

Summary of the Lesson

What is Worry?

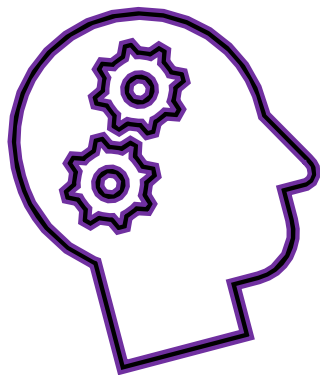
When we think of things that could happen, our body thinks they are happening right **NOW**.

Our body's way of telling us we are feeling worried is when we have sensations like: Fast heart rate, feeling hot or shaky, fast breathing.

We need to use a coping strategy to calm our bodies down.

Possible coping strategies are: Taking 10 deep breaths, exercise, color, read, writing our feelings in a journal, making a worry jar.

We need to use a coping strategy when we are feeling that emotion just a little bit.



Resources for Parents

How to Help Kids Cope With Their Worries:

PBS goes through different worries children may have and three things parents can do at home to help kids with their worries.

<https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-their-worries>

Helping Kids Handle Worry:

Kid's Health explores what are some common worries children have and some helpful tips to help kids conquer their worries.

<https://kidshealth.org/en/parents/worrying.html>

4 Ways to Help Children Worry Less:

1. Be a detective
2. Recognize and change unhelpful thoughts
3. Set up a regular "Worry Dump" time
4. Face the fear.

<https://www.melbournechildpsychology.com.au/blog/how-to-help-your-child-overcome-excessive-worrying/>

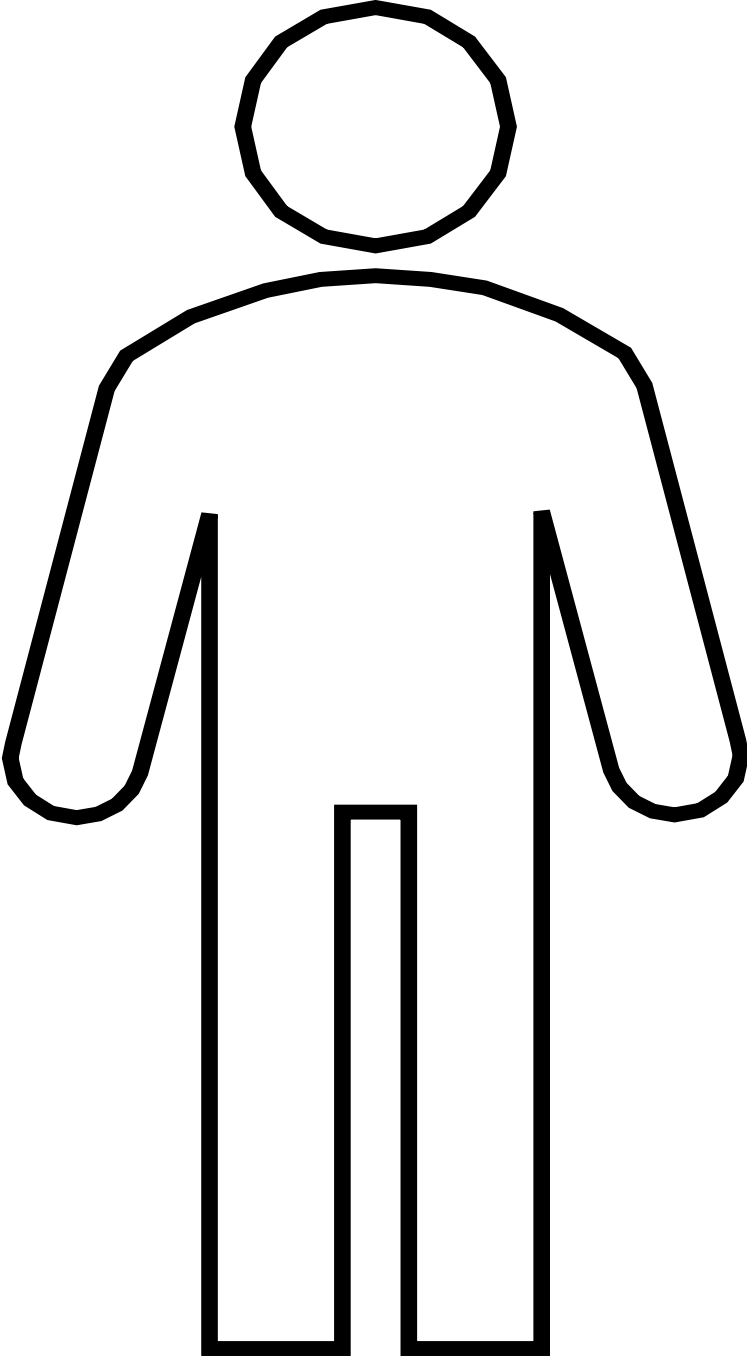
Fight Flight Freeze- A Guide to Anxiety for Kids:

