

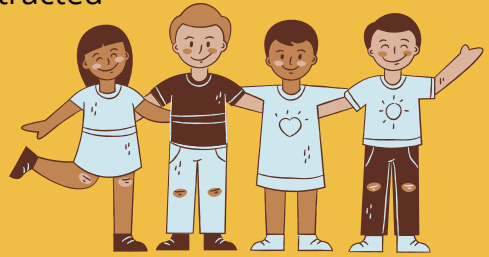
# Anxiety Toolbox

*From the desks of: Kristina Grandi and Rebecca Anderson, D34 School Psychology Interns*

This year more than ever, students are exhibiting symptoms related to anxiety. This toolbox is designed to give you resources and ideas on how to support your child during this time.

## What can anxiety look like in children?

- Having trouble falling or staying asleep
- Being restless, fidgety, hyperactive, or distracted
- Starting to shake or sweat often
- Crying a lot
- Having panic attacks
- Having many worries
- Not wanting to go to school
- Constantly seeking approval
- Becoming grouchy or angry with no clear reason
- Avoiding activities or spending time with others



## Tool #1

### Talk to your Child

Understanding what's causing the anxiety is the first step toward helping. Try to pick up on patterns and talk to your child about what you've been noticing. Start the conversation by saying that "I've been noticing that" and go from there!

### Practice Mindfulness

Mindfulness teaches kids to focus on the present. This can help them self-soothe and regain a sense of control during times when they are feeling anxious. Try out a guided children's mindfulness exercise to help your child practice this awesome technique!

## Tool #2

## Tool #3

### Deep Breathing

Deep breathing can help calm the way that our bodies react to anxiety. Not only does it slow our breathing, it can help lower our heart rate and blood pressure too! Try out a video to guide you and your children through some belly breathing.

### Grounding Techniques

Grounding techniques can help your child calm down by taking their focus away from the anxiety or trigger and bringing it to the things around them. Try the 5, 4, 3, 2, 1 technique! Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

## Tool #4

## Tool #5

### Positive Self-Talk

With anxiety can come a host of negative thoughts about ourselves. Reframing this negative talk with positive and realistic talk can change our mindset and outlook over time. Instead of "I will never understand multiplication!" try "I am working hard to understand multiplication."

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