

Wellbeing Wednesday

15th May 2024



@laurajaneillustrations

Dear parents/ carers,

When children experience feelings of anxiety, it can feel incredibly overwhelming having to navigate the 'best' way to support and help them through. However, there are some top tips that you can follow to help ease these feelings for your child and give them coping strategies.

Anxiety is a very general term used to describe a feeling of extreme worry or unease. These feelings of anxiety are *natural and normal*, especially after something upsetting happens. However, when a child feels anxiety frequently and it begins to prevent them from doing *normal* things, like going to school or sleeping then that's when investigating further and teaching your child different strategies to cope and manage these feelings would be a good idea.

- ◇ In calm moments, talk to your child about their anxieties or worries. What are they? Writing or drawing them can be really helpful - [stress-bucket converted final.pdf \(youngminds.org.uk\)](https://www.youngminds.org.uk/stress-bucket-converted-final.pdf)
- ◇ Help your child to recognise when they are beginning to feel anxious. What does their body feel like? Draw a picture of them and label the feelings in their body - tight chest, bubbly tummy, tingly hands, angry etc.
- ◇ Think about activities that help to ease the feelings - acknowledging the feeling, affirmations to reinforce that the feeling will pass, deep breathing, going for a walk, fidget toy, puzzle, drawing, talking to a friend or family member. Come up with an action plan - *when I feel 'x' I can do 'x'*.
- ◇ Circle of control - a helpful tool to allow children to see what they *can and can't* control - see next page for example.
- ◇ Help your child to ensure they are meeting daily needs - physical exercise, sleeping well, eating healthily, drinking water and connecting with and spending time with loved ones.

It can feel extremely isolating dealing with and supporting your child through their anxiety but please know that as a school, we are here to support you. Please do reach out and get in touch with us if you would like support. It does not matter if the anxiety only presents at home. Drop Mrs Cushnie an email at - mcushnie@greville.surrey.sch.uk if you would like discuss further.

Additional bits

Free Parent workshop: Anxiety and worries:

[Book your place - Talking to your child and supporting them to cope with worries - Zoom \(tickettailor.com\)](#)

Podcast:

AT Parenting Survival Podcast: Parenting | Child Anxiety | Child OCD | Kids & Family

Natasha Daniels: Child Therapist, Child Anxiety and Child OCD Expert



Website recommendations:

[Anxiety in Children - A Quick Guide - Child Mind Institute](#)

[Anxiety :: Mindworks Surrey \(mindworks-surrey.org\)](#)

Circle of control example

