TIPS & ACTIVITIES TO HELP AN ANXIOUS CHILD

VERYSPECIALTALES.COM

CHECKLIST

For more details: https://verysPecialtales.com/how-help-child-with-anxiety/

NOTES: WORKED? / ACCOMMODATIONS

1 ☐ Talk to your child's doctor
2 ☐ Empathize / Validate your child's emotions
3 ☐ Teach your child about anxiety
4 ☐ Teach your child to identify the worry signs
5 ☐ Being a little worried is good / useful-Explain
6 ☐ Everybody has worries or anxieties-Explain
7 ☐ Risks of avoidance behaviors-Explain

Let's Write Down our Worries!

8 ☐ Write down worries on a paper
9 ☐ Keep a Worry Journal / Thought Diary
10 ☐ Help your Child Challenge Worry Thoughts

What Happens If We Are Constantly Worrying?

11 ☐ Establish a "Worry Time"
12 ☐ Create a "Worry Box"

Worries You Can Do Something About

13 ☐ Teach Problem-Solving Abilities
14 ☐ Teach Your Child How to Be Assertive
15 ☐ Approach Problems & Fears One Step at a Time

If you can't fix it... (a few examples)

16 ☐ Lazy 8 Breathing
17 ☐ Belly Breathing
18 ☐ Yoga Breathing Techniques
19 ☐ Progressive Muscle Relaxation
20 ☐ Stress balls
21 ☐ Mindfulness
22 ☐ Practice Yoga with your Kids
23 ☐ Massage

Using Their Imagination as an Anxiety Coping Tool

24 ☐ Write down worries & Dispose of them
25 ☐ Change worry thoughts into happy thoughts

Distraction Strategies (examples)

26 ☐ Exercise
27 ☐ Play a board game with a sibling
28 ☐ Read an interesting book

Sensory Strategies to Calm Down an Anxious Child

29 ☐ Listen to music
30 ☐ Listen to a relaxation audio
31 ☐ Soothing cuddle time
32 ☐ Warm bath /Shower
33 ☐ Use a weighted blanket
34 ☐ Use a weighted vest
35 ☐ Look at a Sensory Bottle or Calming Jar
36 ☐ Essential Oils
37 ☐ Sensory Swing

Final Calm Down Tips For Kids with Anxiety

38 ☐ Prepare a "Calm Down Kit"
39 ☐ Have a calm down plan ready
40 ☐ Create a relaxation ritual
41 ☐ Create a Calm Down Space/ Room
42 ☐ Encourage Positive Self-Talk
43 ☐ General health tips: Eat healthy / Get enough sleep/ Exercise

More calming strategies:
https://verysPecialtales.com/calming-strategies-kids/