

4 Activities for helping anxious kids

*With activity sheets
by*

Kids Flourish



Calming Coupons

Rip off a coupon to help your child work through a stressful situation. Your child's picks the coupon/activity to do to help them calm their anxieties.



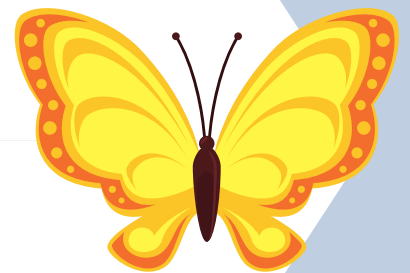
Calm down tool box

A toolbox of key activities your child can do when they feel anxious. Create this together and refer to it when your child is stressed or anxious.



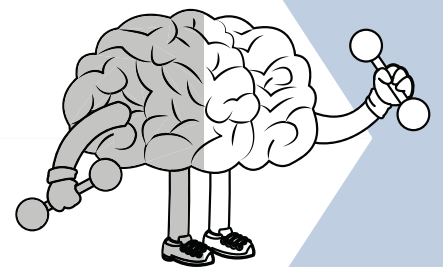
Butterflies in my belly

A way of sending you worries off for the butterflies to worry about instead!



Chatter Brain

A chatterbox activity designed to improve positive self-talk, so children can approach any situation in a calm way.



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Listen to music



list 5 things I'm grateful for...



Get out in nature



Take 5 deep breaths



Go for a walk



Talk to a friend



Sing



Dance



Run



Laugh

Stick on your fridge and tear off a calming strategy whenever you feel anxious, worried, frustrated or upset.

Calming Coupons

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Make your own!

