable)

WHAT HAPPENS TO OUR BODIES WHEN WE FEEL ANXIOUS?

Think of a time when you felt anxious or worried.
Which parts of your body felt different or uncomfortable?
Draw a circle on those parts on the picture below.

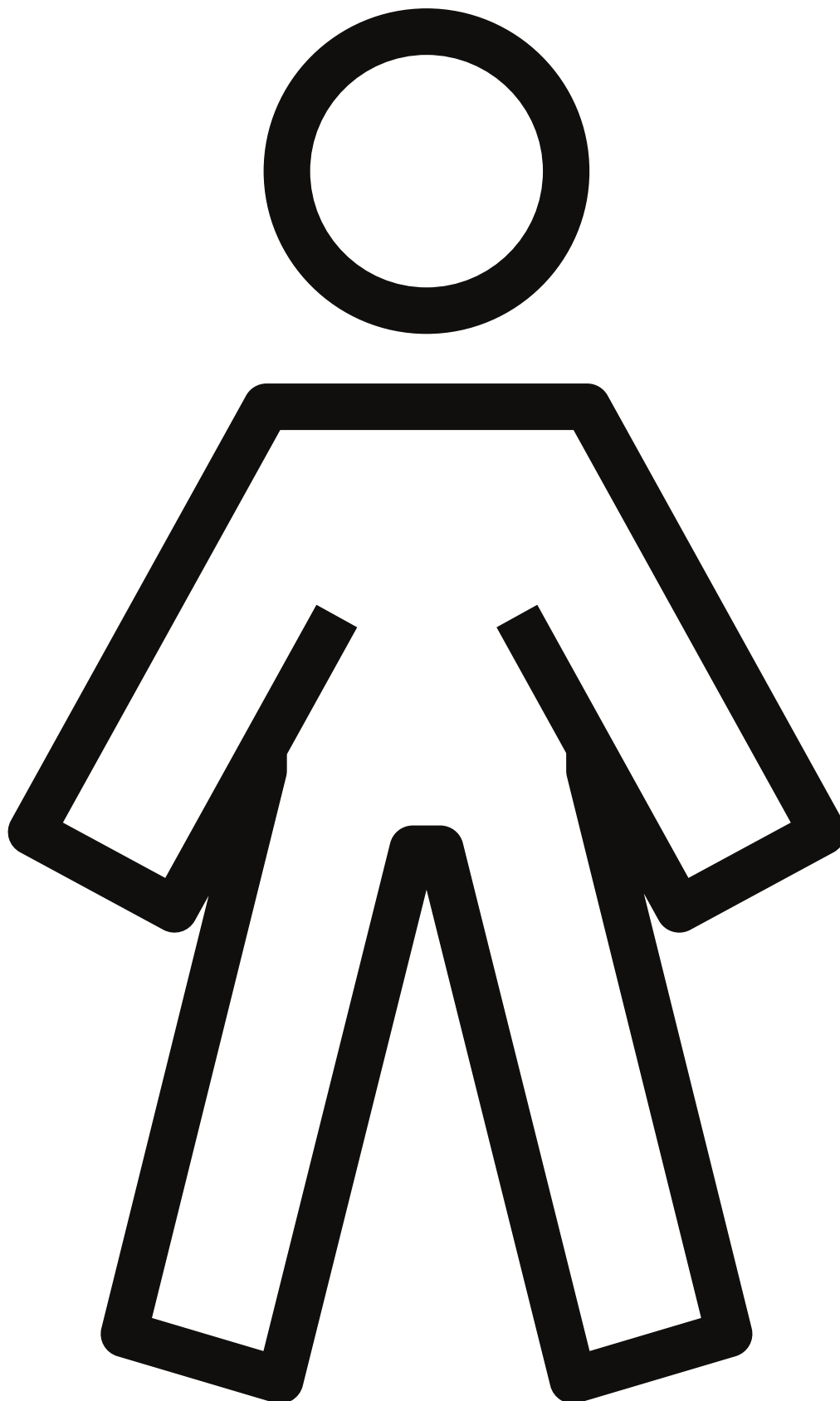


WHAT HAPPENS TO OUR BODIES WHEN WE ARE RELAXED?

