WHEN I FEEL WORRIED.



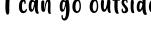
to feel

my FEELINGS

I can try this breathing activity:

I can tell myself:

- This is tough but so
- I can always ask for help.
- I can focus on things
 I can control.
- I can go outside and:







I can try these things to feel better:

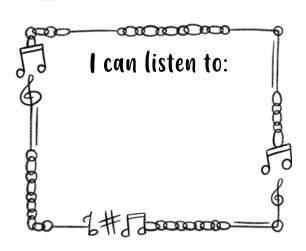


Give someone a hug

Write in a journal

Hum or sing a song

I can move my body by:



FEELINGS
COME
FEELINGS
GO



STEPS TO HELP CHILDREN

Cope with Stress

Big life Journal



REFRAME STRESS

Help your child shift from a "stress hurts" mindset to a "stress helps" mindset.

Some level of stress is beneficial and presents opportunities for growth.





SHIFT FROM A FIXED TO A GROWTH MINDSET

Help your child look at the situation from a growth mindset perspective: it's not fixed, it can be improved, and they do have the power to influence the situation.





STOP CATASTROPHIC THINKING

Do the worst case scenario exercise.

Ask your child, "What's the worst thing that could happen?"



Caution: do not dismiss their worry!



PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.





USE STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practising mindfulness.



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