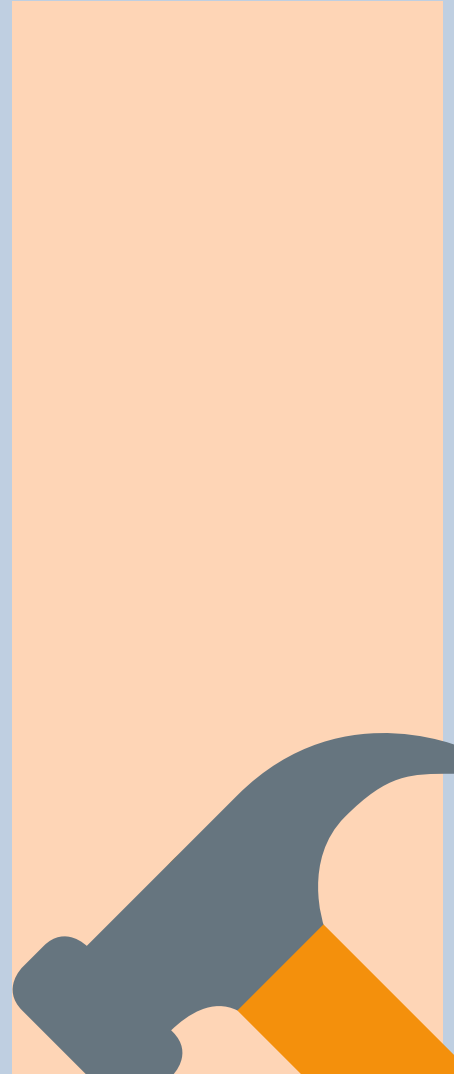
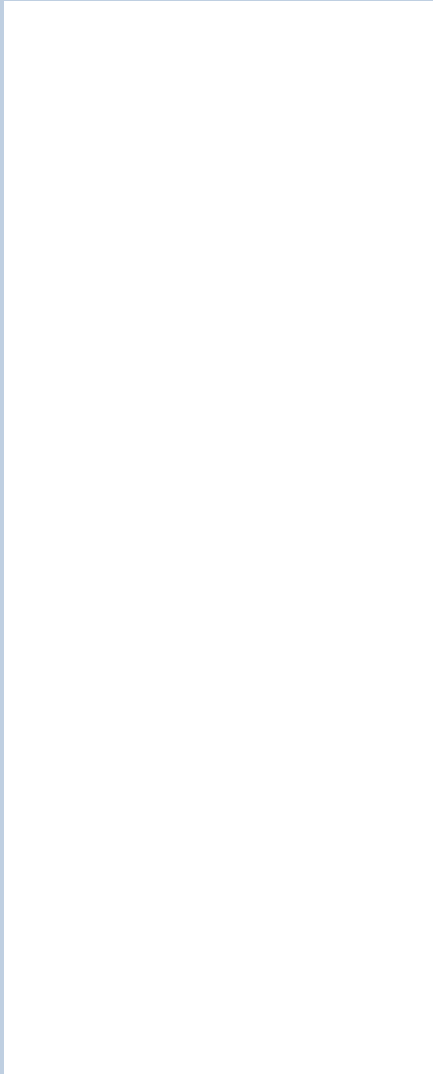
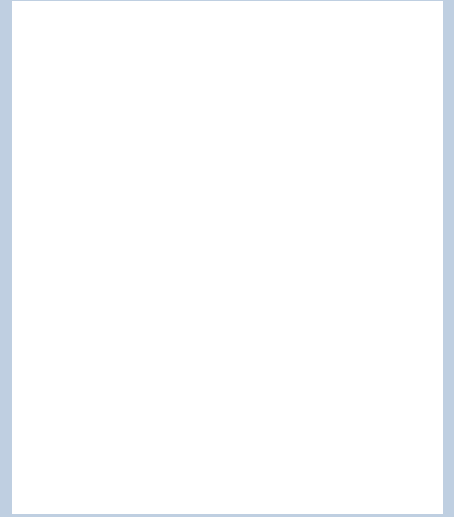
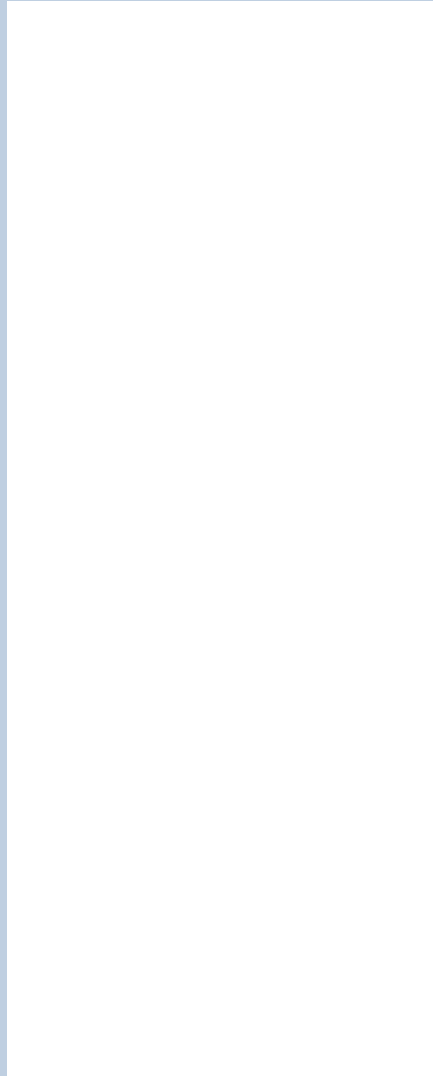
Calming Coupons

Stick on your fridge and tear off a calming strategy whenever you feel anxious, worried, frustrated or upset.

10 horizontal dotted lines for writing calming strategies, each preceded by a pair of scissors icon.

