

Unit 3- Stress and Anxiety in Young Children

Handout 1: Coping Skills List

Calming Skills: Help you calm down and relax in stressful or overwhelming situations.

Examples:

- Triangle breathing
- Deep breathing with your hand
- Explosion breaths (also physical)
- Deep breathing with a stuffed animal
- Deep breathing with a feather, pinwheel, or bubbles
- Mindfulness/meditation
- Yoga (also physical)
- Noise canceling headphones or earmuffs
- Progressive muscle relaxation
- Grounding exercises
- Tracing a pattern
- Counting
- Coloring
 - Add your own....

Movement/Physical Skills: Help you deal with anxiety through movement and letting out excess energy.

Examples:

- Stretch
- Move around
- Go for a nature walk
- Exercise
- Dance
- Punch a safe surface
- Complete an obstacle course
- Keep your hands busy
 - Add your own.....

Processing Skills: Help you think through feelings and reactions. Some may need to be adapted for younger children or those with developmental delays.

Examples:

- Journaling
- Draw how you feel
- Make a feelings book
- Where do I feel things in my body?
- Draw what you wish happened
- Feelings thermometer
- Write/draw what's bothering you and throw it away
- Make a worry box
- Talk to someone you trust
 - Add your own....

Distraction Skills: Help to keep your mind off of what is out of your control.

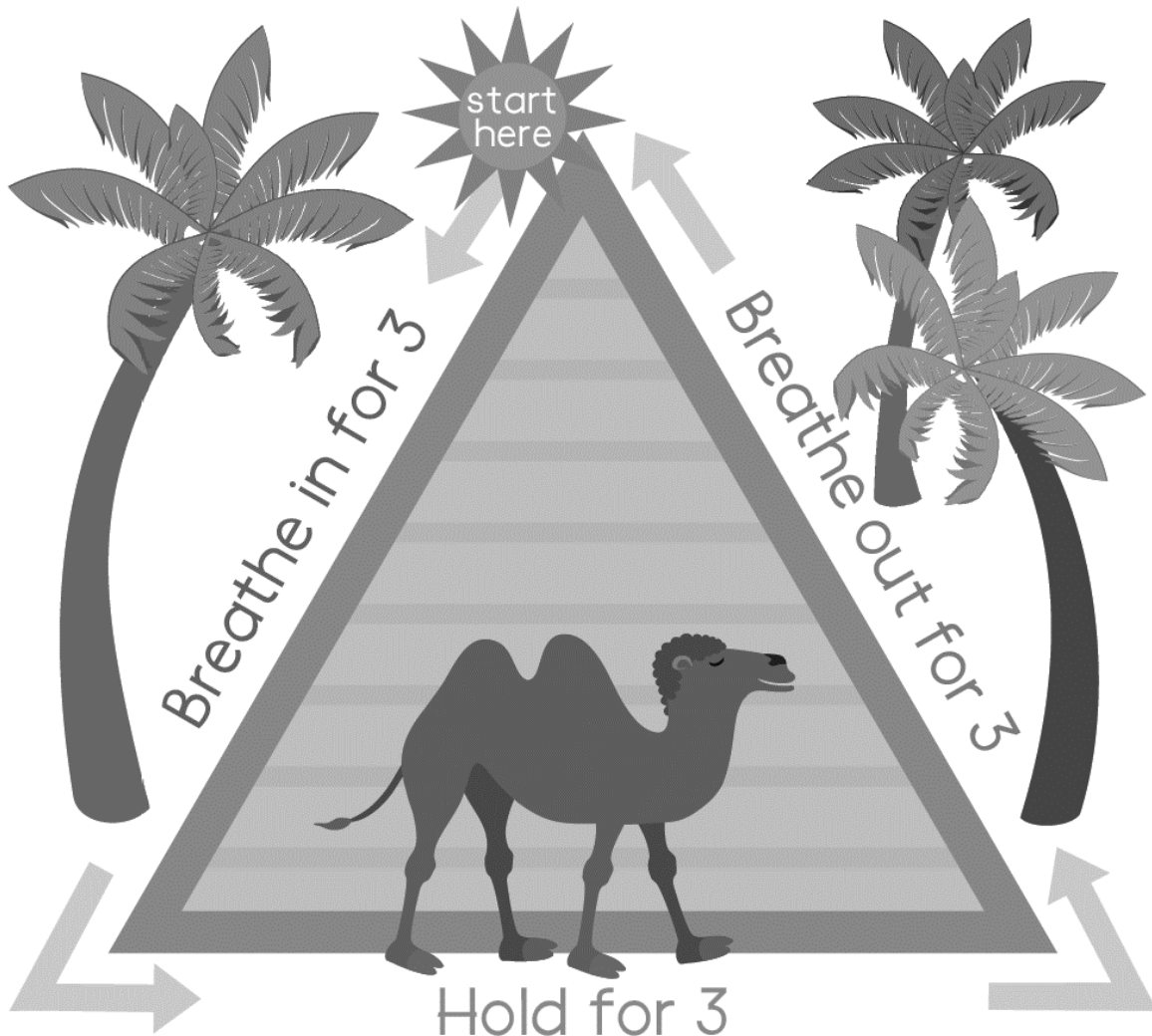
Examples:

- Read a book
- Do a puzzle
- Clean or complete another task
- Help a friend
- Play a game
- Bake or create something
- Learn some new jokes to tell
- Write a story
- Draw a picture
- Use a screen
 - Add your own....

Unit 3: Stress and Anxiety in Children

Handout 2- Deep Breathing Triangle

Camels love to stroll around the pyramids in Egypt. Maybe because they have two humps, and a pyramid only has one! Start at the warm, relaxing sun, and follow the sides around the whole triangle shape with your finger to complete one deep breath. As you pass the palm trees, imagine they gently sway!



Adapted from Coping Skills for Kids, Deep Breathing Printables. <https://copingskillsforkids.com/>

Levels of Stress

My Stress Level	My Stressors	Things to Try
1		
2		
3		
4		
5		