Think of a time when you felt relaxed - where were you? What were you doing?

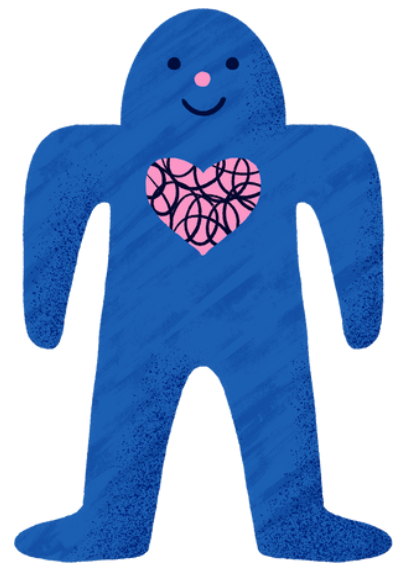
Which parts of your body felt different or comfortable?

Colour those parts on the picture below.



STRUCTURE AND PREDICTABILITY REDUCES ANXIETY

Structure and routines are super important as they can help families feel more organised which will hopefully help manage stress and anxiety. It's good to break down tasks into manageable chunks. Following a routine at bed time can help children to settle.



Dinner time 

Play time 

Bath time 

Reading, cuddles, quiet time in bed to settle



Kiss good night 

Lights off 

WORRY JAR



Whenever you feel stressed or worried, write your worries on a piece of paper and place it inside your worry jar. Pick a time during the week to discuss your worries with a parent, carer or teacher.

You will need:

An empty, clean jar

Materials to decorate your jar such as stickers, tissue paper, paint, ribbons, pom-poms, etc (optional).

Small pieces of paper to write your worries on.

Instructions

- 1. Take your empty jar and decorate it with anything you like. Make it bright and colourful! You could use stickers, tissue paper, pom-poms or ribbons. You could even paint it! (optional)**
- 2. You can label your jar 'My Worry Jar'**
- 3. Pick a day every week or month to discuss your worries with a parent, carer or teacher.**
- 4. If you are no longer worried about something that you've put in the jar, you can take that worry out of your jar and treat yourself for being super brave!**

WORRY LADDER

Pick a situation that you commonly avoid due to anxiety and uncomfortable feelings. Write it down below next to point 5 at the top of your ladder. Think of other smaller steps you can take to expose yourself to the fear you listed at the top of your ladder. Rate each step with the intensity of anxiety it would cause you to complete. Remember, you want each step to cause some level of anxiety. Once you decide to work on your ladder, you can start on the bottom and move up, or you can randomly pick any step and practice over and over.

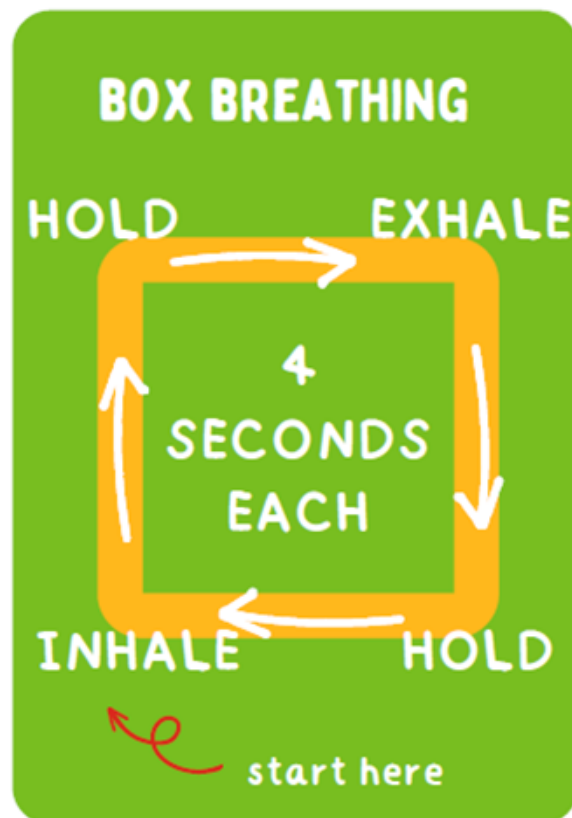


SITUATIONS

ANXIETY (0-10)

