



# ANXIETY SUPPORT TOOLKIT



# ANXIETY DICE

6 exercises to help you with you when you are feeling anxious. Roll the dice and do the activity.

**Ice Cream**  
Imagine you are an ice cream lying out in the summer sunshine. Feel your body slowly melting.

**Light Breaths**  
Take in a deep breath and imagine you are breathing in wonderful golden light. Breathe all your worries.

**Feather Breathing**  
Take in a deep breath and, as you breathe out, blow feathers softly into the air.

**Counting Breaths**  
Take in 20 deep breaths. 1 breathe in slowly, breathe out. 2 breathe in and out... keep going until you reach 20.

**Blue Breaths**  
Close your eyes and breathe in the colour blue. Feel the colour going down your throat, neck, chest and stomach and legs. Feel yourself relaxing.

**Affirmation**  
Repeat 'I am calm, I am calm' 5 times.

# 10 things to do when you are feeling anxious

**1. Pop  
bubble  
wrap**

**2. Listen to  
relaxing  
music**

**3. Take in a deep  
slow breath and  
breathe all your  
worries away**

**4. Ask someone to  
give you a massage or  
give yourself a foot  
or head massage**

**5. Tell someone  
about what is  
making you  
anxious**

**6. Sit on the floor with  
your legs stretched out and  
reach down and touch your  
toes. Hold this stretch for  
as long as you can**

**7. Stroke a pet  
or soft toy/  
soft carpet**

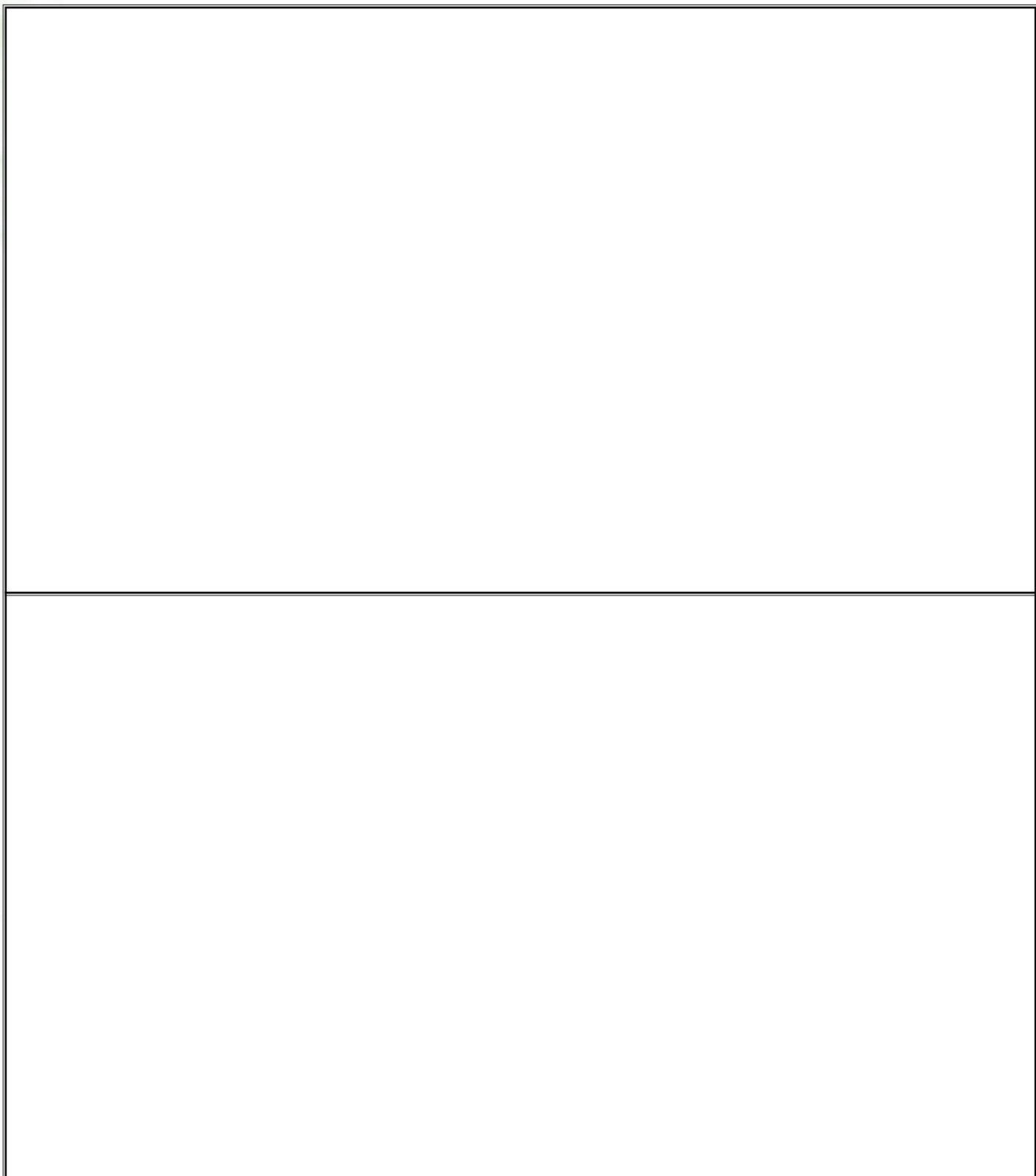
**8. Squeeze a  
stress ball  
as hard as  
you can**

