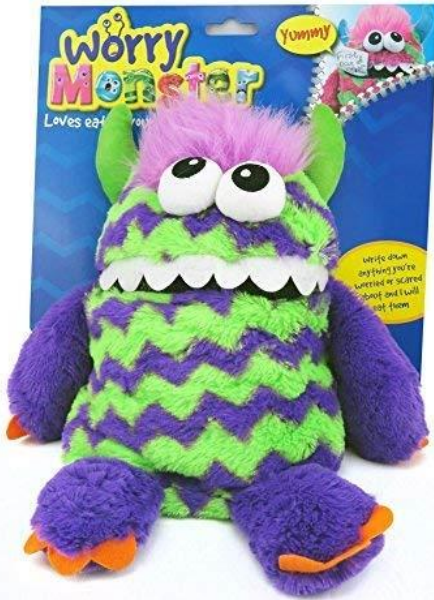


Resources that may support your child with anxiety

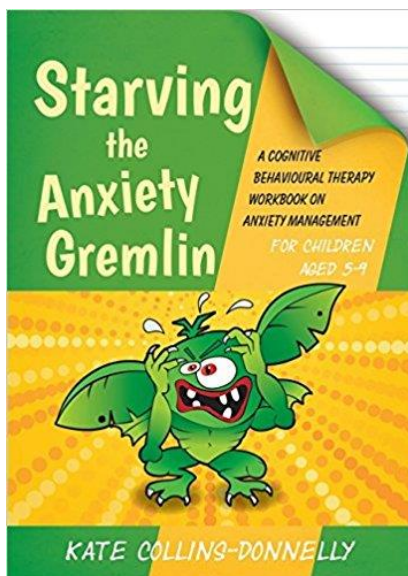
These resources may help you to support your child if they seem anxious or have worries. They have been recommended by our Educational Psychologists, SENCo's or parents.



These 'monsters' are priced between £7 and £9.

Product description: Meet the worry monster who will save your child from their worries. When night falls, it is time for dreams. Nice, funny, sad or exciting dreams are fine, but being woken by a horrible nightmare is really upsetting. Fortunately, for children, there are the Worry Eaters! Every night and every day, they turn fears, worries or bad moods into nice stories to enjoy together or alone. Worry monster loves to eat worries - they are his favourite meal! Yum yum! Just make sure you take him with you wherever you go. The worry monster's

motto is 'We eat your worries'. They are recommended by psychologists and teachers to act as a waste bin for the fears, troubles and woes that they do not always tell their parents about. Height: Approx. 35 cm Hand washable.

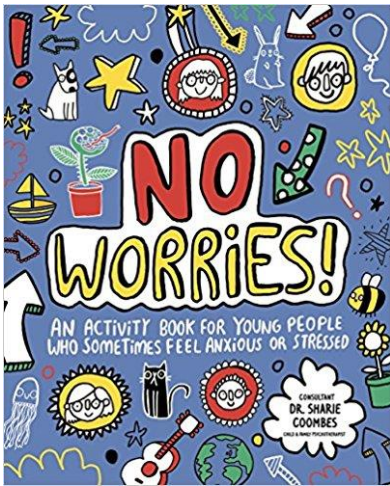


These books are priced around £10

Product description: Help children to understand and manage their anxiety with this engaging and imaginative workbook.

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act - getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years. There is also a book for children aged 9 to 11 years.

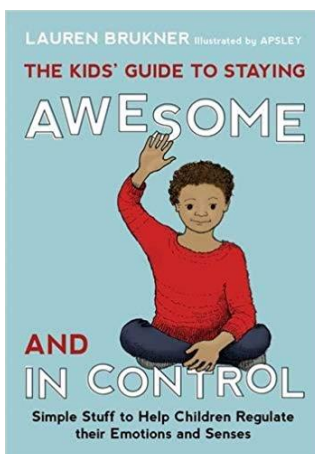


This book is priced around £6.

Product description: *No Worries!* is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

Featuring the charming and quirky illustrations of Katie Abey, a UK-based illustrator. Her quirky pictures will keep the reader entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calm colouring.



This book is priced around £10.

Product description: Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control!

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress.

Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

Websites

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

<https://www.solentmind.org.uk/>

<https://childmind.org/topics/concerns/anxiety/>

Mindfulness Apps for Children

- Smiling Mind. This app has great body scan meditations to help children develop the awareness of what is happening in their bodies. Learning about what is happening in your body is one of the first steps of an authentic mindfulness practice. <https://www.smilingmind.com.au/>
- Headspace (for Kids). This app teaches parents and children together about meditation for different age levels. They focus on Calm, Kindness and Bedtime. <https://www.headspace.com/kids>
- Calm. This app provides mindfulness and sleep stories for children of varying ages. Several parents I know use the app to help their children relax, and restore themselves after a full day of running around. <https://www.calm.com/>
- Three Good Things: A Happiness Journal. This app is simple and easy-to-use helping children focus on the positive and recognizing what went well today. (Ages 6 and up) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice. <https://apple.co/2nGXBgo>
- Insight Timer. This app is free with meditations for parents and children. They focus on relaxation, managing stress, concentration and sleep, as examples. <https://insighttimer.com/>
- Therapeutic Listening. Therapeutic Listening is an evidence-based auditory intervention intended to support individuals who experience challenges with sensory processing dysfunction, listening, attention, and communication. <https://itunes.apple.com/gb/app/therapeutic-listening/id836090895?mt=8>