



Seasons Counseling Center

Helping Children Manage Anxiety

Practical Coping Skills



Anxiety is common in childhood. Play Therapist guides kids through hands-on activities, teaching healthy coping strategies to manage worry, fear, and excessive stress.

Having a toolbox of practical skills helps children feel more competent as they navigate worries.



Practice Deep Breathing

Teach belly breaths to calm the body. Have your child place their hands on their belly as they slowly breathe in through their nose, then exhale through their nose.



Create a Brave List

Guide children to prepare steps that help them face anxious thoughts. Encourage them to go at their own pace and praise for each brave step.



Use Calming & Focus Tools

Let your child try out tools to feeling and show empathy. Use calming items like stress balls, fidgets, or a 'calm corner' to help them reset and refocus their feelings.



Reflect When Calm

Connect and reflect afterward to problem solve teach skills, and plan for better next time.



Challenge Anxious Thoughts

Help kids "talk back" to their worries. Is this fear true? Have they been through this before? Even if they are unsure, I'll be okay.

Connection First—Then Correction



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<https://seasoncc.com/>

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