**9. Blow  
bubbles**

**10. Close your eyes  
and imagine you are at  
the top of a mountain  
and feel the breeze  
on your face**

# ANXIETY TO CALM SCRIBBLE

Draw what anxiety looks like in the top section. Draw all your anxious feelings. Then, close your eyes and start to feel really calm inside. Draw all your calm feelings. Feel calm as you draw.



# ANXIETY THERMOMETER

10

9

8

7

6

5

4

3

2

1

Colour in the thermometer to show how anxious you feel.

# WORRY BALLOONS

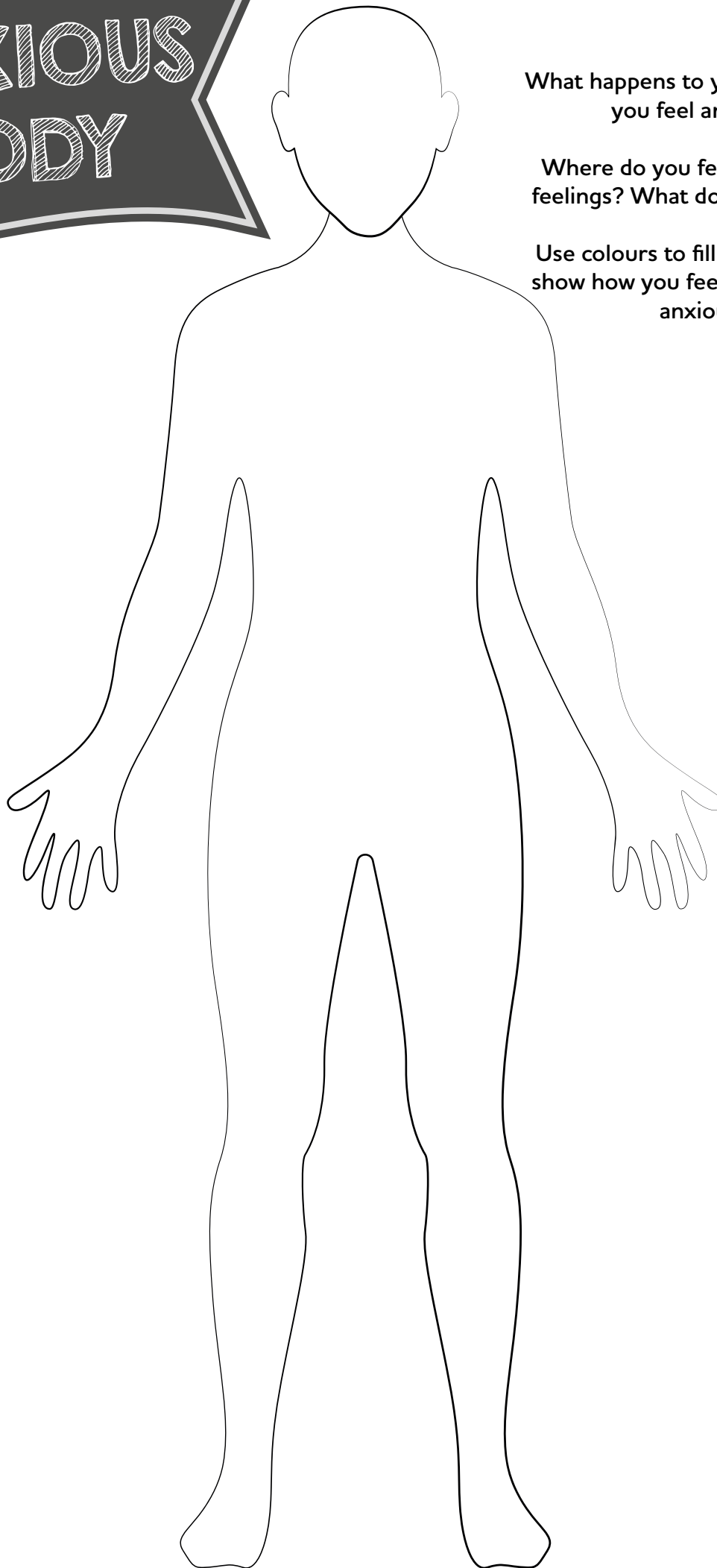
Colour in these worry balloons and write your worries on each balloon tag. Close your eyes and imagine your balloons are floating up into the air. Imagine that your worries are up far beyond. Feel your worries moving far away as you let them go.



