

# ANXIETY

HIDDEN VILLAGE // BOYS & GIRLS CLUB

FEBRUARY 2020

## COPING STRATEGIES:

- Make sure your child has their basic needs met: adequate sleep and food (like breakfast)
- Limit stressors like watching the news, overhearing adult conversations, or engaging in online activities / screen time
- Deep breathing:
  - Pinwheel (take deep breaths to make pinwheel move)
  - Trace fingers on hand (trace fingers up for inhale, down for exhale)
  - Inhale for count of 5, exhale for count of 5, repeat
  - Draw a rainbow and trace with finger
- Check in with emotions on Mood Meter and help name emotions
- "Worry time"
  - Give your child a set amount of time (10-15 minutes) to voice their worries or concerns with you
  - Make sure you won't be interrupted, and your child has your undivided attention
- Write or draw to communicate worries, calm down, or both!
- Use logic to break down worries:
  - Example: fear that there will be a snowstorm today
  - Logic: there is no snow in the forecast, it is too warm, the sun is out
- Worry box: use a shoe box or an empty jar for your child (or you!) to write down worries and put inside
- Go outside, move your body, & play
- Engage the 5 senses: what is one thing I can smell, taste, see, feel, and hear?
- Draw and name a worry monster
  - Talk to worry monster: "Hello again!"
- Play a game
- Use a snow globe or glitter jar: pretend the snow / glitter are your worries and watch them fall down

## CHILDREN'S BOOKS:

- The books in **bold** are available at the public library
- ***What to Do When You Worry Too Much*, by Dawn Huebner\*\***
- *A Boy and a Bear*, by Lori Lite
- *David and the Worry Beast*, by Anne Marie Guanci
- *Don't Feed the WorryBug*, by Andi Green
- *Don't Panic, Annika*, by Juliet Clare Bell
- ***Is a Worry Worrying You?*, by Ferida Wolff**
- ***Little Mouse's Big Book of Fears*, by Emily Gravett**
- ***Mindful Bea and the Worry Tree*, by Gail Silver**
- ***Ruby Finds a Worry*, by Tom Percival**
- ***Scaredy Squirrel (a series)*, by Melanie Watt**
- *Sea Otter Cove*, by Lori Lite
- *Shrinking the Worry Monster*, by Sally Baird
- ***Sitting Still Like a Frog*, by Eline Snel**
- ***Sometimes I'm Anxious*, by Poppy O'Neill**
- *The Very Hungry Worry Monsters*, by Rosie Greening
- ***The Worry Box*, by Suzanne Chiew**
- ***Wemberly Worried*, by Kevin Hankes**
- ***What to Do When You're Scared and Worried*. by James J. Crist**
- *When My Worries Get Too Big!*, by Kari Dunn Buron
- *When Worry Takes Hold*, by Liz Haske
- ***Wilma Jean the Worry Machine*, by Julia Cook**

## NEED EXTRA HELP?

- Seek out support from school principal, assistant principal, or school counselor to discuss options at school and help navigate possible next steps
- Talk to pediatrician
- Consider a therapist
- A school counselor is different than a therapist
- Sometimes persistent worry is a sign that there is something bigger going on
- Every child is different! Different things cause different children to worry in different ways