

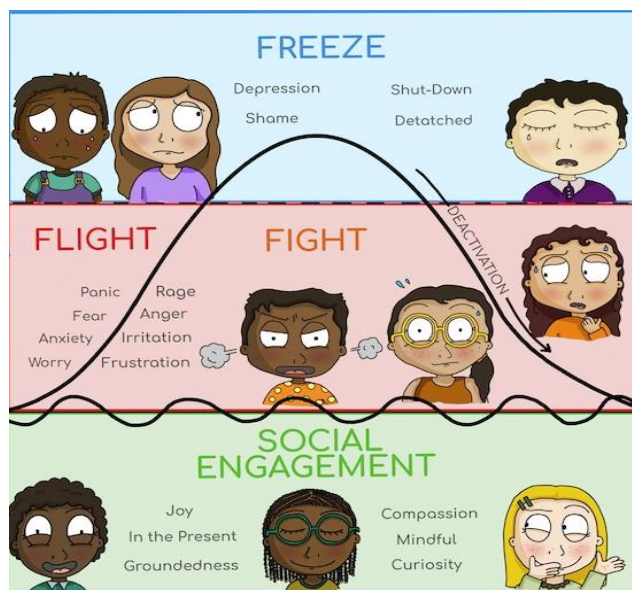
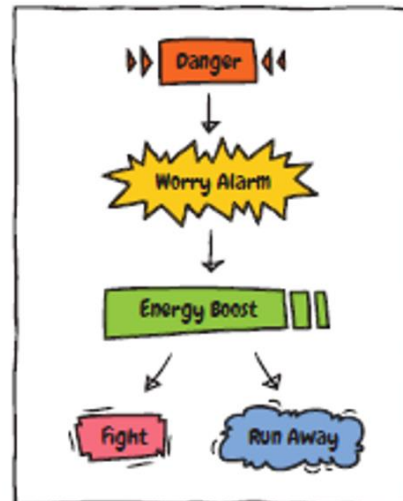
Worry Workshop Resources

Explaining anxiety to children You tube links:

Anxiety Canada https://www.youtube.com/watch?v=FfSbWc3O_5M&t=2s

Carolyn Seri-anxiety <https://www.youtube.com/watch?v=tBjeO9hpTxQ>

Fight, Flight, Freeze



Strategies to help

Mindfulness techniques are great for when your child needs some help when they are starting to get that anxious feeling.

Calm Breathing

See The Mindfulness Toolkit- The Mind jar

<https://www.youtube.com/watch?v=vN9zVTk5Xvk>

Grounding techniques

Naming **5** things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Minty kidz on You tube.

Child friendly explanation of anxiety / problem solving and grounding.

[Everyone Feels Anxious Sometimes - Read Aloud! SEL books for children about anxiety | Minty Kidz - YouTube](#)

Make a Worry Stone

[Activity #9: Worry Stones - The Mindfulness Project at Home - YouTube](#)

Use a Worry Box

Write the worry down, pop it inside and talk about later at worry time.

Think Positive

Swap negative thoughts for positive ones.

Stepladders

Approach the difficulty in small bitesize steps

Problem Solving

Think of as many solutions as you can and try out the best one.

Find out the Facts

Are you worrying unnecessarily?

What are the actual facts?

Scaling

On a scale of 1-5 or 1-10 how big is the worry?

And don't forget....

Relaxation and self- care

Equally important for parents and children.

Further resources:

[HeySigmund-https://www.heysigmund.com/category/with-kids/anxiety-in-kids-and-teens](https://www.heysigmund.com/category/with-kids/anxiety-in-kids-and-teens)

Books for children that may be helpful

- Huge Bag of Worries
- Don't Think about Purple Elephants
- Ruby's Worry
- What to do When You Worry Too Much
- Starving the anxiety gremlin
- The invisible string

Other places for support and advice

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)