# ANXIOUS FEELINGS BINGO

<b>Afraid</b> <input type="checkbox"/>	<b>Anxious Feelings</b> How do you feel when you are anxious? Tick the words to describe how you feel.		<b>Concerned</b> <input type="checkbox"/>
<b>Scared</b> <input type="checkbox"/>	<b>Uptight</b> <input type="checkbox"/>	<b>Worried</b> <input type="checkbox"/>	<b>Nervous</b> <input type="checkbox"/>
<b>Jittery</b> <input type="checkbox"/>	<b>Fidgety</b> <input type="checkbox"/>	<b>Fearful</b> <input type="checkbox"/>	<b>Restless</b> <input type="checkbox"/>
<b>Antsy</b> <input type="checkbox"/>	<b>Nervy</b> <input type="checkbox"/>	<b>Jumpy</b> <input type="checkbox"/>	<b>Tizzy</b> <input type="checkbox"/>
<b>Dizzy</b> <input type="checkbox"/>	<b>Shaky</b> <input type="checkbox"/>	<b>Shivery</b> <input type="checkbox"/>	<b>Sick</b> <input type="checkbox"/>

# ANXIOUS BODY



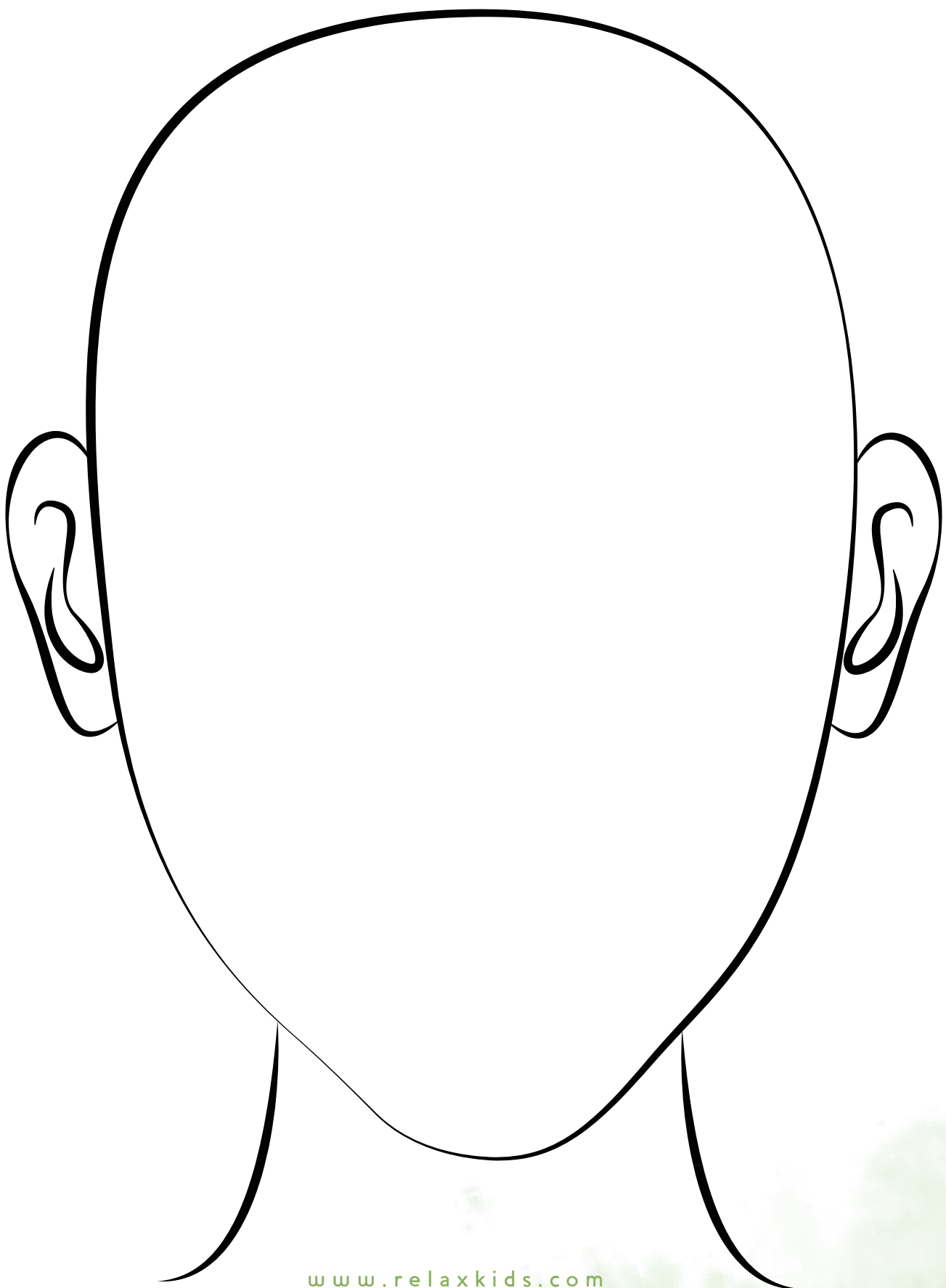
What happens to your body when you feel anxious?