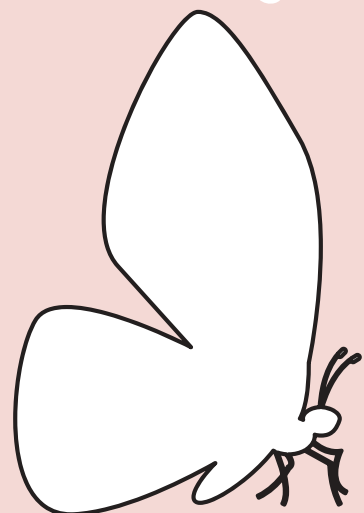
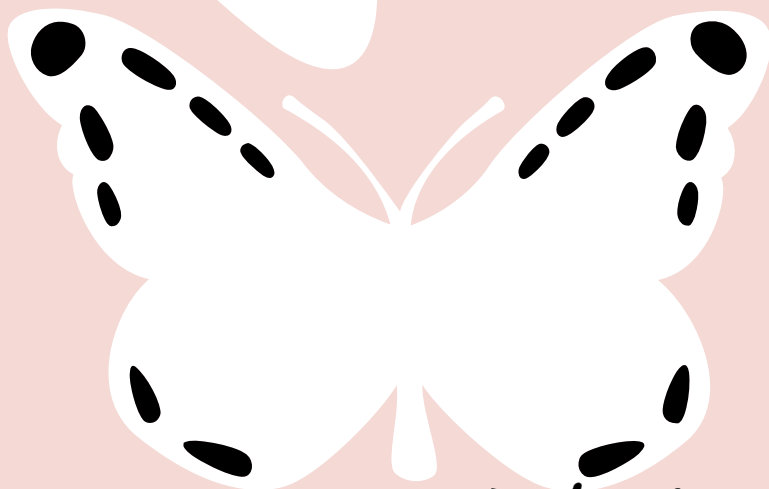
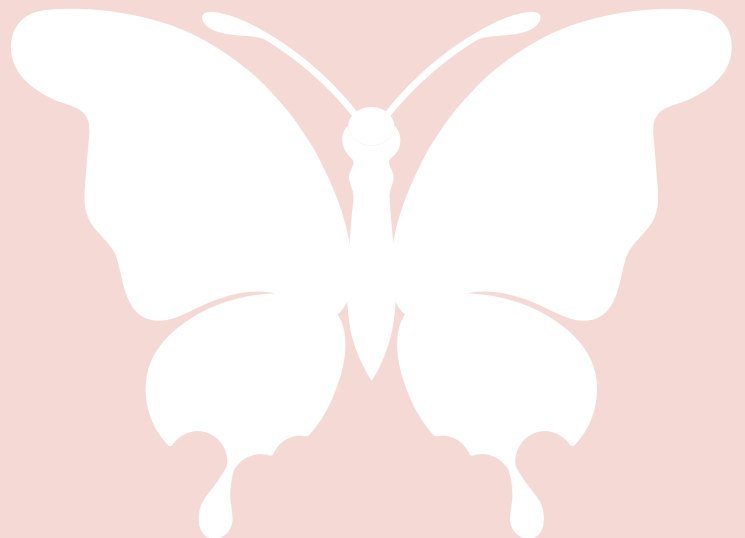
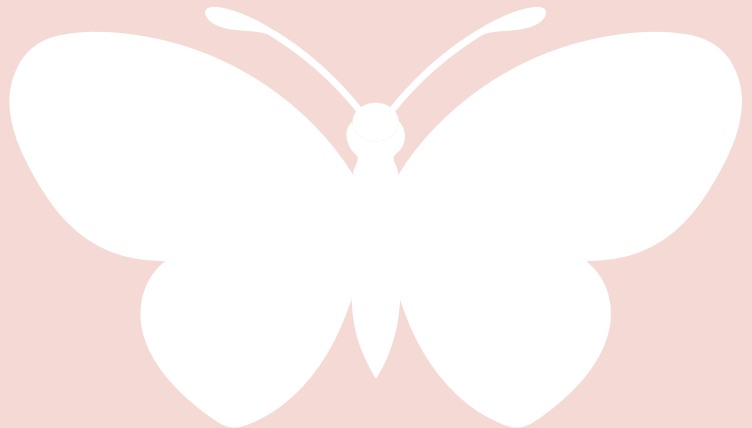
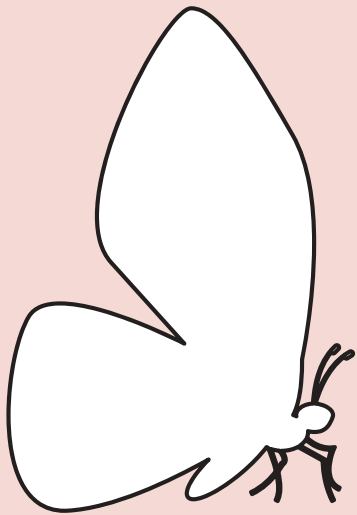