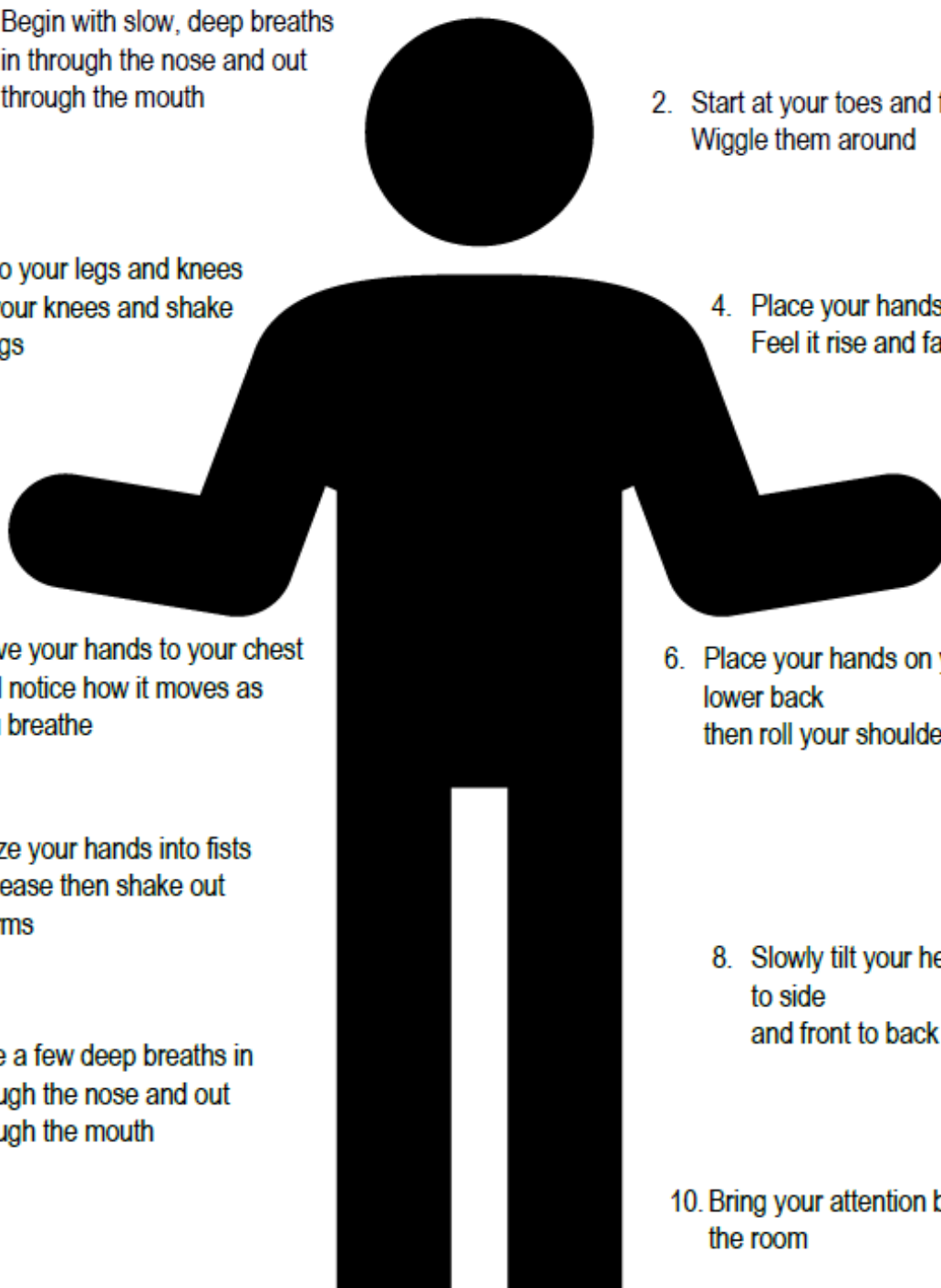
1.	
2.	
3.	
4.	
5.	