This video goes into further details explaining the fight, flight and freeze responses for kids.

https://www.youtube.com/watch?v=FfSbWc3O_5M

Activity Sheet

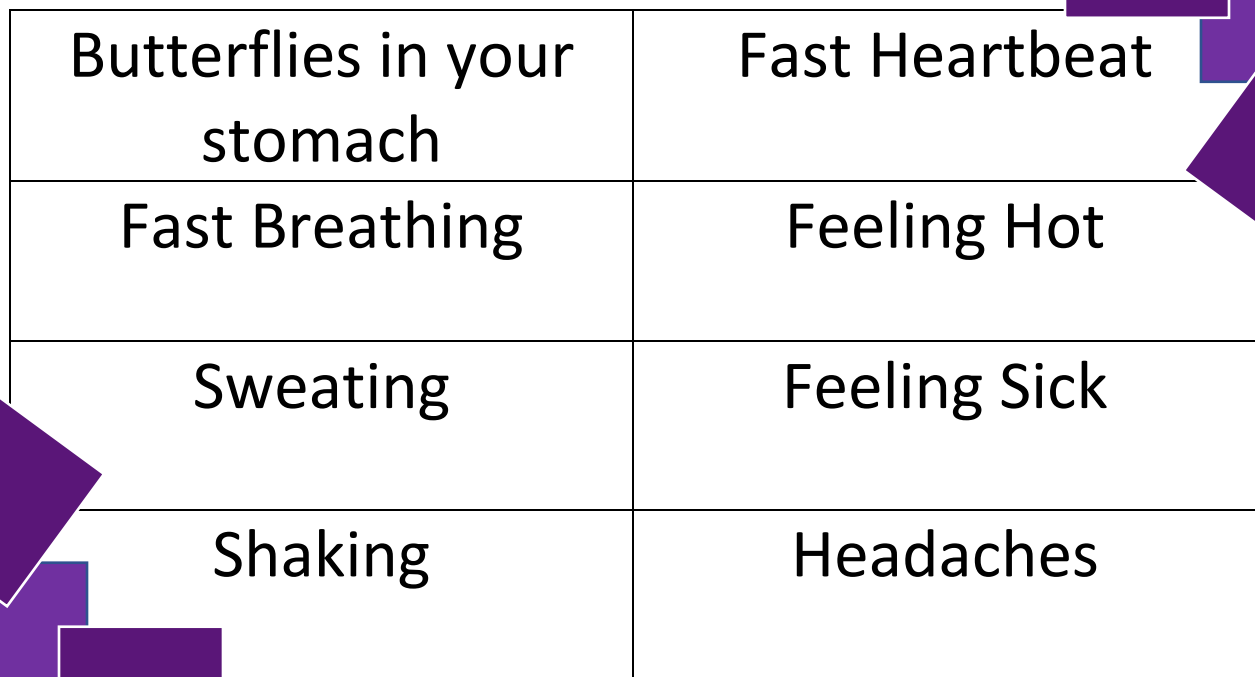
Color where you feel worry in your body. Write what sensations you feel. There is a list of sensations on the next page to help you. Next, think about what coping strategies you could use to feel calm.



I could _____ to help me feel calm. I also could:

_____	_____
_____	_____
_____	_____

Sensations we may feel



Butterflies in your stomach	Fast Heartbeat
Fast Breathing	Feeling Hot
Sweating	Feeling Sick
Shaking	Headaches

Coping Strategies

- Ask to take a break
- Take 10 deep breaths
- Ask to be alone
- Go for a walk
- Go play your favorite sport
- Write your feelings down in a journal
- Talk to someone about how you are feeling
- Call someone you miss
- Stand up and stretch
- Close your eyes and think of your favorite place
- Do 10 jumping jacks
- Draw a picture of how you are feeling
- Think of something funny or that makes you smile
- Think of a happy memory
- Play with playdough
- Say "I can do this"
- Write down what you are thankful for
- Write a story sharing your feelings
- Ask for a hug
- Do something you love
- Rest or go to sleep
- Play outside
- Play with a friend
- Do something kind
- Play with a pet
- Be out in nature
- Play your favorite game
- Blow bubbles
- Play freeze dance
- Read a book
- Exercise
- Drink some cold water
- Listen to relaxing music
- Talk to an adult
- Use a stress ball
- Color or draw

Mindfulness Techniques

Mindfulness 5-4-3-2-1

- 5 Things you can see
- 4 Things you can feel
- 3 Things you can hear
- 2 Things you can smell
- 1 Thing you can taste

Animal ABCs

- A is forApe
- B is forBear
- C is forCat
- D is for Dog
- E is forElephant