

A guide to supporting children with anxiety

- ◇ Breathe slowly and deeply together.
- ◇ Acknowledge their worries but reassure them that the anxiety will pass.
- ◇ Ask them to think of a safe, relaxing place or person.
- ◇ Encourage them to paint, draw, listen to music, or anything else which helps them to feel calm.
- ◇ Sit with them and offer physical reassurance: a cuddle or hold hands.



- ◇ Use the 5-4-3-2-1 grounding technique:
 - 5 things you can see
 - 4 things you can hear
 - 3 things you can touch
 - 2 things you can smell
 - 1 thing you can taste