

# The Coping Skills Toolbox: Helping your Child with Anxiety

## Coping Strategies

- Take a break
- Draw
- Listen to music
- Exercise
- Yoga
- Journal
- Talk to someone you trust
- Read
- Play Outside
- Deep Breathing

### Breathing Exercises

Breathing exercises help us refocus on the present moment and calm big emotions. Square breathing, pretzel breathing, blowing out birthday candles, or Hoberman sphere.

### Grounding Technique

For times of intense anxiety, helps come back to present moment. Ask child to name 5 things they see, 4 things they feel, 3 things they hear, 2 things they smell and 1 thing they taste.

### Practicing Mindfulness

Mindfulness is our ability to be present in the moment. Use guided meditation to help return children to a state of calm.

### Calming Corner

A designed space at home or in class with the sole intent of being a safe space for a child to go when their emotions are running high and they need to regain their emotional and physical control.

### Reframing Thoughts

It is important to encourage children to try their best and help them identify realistic expectations and goals to avoid negative thinking.

### Worry Time

Scheduled time of about 20 min every day to write about worries in a journal. When time is over close, journal and put those thoughts away.

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## Resources for Parents

Book:

Don't Feed the Worry Bug by Andi Green

Apps:

\*Calm

\*Headspace

\*Yoga Workout: Meditation & Fitness Plan

Websites:

\*GoNoodle

\*Parenting Chaos: list with apps for children experiencing anxiety.

## Where to get help:

\*Crisis Text Line- 24/7 support

Text HOME to 741741

\*National Suicide Prevention Lifeline—24/7 support

English: 1-800-273-TALK (8255)

Spanish: 1-888-628-9454

\*You can reach out to your child's school counselor for more resources including:

• TCHATT- Texas Child Health Access Through Telemedicine through Children's Health

• CFBISD Counseling Connections Center

Office 972-968-6620