MY CALMING TOOLBOX

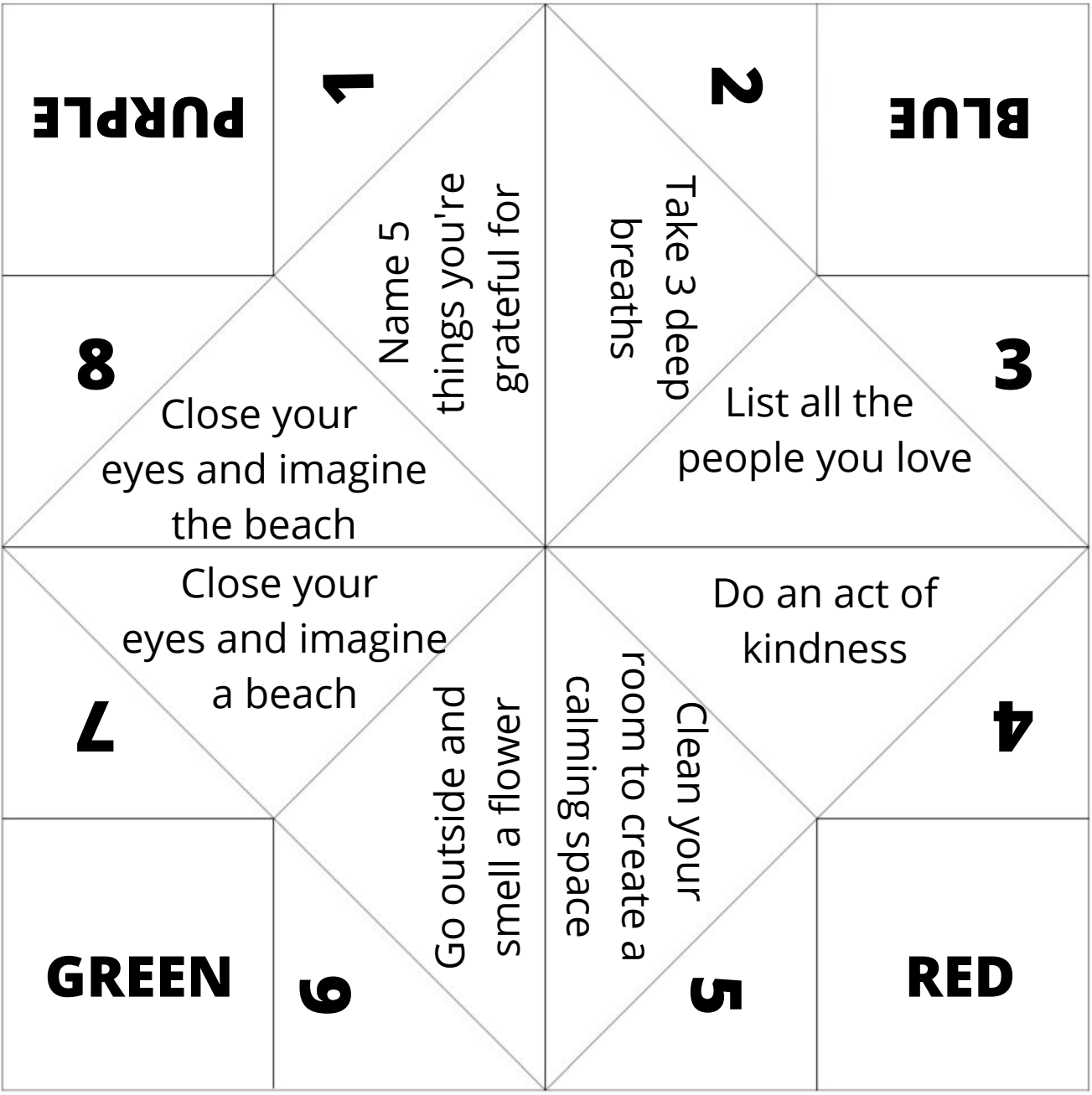


Butterflies in my Belly

Cut out a butterfly and write your worry in it. This butterfly will do the worrying for you so you can let that worry go....



