ANXIETY

Looking after your child's mental health is important!



Anxiety and worries are no doubt prevalent within your child(ren) at this confusing and uneasy time.

Being out of school, not allowed to be with their friends and family is really challenging for us all, however for children experiencing anxiety this can be extra tricky and have long term effects on their mental health.

"It's ok to not be ok" is a phrase that we, as support workers, say a lot to the children we work with. It is absolutely ok to be scared, concerned, worried and stressed in these circumstances. What can you do to help your child?









Easy No Cook Playdough

2 cups flour,1 cup salt,3 tbs of cream of tratar,2 tbs oil,2 cups of boiling water (be careful!). Add scents or food colouring if you like. Mix all together in a bowl and knead until it forms a dough.



Bubble Mix

Make your own bubbles. Use a large cup. Add 1/2 cup of washing up liquid, 1 1/2 cups of water and 2 teaspoons of sugar. Mix altogether! Please make time to talk to you child(ren) about how they are feeling. Emotional literacy is just as important, if not more important, than trying to keep them up to date with their Maths, English and Science. Validate your child's feelings and try to change their mindset into a more positive outlook.

What can you do to reduce levels of anxiety?

Why don't you and your child make a self sooth box! This can be created using a range of sensory materials from around your home which you can then encourage your child to use when they are feeling stressed or worried. Lets try and break it down:

TOUCH - use play dough, fidgets, spinners, stress ball, slime, messy play such as porridge oats, jelly, gardening.

MEMORIES - it's good to remember positive times and know that there are positive times ahead. Change any negative thoughts into positives! Look at photos from past happy times, trips, holidays, loved ones. Look at pictures of those who they aspire to be, look at their favourite story book and retell fun stories of special times, create stories of what they want to happen in the future.

SMELL - add herbs and spices to play dough, collect flowers from your garden to make your own perfume or room spray, light a scented candle (adults only) and relax allowing your imagination to take you to a happy place



MUSIC - music can have such a positive effect on our emotional wellbeing. Try calming music, relaxing your muscles. Or put on some happy music, show off your dance moves, your at home so who cares what you

look like. :) Check out GoNoodle - Dreamworks Trolls - Cant Stop the Feeling on YouTube. https://youtu.be/ KhfkYzUwYFk

WATER - drinking lots! Water is vital for reducing the feeling of anxiety - using a straw can also help as this focuses on slowing down your breathing to a nice gentle rhythm. Add a water bottle to your self sooth box to remind you.

BREATHE - there are lots of breathing techniques that you can do with your child to slow down their heart rate. When a child is anxious, adrenaline is released in their brain and it causes them to have a more rapid heart rate, encourage them to breathe slow deep breaths in and out. My favourite is to use my hand.

You can also draw a star on a sheet of paper and follow



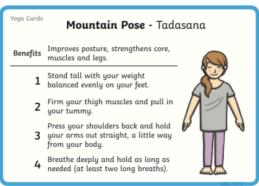
the same process as you trace along each side of the star. Blowing bubbles is also a good activity to do when feeling stressed.

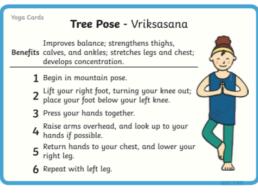
POSITIVITY - add some positive affirmations to the sooth box - get the children to write positive statements about themselves and life - you can add some too. When they are stressed you can read these together.

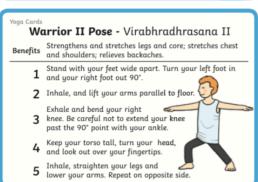
Other ideas to relieve stress and anxiety may include colouring, drawing pictures, being imaginative, yoga, meditation, learn how to knit or crochet, reading book, gentle exercise, making paper aeroplanes, write a joke book, make crosswords or word searches.

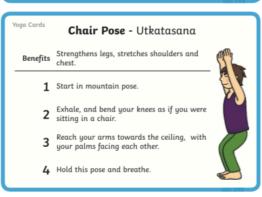
Why not try out some of these yoga poses - got these from twinkl.co.uk I thought they were great for little ones, they made us giggle!

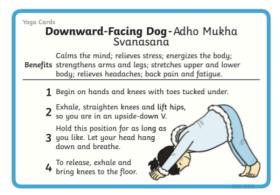












Yoga Cards Preparation and Safety	
Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Can be adapted to any setting or time frame.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
Safety	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.
	Age National Curriculum Time Preparation