



Worries and Anxieties

Resources and Activities

To download resources from this pack:
Right click the image → select document object → open



What is anxiety?

Anxiety is NORMAL. Everyone feels anxiety some of the time. A small amount of anxiety is a good thing. It helps prepare our bodies for danger. It helps us get things done that need to get done (like study for a big exam). It helps our memory and focus, (for example, during that big exam). Some people even say that a little bit of stress as a child is a good thing because it makes us stronger and more able to cope with difficult stuff that might happen when we are adults.

TOO MUCH anxiety is like your worst enemy. If your brain was a computer, too much anxiety would be like a computer virus taking over and stopping it working properly. Too much anxiety makes you more likely to get ill. It feels terrible. It can stop you achieving things that you want in life. It is bad for your relationships with people. It can make you worry about things that aren't real. Because of it, you miss out on a lot of amazing and wonderful things. When you are very anxious you can't think properly. You can't use your words properly or understand fully what people say to you.

(Extract taken from Beating Anxiety by Davida Hartman)



What can we do to help?

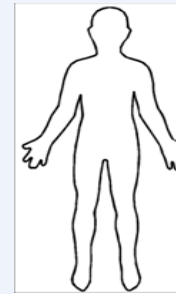
These are things that can really make a difference:

- Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
- Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
- Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
- Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
- Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.

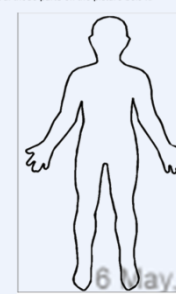
Activity:

- Click on the links to download the resources. [Anxious Body](#) [Relaxed Body](#)
- Talk about ways we experience anxiety – what does this look like?
- Compare this to when we feel relaxed – what does this look like?

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 around 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

- Use a visual timetable to structure your day – double click on the picture/link to download and print your own.
- Or – right click the image → document object → open.
- Break down tasks into manageable chunks

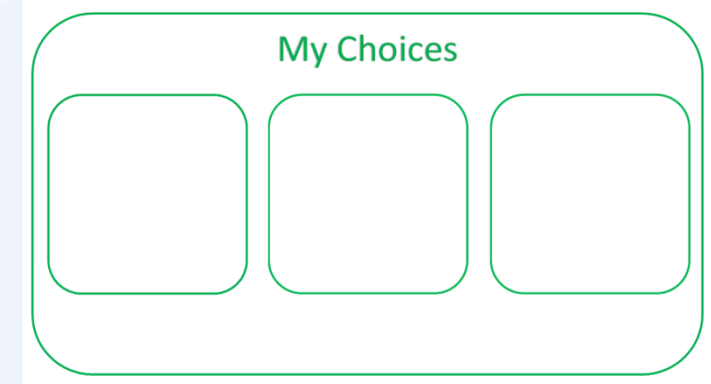
Now and Next boards:



Visual timetables for home:



Choice boards:



ces:



Worry Monster

The idea behind the Worry Eater/Worry Monster, is that children write down or draw a picture of what's upsetting them and put it into the toy's mouth, which is then zipped shut — banishing their worries. The Worry Monster teddies are available to buy on line, however you could also make your own Monster Box at home!

Use this link to create your own paper worry monster:

<https://www.elsa-support.co.uk/wp-content/uploads/Worry-Monster-Craftivity.pdf>

Use this link to design your own worry monster:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf>

Create your own worry monster box using old tissue boxes, and feed the monster all your worries!





Worry Jar/Box

1. Use a shoe box, a jar, envelope, Tupperware container, purchase a special box or make a box. Some children find it helpful to decorate it and make it into their own.
2. Keep a pad of paper, pencil and a box near your bed.
3. At bedtime, talk about your worry with someone you love.
4. Write down your worries.
5. Put them in your box where they can't bother you.
6. Keep your worry box in a safe place outside your room. (some children have found it helpful to throw the worries out in the trash).





Breathing Exercises –

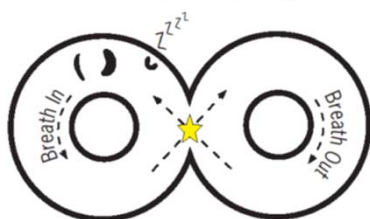
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Resources:

The ZONES of Regulation® Reproducible T

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

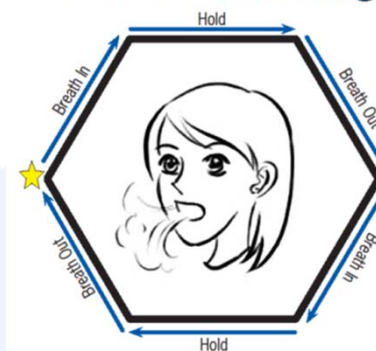
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From The Zones of Regulation® by Leah M. Kappors • Available at www.socialthinking.com

