San Bentio CISD Counseling Department

Anxiety and Stress

* a feeling of worry, nervouseness, or unease about an event with an uncertain outcome

BELOW IS A LIST OF RESOURCES THAT CAN BE USED TO HELP YOU AND YOUR CHILD DURING THIS TIME.

ACTIVITES

Take 5 Breathing Exercise for Kids - A wonderful way to switch off the stress response brought upon by fear or anxiety. https://childhood101.com/take-5-breathing-exercise

READ-ALOUDS

Be Still, Little Tree, Be Still - A Story About Overcoming Fear, Worry and Anxiety https://youtube.com/watch?v=cmTDT1mR62U My Mouth is like a Volcano https://youtu.be/UKadcSzA5wE

VIDEOS

Why do we lose control of our emotions? https://youtu.be/3bKuoH8CkFc Meditation for children https://youtu.be/jKSkAtFUjo0

Exercises for Kids and Adults https://www.youtube.com/watch?v=ZME0JKiweL4Breathing

Proven strategies to help children overcome fears/age-related fears/why is my child afraid? https://www.youtube.com/watch?v=XqXJ-TlfBac

Parent Resources

Tips for Helping Children After the Event Organization: Child Mind Institute - 12 tips for addressing stress and fostering resilience in children who have experiened a traumatic event https://childmind.org/guide/helping-children-cope-traumatic-event/tips-helping-children-trauma

Talking to children about Covid-19 (coronavirus): A parent Resource https://nasponline.org/resources-and-publications