

Anxiety Coping strategies to use with Children

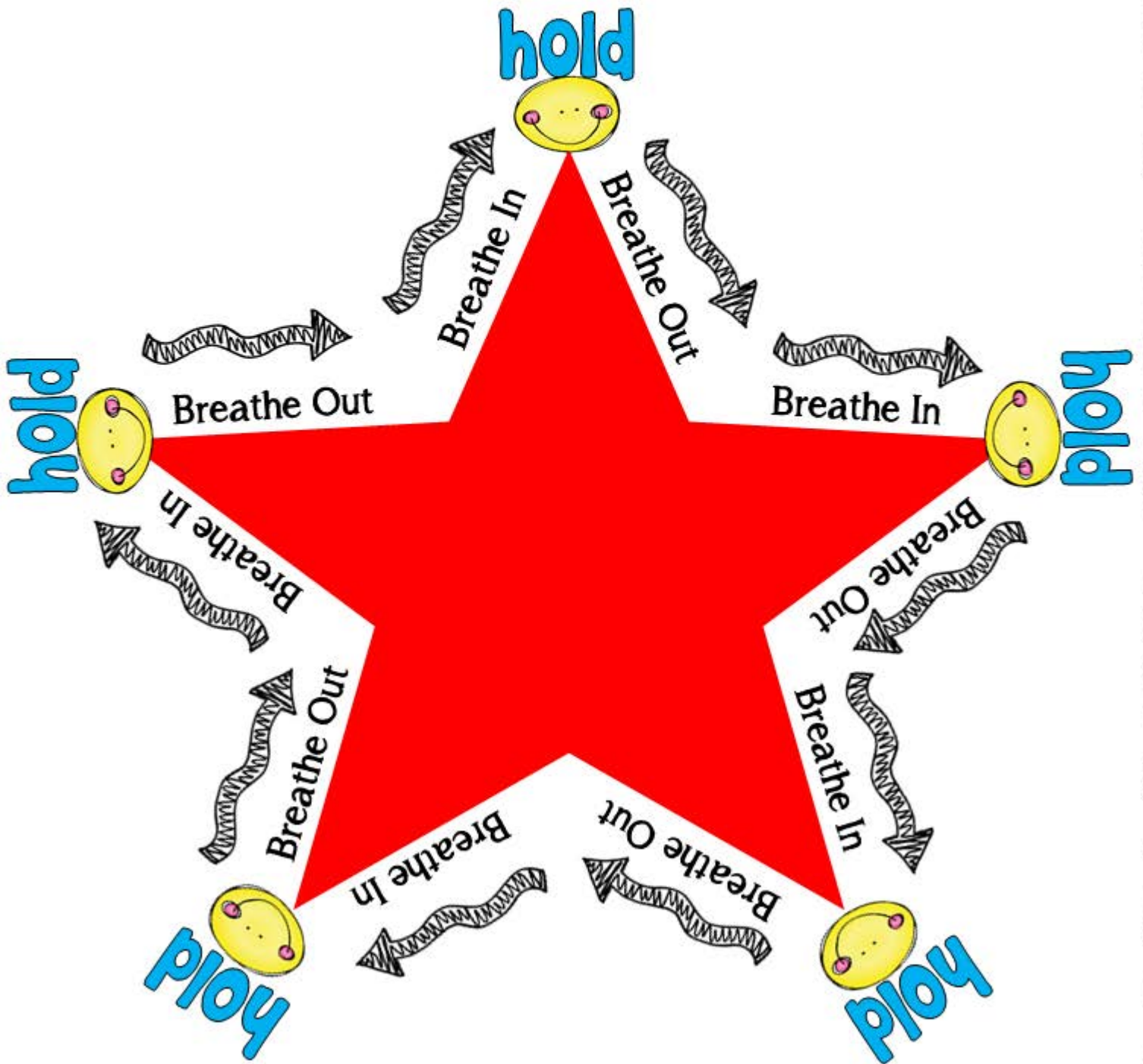
- Name animals alphabetically (alligator, bear, cow, dog, etc...)
- Squeeze Something (play dough, clay, silly putty, your fists, a stress ball)
- Get a Cold Drink of Water or hold an ice
- Glitter bottles (water, clear glue, glitter)
- 54321 Grounding - go through each of your 5 senses
 1. Tell me 5 things that are Blue (which ever color you choose)
 2. Tell me 4 things you can touch
 3. Tell me 3 things you can hear
 4. Tell me 2 things you can smell
 5. Tell me 1 thing you can taste
- Do a hook up
 1. Put your arms straight out in front of you, palms facing out
 2. Put one hand over the other at the wrists and interlace your fingers
 3. Swoop your hands and arms toward your body and then place your interlaced hands on your chest
 4. Cross your feet at the ankles and put your tongue on the roof of your mouth
 5. Stay still for one minute
- Deep breaths- fun ways to get children to participate
 - a. Bubbles
 - b. Feathers
 - c. Dandelions
 - d. Deep breathing using shapes (squares, stars)

*The idea of coping strategies for anxiety is to get the brain busy thinking of anything else other than the worry or fear in the child's mind.

*These strategies will work best if you practice them with the child when they are not in an anxious state, and the child has expressed which strategies they would like to try when they are anxious

Star Breathing

Breathe in, hold at the point, and breathe out.
Follow your way around the star.



When I feel upset, sad, or unfocused at school I can:

BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.



Squeeze a stress ball or use another teacher-approved fidget.



Doodle, draw, or color.



Invent a secret hand signal with my teacher that communicates I need help.



Write down my thoughts or questions if my teacher can't address them right away.



Imagine a peaceful and calming place.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Stretch.



Think of or write a list of 3 positive things in your life.



Read in a quiet spot.



Visualize a person who supports me and cheers me on.



Use a 'break card' to let my teacher know I need a break and then use a timer to remind me when to return.



Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.



Drink water.



Push against the wall as hard as I can and then relax my body.



Listen to calming music with headphones.



Move away from the distraction or person who is bothering me.



Ask to deliver books to the library or another class.



Volunteer to help clean or organize the classroom.



Remind myself it's ok to make a mistake.



Take a 3-5 minute break in the designated classroom peace corner.



Ask my teacher for help if I feel upset or overwhelmed.



Write a letter.



Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.



Tell myself a positive affirmation or mantra.



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

