

ANXIETY COPING SKILLS HANDOUT FOR KIDS

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READY
TO
USE

ANXIETY COPING SKILLS FOR KIDS

COPING SKILLS ARE THINGS THAT KIDS CAN DO TO HELP THEM MANAGE ANXIETY & WORRIES. THE MORE YOU PRACTICE, THE BETTER YOU WILL GET AT MANAGING YOUR ANXIETY.

ANYTIME YOU FEEL ANXIOUS OR WORRIED PRACTICE THE FOLLOWING BREATHING SKILLS:



5-4-3-2-1 GROUNDING EXERCISE



5 THINGS YOU CAN SEE

EXAMPLES: ITEMS IN THE ROOM OR OUT IN THE WINDING, COLOR, SHAPES, OBJECT DETAILS, COUNT OBJECTS.



4 THINGS YOU CAN TOUCH

EXAMPLES: FEET IN THE SHOE, CLOTHES ON YOUR BACK, CLOTHES YOU ARE WEARING, SHOES ON FEET, HOLD A PENCIL.



3 THINGS YOU CAN HEAR

EXAMPLES: PEOPLE TALKING, BIRDS CHIRPING, YOUR BREATH, CLOCK TICKING, TRAFFIC NOISE, LISTEN TO MUSIC.



2 THINGS YOU CAN SMELL

EXAMPLES: LAUNDRY DISODORANT ON CLOTHES, CLOTHES FRESH, RECENT CUT GRASS, BATH, SHAMPOO, SOAP, LOTION.



1 THING YOU CAN TASTE

EXAMPLES: MINT, SUGAR, SOUR CANDY, JUICY ORANGE, TOOTHBRUSH, EAT AN ORANGE SEGMENT BY SEGMENT.

DISTRACTION SKILLS



- COUNT FROM 1 TO 100
- WATCH A FUNNY MOVIE

MENTAL/THINKING SKILLS



- TALK YOURSELF INTO BEING CALM. SAY "BE CALM, BE CALM."
- NOTICE AND CHALLENGE UNHELPFUL THOUGHTS

Stress And Coping In Child Health

VM Jensen



Stress And Coping In Child Health:

This book delves into Stress And Coping In Child Health. Stress And Coping In Child Health is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Stress And Coping In Child Health, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Stress And Coping In Child Health
- Chapter 2: Essential Elements of Stress And Coping In Child Health
- Chapter 3: Stress And Coping In Child Health in Everyday Life
- Chapter 4: Stress And Coping In Child Health in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Stress And Coping In Child Health. This chapter will explore what Stress And Coping In Child Health is, why Stress And Coping In Child Health is vital, and how to effectively learn about Stress And Coping In Child Health.
3. In chapter 2, this book will delve into the foundational concepts of Stress And Coping In Child Health. This chapter will elucidate the essential principles that need to be understood to grasp Stress And Coping In Child Health in its entirety.
4. In chapter 3, this book will examine the practical applications of Stress And Coping In Child Health in daily life. This chapter will showcase real-world examples of how Stress And Coping In Child Health can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Stress And Coping In Child Health in specific contexts. The fourth chapter will explore how Stress And Coping In Child Health is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Stress And Coping In Child Health. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Stress And Coping In Child Health.

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Stress And Coping In Child Health Introduction

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