Where do you feel the anxious feelings? What do they feel like?

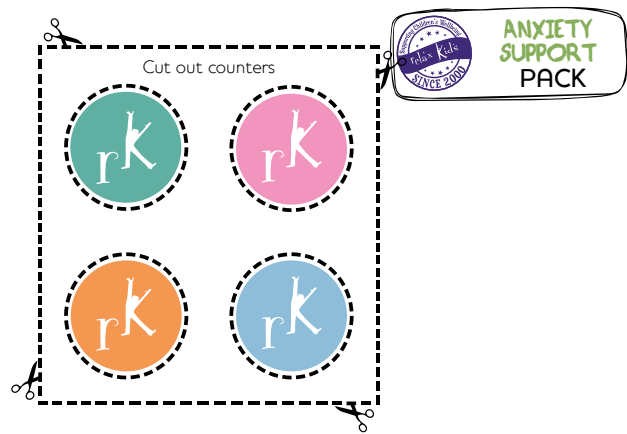
Use colours to fill in the body to show how you feel when you get anxious.

# ANXIOUS FACE

What does your face look like when you get anxious?



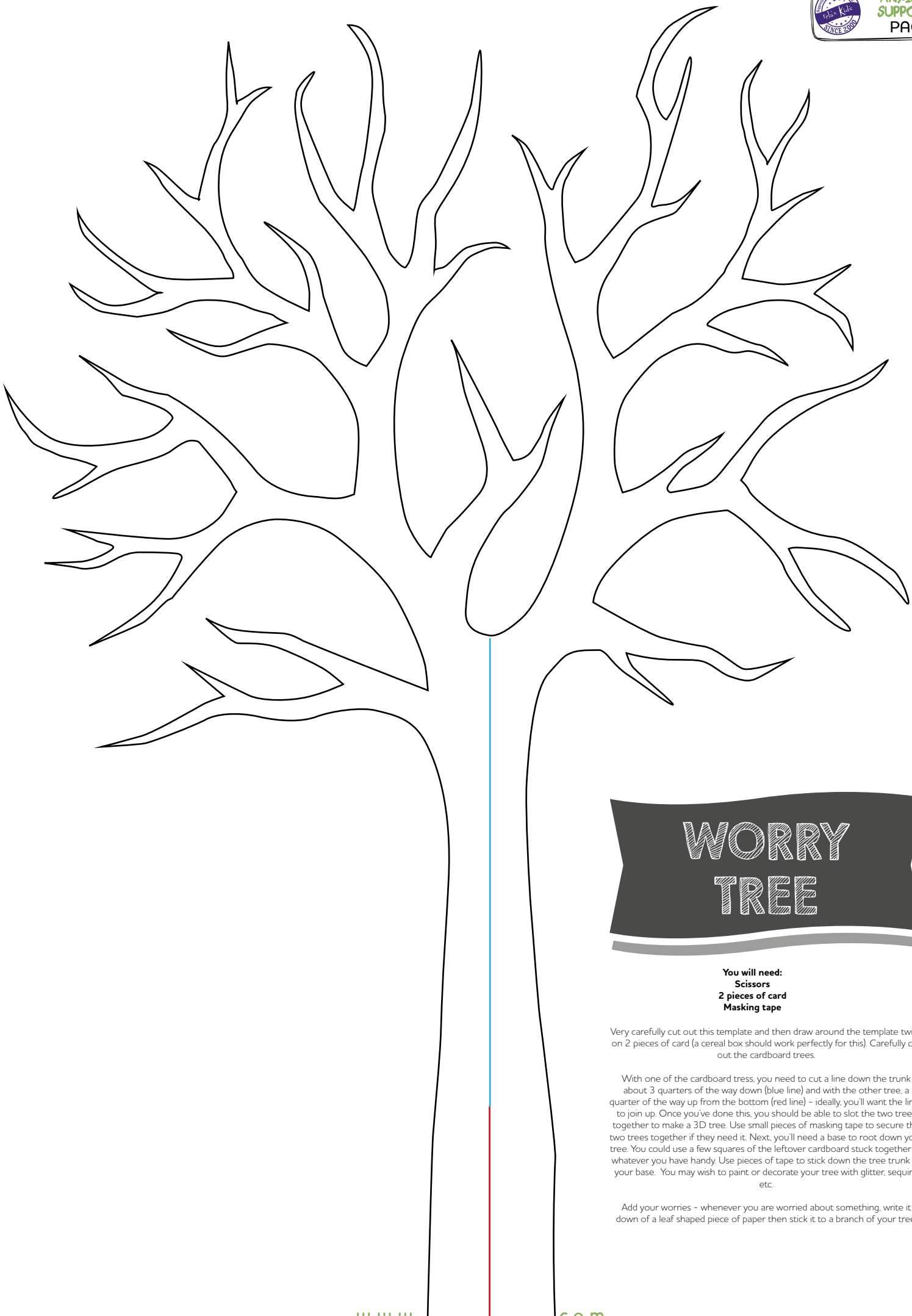
# ANXIETY SNAKES AND LADDERS



Can you climb all the happiness items with your qualities and avoid all the slides.  
Get to the end and remember you are amazing!

100 You are amazing	99 wobbly knees	98	97	96	95	94	93	92 faster breathing	91
81	82	83	84	85	86 remember to breathe	87	88	89	90
80	79	78	77 shaky hands	76	75	74	73	72 talk to a friend	71
61	62	63	64	65	66	67 find a safe place in your mind	68	69 feeling sweaty	70
60	59 get a hug	58	57 worrying thoughts	56	55	54	53	52	51
41	42	43	44	45	46 say 'I am OK'	47	48	49	50
40	39	38	37	36	35	34 thumping heart	33	32	31 think about something else
21 hold a pebble	22	23 feeling restless	24	25	26	27	28	29 tummy churning	30
20	19	18	17	16	15	14	13	12	11
12 start		34		56 ask for help		78		91	0

You will need a dice and counters. Roll the dice and move your counter along the board. When you get to an anxiety snake, you go down the snake and when you get to a ladder, you go up. The first person to reach the end is the winner. Talk about the snakes and ladders as you go along the board.



# WORRY TREE

- You will need:**  
Scissors  
2 pieces of card  
Masking tape

Very carefully cut out this template and then draw around the template twice on 2 pieces of card (a cereal box should work perfectly for this). Carefully cut out the cardboard trees.

With one of the cardboard trees, you need to cut a line down the trunk about 3 quarters of the way down (blue line) and with the other tree, a quarter of the way up from the bottom (red line) - ideally, you'll want the lines to join up. Once you've done this, you should be able to slot the two trees together to make a 3D tree. Use small pieces of masking tape to secure the two trees together if they need it. Next, you'll need a base to root down your tree. You could use a few squares of the leftover cardboard stuck together or whatever you have handy. Use pieces of tape to stick down the tree trunk to your base. You may wish to paint or decorate your tree with glitter, sequins etc.