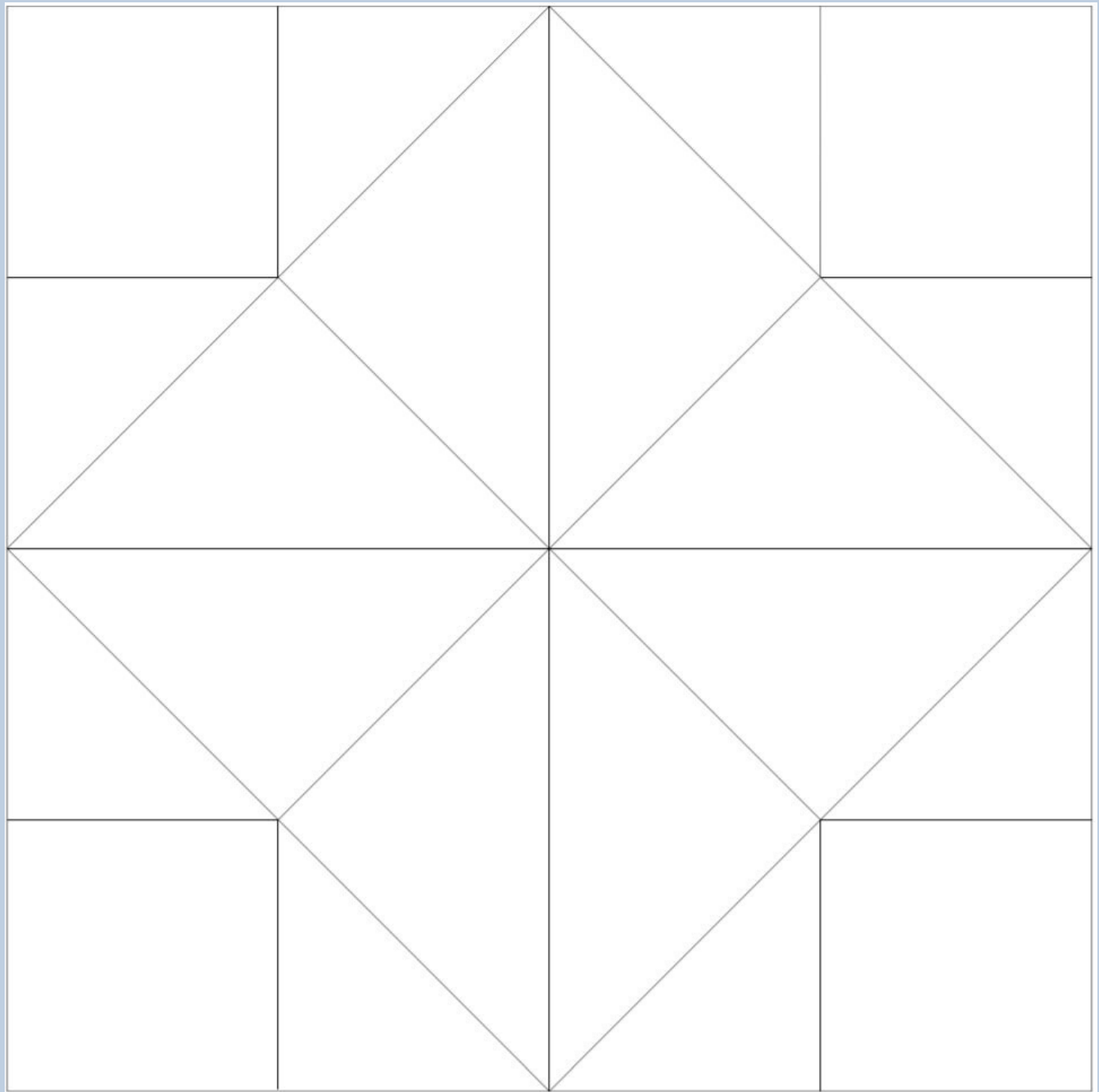
Help your CHATTERBRAIN with this CHATTERBOX



INSTRUCTIONS

1. Print and cut round outside of Chatter Box
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat so the numbers are folded into the middle
5. Turn over so you can see the colours
6. Slide your thumb and your finger behind 2 of the colours and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two words
8. All the colours should now be at the front with centres touching and you are ready to use your Chatterbox!

Help your CHATTERBRAIN with this CHATTERBOX



Make your own!

INSTRUCTIONS

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