BREATHING EXERCISES



MUSCLE RELAXATION



- 
1. Begin with slow, deep breaths in through the nose and out through the mouth
 2. Start at your toes and feet Wiggle them around
 3. Move to your legs and knees Bend your knees and shake your legs
 4. Place your hands on your belly Feel it rise and fall
 5. Move your hands to your chest and notice how it moves as you breathe
 6. Place your hands on your lower back then roll your shoulders
 7. Squeeze your hands into fists and release then shake out your arms
 8. Slowly tilt your head from side to side and front to back
 9. Take a few deep breaths in through the nose and out through the mouth
 10. Bring your attention back to the room
 11. Share any thoughts or feelings that came up

APPS



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • [@clearfearapp](https://twitter.com/clearfearapp)



Molehill Mountain | App to help autistic people understand and self-manage their anxiety.



Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.



Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged.



Smiling Mind is designed to help people with pressure, stress and challenges of daily life. This app has a fantastic section on mindfulness in the classroom and is suited for kids aged 7-18.



Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (aged 2-5) to help teach skills such as problem-solving, self-control, planning and task persistence.

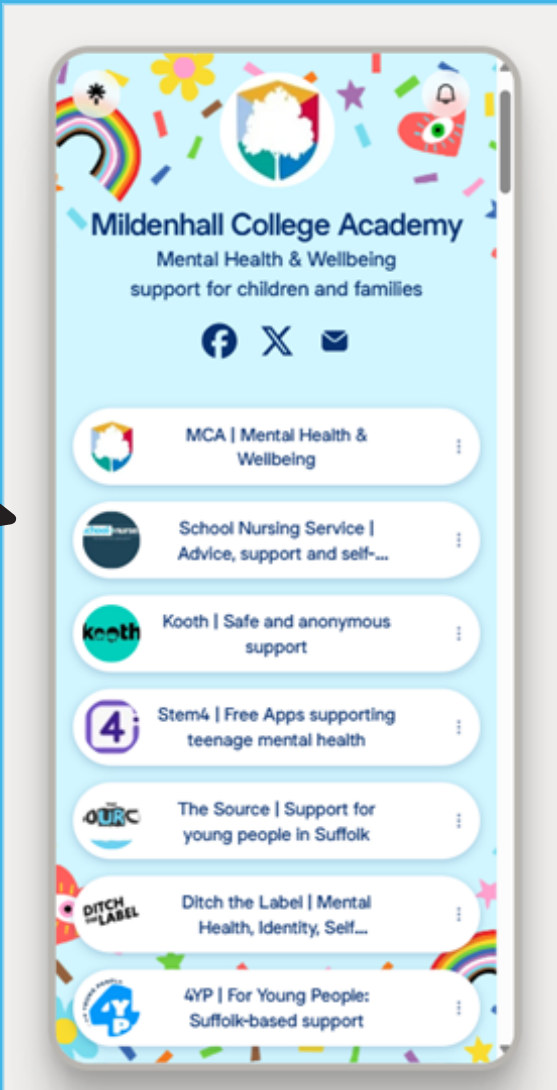


DreamyKid meditation app offers meditation, guided visualisation and affirmations curated just for children and teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.

FURTHER SUPPORT



Mildenhall College Academy
Mental Health & Wellbeing
support for children and families



Mildenhall College Academy
Mental Health & Wellbeing
support for children and families

Facebook, X, Email icons

- MCA | Mental Health & Wellbeing
- School Nursing Service | Advice, support and self-...
- Kooth | Safe and anonymous support
- Stem4 | Free Apps supporting teenage mental health
- The Source | Support for young people in Suffolk
- Ditch the Label | Mental Health, Identity, Self...
- 4YP | For Young People: Suffolk-based support