Add your worries - whenever you are worried about something, write it down of a leaf shaped piece of paper then stick it to a branch of your tree.

# MY WEEKLY MOOD CHART

Our moods are like the weather and are changing all the time. Sometimes we wake up and don't feel at all sunny. Do you ever wake up and feel like there is a heavy cloud over your head? it can help to write down your moods and feelings to help you understand them.

**Use the chart below at night to write down your moods.**

	Today my mood was...	What made me feel better	Tomorrow I will...	I am special because...
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# ANTI ANXIETY CARDS

Cut out these cards and keep them somewhere special. When you are feeling anxious choose a card and repeat to yourself the words on the card e.g. 'I am calm'

<p>relax Kids</p> <p>I am OK</p>	<p>relax Kids</p> <p>I allow myself to feel calm</p>	<p>relax Kids</p> <p>I let all my worries GO</p>	<p>relax Kids</p> <p>I stop holding on and I release</p>	<p>relax Kids</p> <p>I choose to breathe deeply</p>	<p>relax Kids</p> <p>My whole body is relaxed and calm</p>
<p>relax Kids</p> <p>I am Calm</p>	<p>relax Kids</p> <p>My thoughts are in the NOW</p>	<p>relax Kids</p> <p>I relax the muscles in my body</p>	<p>relax Kids</p> <p>I all my mind to become calm</p>		

What do you want and need  
when you are anxious?  
Who can help you?

# MY WANTS AND NEEDS

I want...

I need...

I want...

I need...

I want...

I need...

I want...

I need...

# MY COPING SKILLS

Fill in the blanks below

● When I feel \_\_\_\_\_ I can \_\_\_\_\_

● When I feel \_\_\_\_\_ I remember to \_\_\_\_\_  
\_\_\_\_\_

● When I feel \_\_\_\_\_ I can \_\_\_\_\_

● When I feel \_\_\_\_\_ I stop and \_\_\_\_\_  
\_\_\_\_\_

● When I feel \_\_\_\_\_ I try to \_\_\_\_\_

● When I feel \_\_\_\_\_ I take a pause and \_\_\_\_\_  
\_\_\_\_\_

● When I feel \_\_\_\_\_ I can \_\_\_\_\_  
\_\_\_\_\_

# MY CALMING LIST

List as things as you can that help  
you keep you calm and relaxed.



