



Tips to Help Your Child Manage Worry.

- Talk to a trusted adult
- Get moving! Exercise, dance, stretch
- Lean into what brings you joy - reading, watching your favorite movie, playing games as a family
- Practice mindfulness strategies - notice your 5 senses in the moment
- Encourage the use of positive self-talk - "I am stronger than my worries"
- Practice breathing techniques - slow, deep breathing
- Focus on what you can control - sleep schedule, morning routine, the number of times you smile throughout the day
- Journal - write down your thoughts and feelings
- Read - enter a new world of adventure and possibility, even if it's just for 10 minutes
- Listen without judgment - to your child's fears, hopes, disappointments, and joys