



The process of creating and using a coping kit helps kids feel empowered. Much like going to the gym and using workout machines can help us build strong muscles- using a coping kit filled with tools to help manage anxiety can help kids develop distress tolerance, self regulation skills, resiliency and confidence.

Working together with your child to build a coping kit is a powerful way to communicate to your child that, "We can get through this together. You are not alone!"

SUPPLIES:

- BUBBLES (to practice diaphragmatic breathing)
- SMALL NOTEBOOK AND PENCIL (to draw or write out worries/feelings)
- SLIME, THINKING PUTTY, ETC (a great grounding tool)
- AN EASY FOCUSED ACTIVITY (beads/string, coloring sheet, connect-the-dots)
- INDEX CARDS (to create coping cards)
- SOMETHING TO SMELL, TOUCH, TASTE, SEE AND HEAR (our senses are powerful tools!)
- "CALM DOWN JAR" OR SMALL SAND TIMER



SUPPLIES:

- EMPTY PLASTIC BOTTLE, MASON JAR
- CLEAR SCHOOL GLUE
- GLITTER (so much glitter)
- WATER

In the simplest of terms, a "calm down jar" is an attention grabbing tool that kids can use to practice diaphragmatic breathing. Once the ingredients are well mixed, the simple act of shaking the container will create an eye catching glittery display which can have a powerful impact on a child's ability to develop self monitoring skills and stress tolerance.

Once the container has been shaken, have your child hold it upright and still. Help them focus on what is happening inside of the container. Point out the subtle way that each individual glitter flake is slowly descending down through the water. Softly coach your child through several deep belly breaths- in through the nose and out through the mouth. Allow your breath to become audible so your child will naturally begin to mimic the slow pace of your breathe. Continue these deep belly breaths until all of the glitter has reached the bottom of the container--repeat this process until you notice your child's body begin to relax -they may yawn or tell you that they are feeling light headed - both are totally normal).



DIY BRAVE BŌX

SUPPLIES:

- a box, bag, etc
- art supplies for decorating
- eyeballs (optional)
- small "prizes", "treasures" or "coupons"

In order to conquer a fear, we need to habituate our body to the experience, which will in turn override the fight/flight response and let our brain know that, "It's okay, we don't have to be afraid of this thing, false alarm!".

A child may need small exposures to a stressor over a long period of time in order to habituate-- we can support this process in a powerful way by tracking successes (and attempts) to take on the scary situation/thing and incentivize the small victories! The "Brave Box" serves as a fun way to positively reward our child for being brave in the face of their anxiety.

Help your child create a fun box to hold small prizes, little treasures, words of encouragement or even coupons for time/activities/etc with you! Allow your child to pick an item from the box each time they meet a milestone in their anxiety journey (remember- they may need more incentives early on to get the ball rolling!).