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I AM OK

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Everything will be alright

relax Kids  
©2020

I feel calm.

relax Kids  
©2020

I stay positive

I have trust that everything will be ok

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©2020

I AM CONTENT 

relax Kids  
©2020

I let go of all my fears 

relax Kids  
©2020

Everything turns out so well

relax Kids  
©2020

I trust myself 

relax Kids  
©2020

I trust others 

relax Kids  
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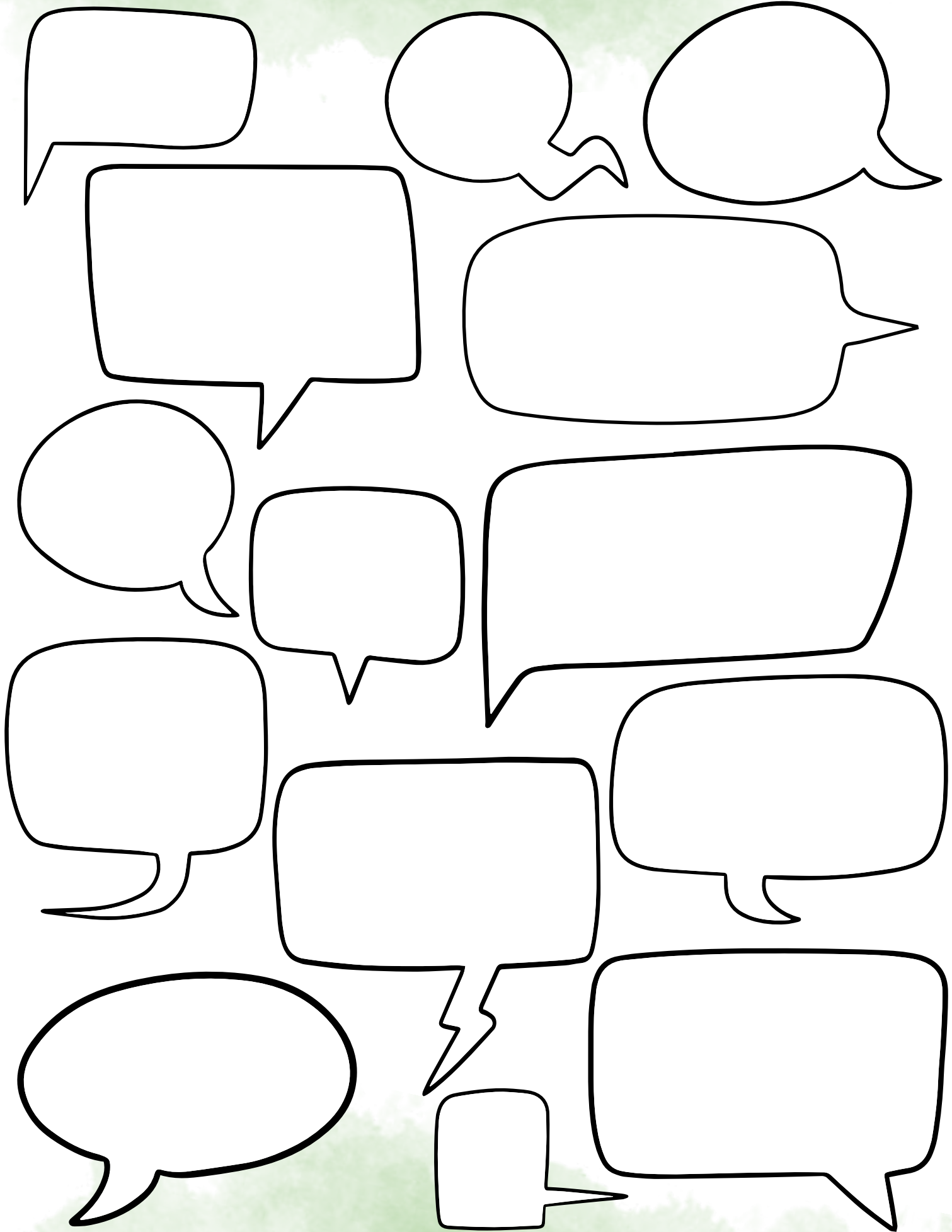
I know I am safe   

relax Kids  
©2020

I AM IN CONTROL

# ANXIOUS WORDS

What do you say when you are anxious?



