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# Anxiety Kit for Kids Activity 1: Worry Cloud

**Goal** Name one worry and give it a safe place to land.

## WHAT TO DO

- 1 Read the prompt with a grown-up if you need help.
- 2 Draw or write your worry inside the cloud.
- 3 Circle one calming choice you can try next.

## ACTIVITY AREA

Draw or write your worry. Then choose one calm action.

Draw Here

## REFLECT

One thing I learned or want to try:

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# Anxiety Kit for Kids Activity 2: Brave Breathing

**Goal** Practise slow breathing to help your body feel safer.

## WHAT TO DO

- 1 Trace a slow path with your finger.
- 2 Breathe in on the first line and out on the second.
- 3 Repeat five times.

## ACTIVITY AREA

Trace or draw a breathing path. Make it slow and gentle.

Draw Here

## REFLECT

One thing I learned or want to try:

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# Anxiety Kit for Kids Activity 3: What If to What Else

**Goal** Turn scary what-if thoughts into helpful what-else thoughts.

## WHAT TO DO

- 1 Write one worry sentence.
- 2 Ask: What else could happen?
- 3 Write a kinder, braver thought.

## ACTIVITY AREA

Write a worry, then write two other possible thoughts.

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## REFLECT

One thing I learned or want to try:

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# COPING STRATEGIES

TOOLS I CAN USE WHEN I FEEL BIG FEELINGS

## TAKE DEEP BREATHS



Breathe in slowly through your nose. Breathe out slowly through your mouth.



## COUNT TO 10



Count slowly to 10. This gives your brain time to calm down.



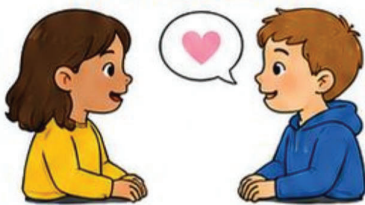
## TAKE A BREAK



Step away and take a break in a quiet and safe space.



## TALK ABOUT IT



Talk to a trusted adult or friend about how you are feeling.



## DRAW OR WRITE



Draw a picture or write about your feelings. It helps to get it out!



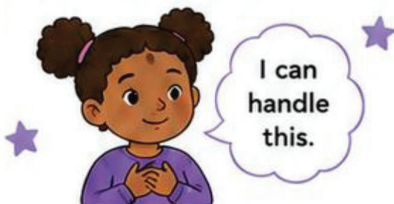
## MOVE YOUR BODY



Go for a walk, stretch, dance, or do some jumping jacks!



## USE POSITIVE SELF-TALK



Say kind and helpful things to yourself. You are doing your best!



## HUG SOMETHING SOFT



Hug a stuffed animal or a soft blanket. It can be very calming.



## LISTEN TO MUSIC



Listen to your favorite songs to help you feel better.



## DO A MINDFUL MOMENT



Sit quietly and notice your 5 senses. What do you see, hear, smell, taste, feel?



## PRACTICE GRATITUDE



Think of 3 things you are thankful for. It can help you feel happier.



## ASK FOR HELP



It's okay to ask for help. You don't have to do it alone.



It's okay to have big feelings. These tools can help you feel calm, safe, and in control.

**YOU ARE AMAZING!**

# Anxiety Kit for Kids Activity 4: My Safe Place

**Goal** Create a calming picture your mind can visit.

## WHAT TO DO

- 1 Think of a place that feels calm.
- 2 Draw what you see, hear, and feel there.
- 3 Give your safe place a name.

## ACTIVITY AREA

Draw your safe place and add calm details.

Draw Here

## REFLECT

One thing I learned or want to try:

# Anxiety Kit for Kids Activity 5: Five Senses Grounding

**Goal** Use your senses to come back to right now.

## WHAT TO DO

- 1 Look around slowly.
- 2 Find things you can see, hear, feel, smell, and taste.
- 3 Write or draw them below.

## ACTIVITY AREA

List or draw what your senses notice right now.

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## REFLECT

One thing I learned or want to try:

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# Anxiety Kit for Kids Activity 6: Worry Jar

**Goal** Put a worry away for later instead of carrying it all day.

## WHAT TO DO

- 1 Write or draw the worry.
- 2 Imagine placing it in a jar.
- 3 Choose when to talk about it.

## ACTIVITY AREA

Put the worry in the jar. What can wait until later?

Draw Here

## REFLECT

One thing I learned or want to try:

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