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:
  o Pinwheel (take deep breaths to make pinwheel move)
  o Trace fingers on hand (trace fingers up for inhale, down for exhale)
  o Inhale for count of 5, exhale for count of 5, repeat
  o Draw a rainbow and trace with finger
• Check in with emotions on Mood Meter and help name emotions
• "Worry time"
  o Give your child a set amount of time (10-15 minutes) to voice their worries or concerns with you
  o 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:
  o Example: fear that there will be a snowstorm today
    o 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
  o 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

Created by Kaitlin Casey
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