# CALM CARDS

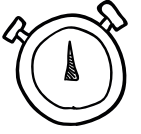


Take a mini holiday in your favourite holiday spot. Close your eyes and imagine you are there



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Think about your favourite thing for one minute



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Name animals alphabetically (antelope, badger, cow, deer, elephant etc)

A B C D E F



Squeeze a stress ball, clay or play dough, or fiddle with a fidget toy



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Drink a glass of water slowly



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Give yourself a strong hug



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Sing your favourite song



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Place one hand on your forehead and one hand on the back of your head and stay still



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Imagine your worries are floating away on balloons



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Look around and notice something you can see, something you can hear, something you can smell, something you can feel and something you can taste



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Imagine you are blowing on a feather



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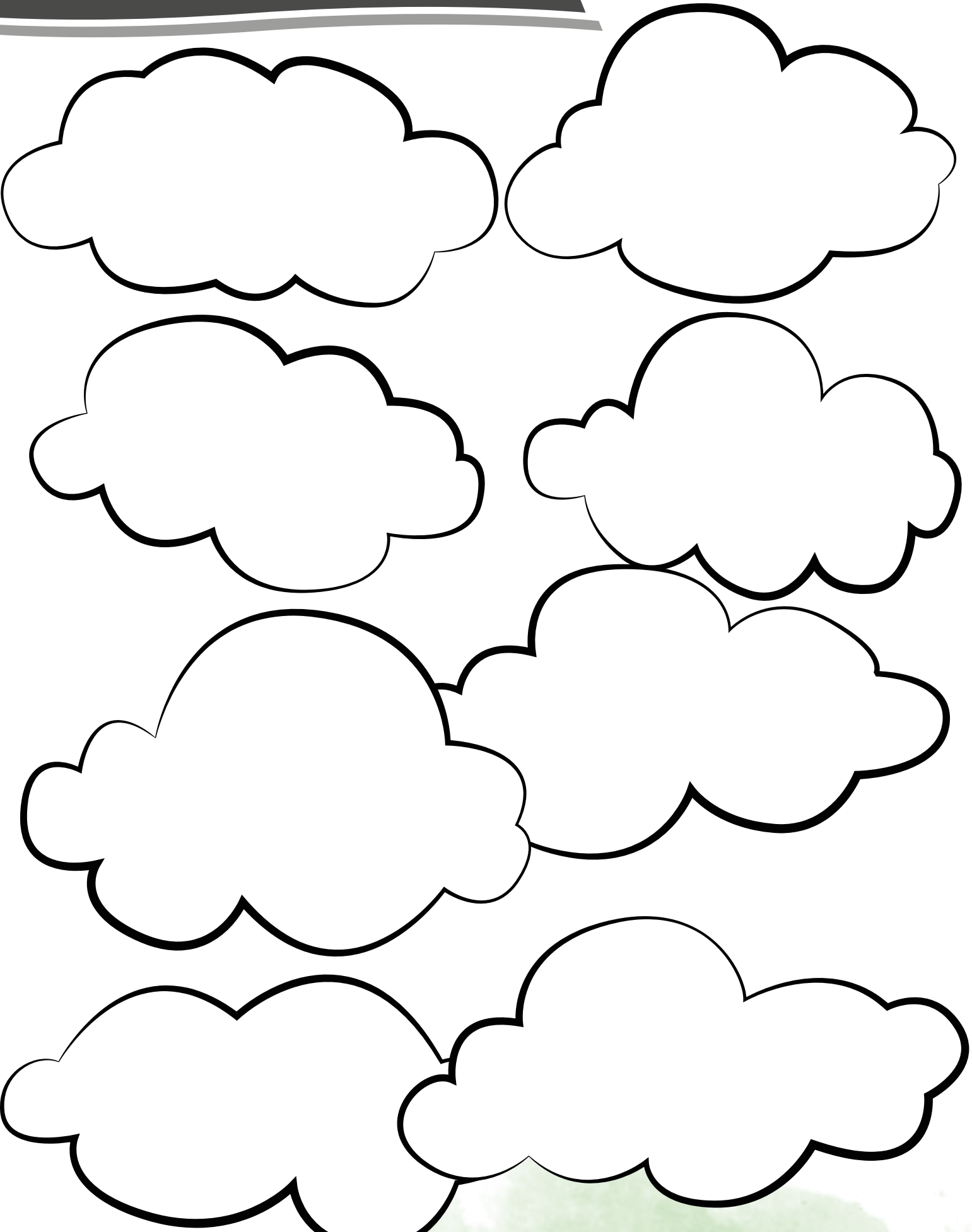
Imagine you are smelling a flower



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# WORRY CLOUDS

Write down all the things you worry about in the clouds.