If you feel angry, upset,
stressed, anxious
or worried then
**CALM YOURSELF
WITH
5 STAR
BREATHING**



The ZONES of Regulation® Reproducible S

The Six Sides of Breathing



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

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YouTube links:

- Take 5 breathing - <https://www.youtube.com/watch?v=sh79w9pn9Cg>
- 5 finger breathing - <https://www.youtube.com/watch?v=DSgOW879jjiA>
- Square breathing - <https://www.youtube.com/watch?v=YFdZXwE6fRE>



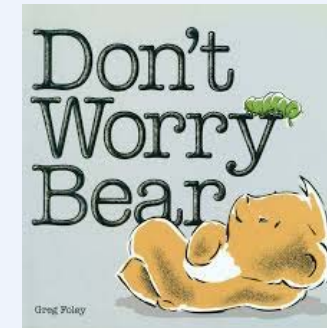
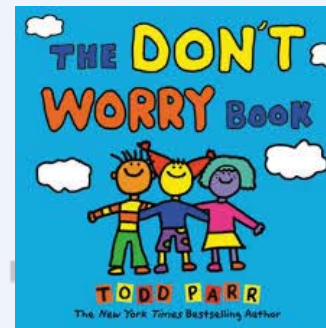
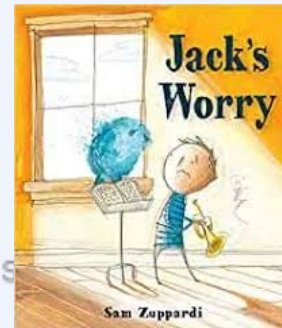
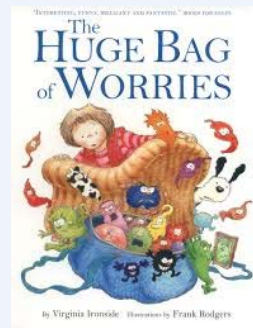
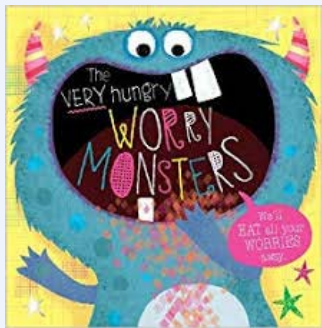
Muscle Relaxation, Calming Scripts and Guided Meditation

- **Use these YouTube links for videos on complete muscle relaxation**
<https://www.youtube.com/watch?v=aaTDNYjk-Gw> – Progressive Muscle Relaxation for Adults and Kids
<https://www.youtube.com/watch?v=cDKyRpW-Yuc> – Progressive Muscle Relaxation for Kids
<https://www.youtube.com/watch?v=RAbs4pyjLNq> – Muscle Relaxation for Kids
- **Scripts:**
[Happy Heart Meditation](#)
[Lakeside Meditation](#)
[Peaceful Butterfly - night time relaxation script](#)
- **Youtube – Guided Relaxation Scripts:**
<https://www.youtube.com/watch?v=mZO-R7iuCNo> – Letting Go Of Worries
<https://www.youtube.com/watch?v=aX9PUQcdQ2U> – Guided Meditation for Anxiety and Worries
<https://www.youtube.com/watch?v=ZBnPlqQFPKs> – Balloon Breathing Guided Meditation



Books and Audio Books

- **The Very Hungry Worry Monsters** by Lara Ede
<https://www.youtube.com/watch?v=DzmvjAjHafM> – listen to the book being read aloud here.
- **Ruby's Worry** by Tom Percival
<https://www.youtube.com/watch?v=VCyiiHI2SJU> – listen to the book being read aloud here.
- **The Huge Bag of Worries** by Virginia Ironside
<https://www.youtube.com/watch?v=CDrnuPj7xfs> – listen to the book being read aloud here.
- **Jack's Worry** by Sam Zuppardi
<https://www.youtube.com/watch?v=TQ0wyzjr5mg> – listen to the book being read aloud here.
- **The Don't Worry Book** By Todd Parr
<https://www.youtube.com/watch?v=0zpH3f1TMzM> – listen to the book being read aloud here.
- **Don't Worry Bear** by Greg Foley
<https://www.youtube.com/watch?v=nOCUHWjKKFg> – listen to the book being read aloud here.
- **The Worry Box** by Suzanne Cheiw
<https://www.youtube.com/watch?v=0-bVNvlYn34> – skip to 1:05 to listen to the book being read aloud.





Mindfulness Apps

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 a 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 pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18

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

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





Coronavirus Worries

Use the following stories and workbooks to talk to your child about Covid-19.

- 'My Story About Pandemics and the Coronavirus' – Carol Gray
- Coronavirus – social story
- Coronavirus and Social Distancing