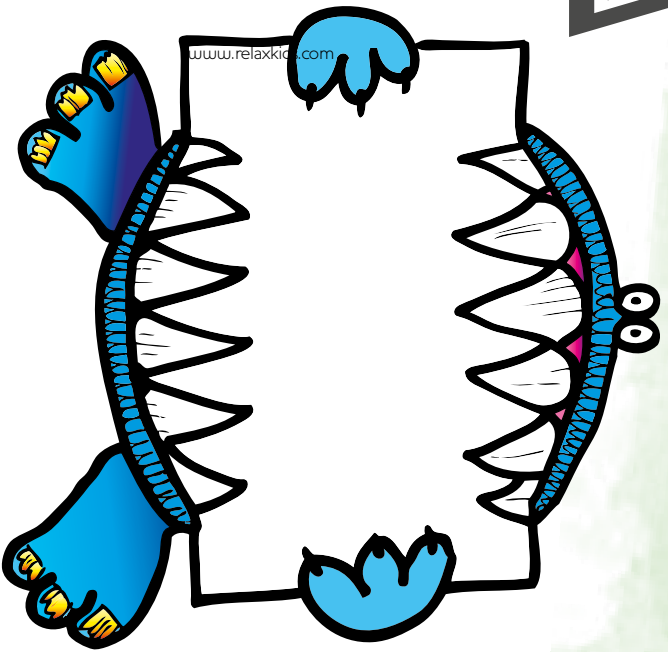
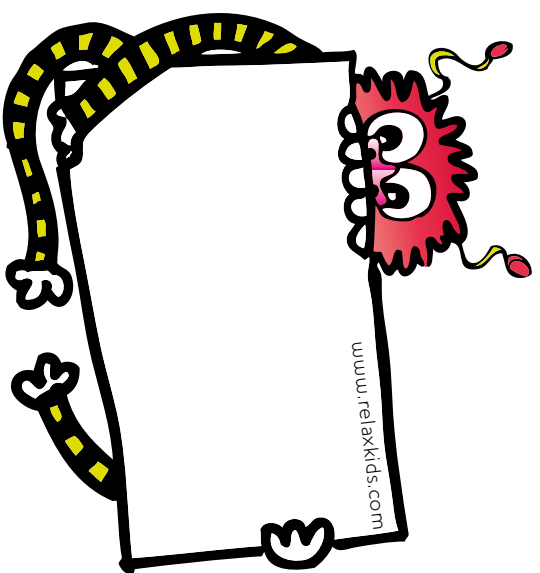


# WORRY WALL

Write all your worries on the wall

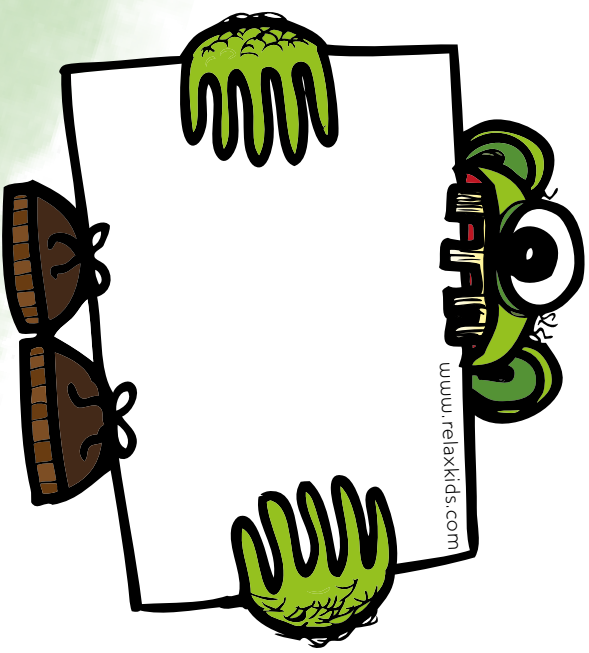
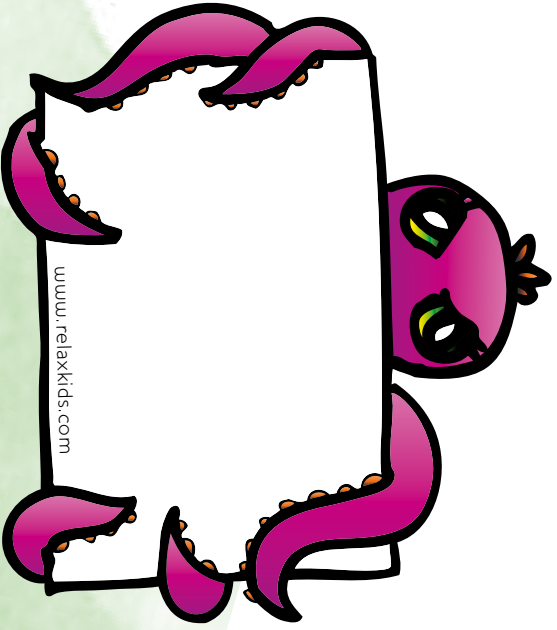


# WORRY MONSTERS




**WHAT TO DO:**  
Cut out your little monsters and write down your worries. Place them in a box and let your monsters nibble away at your worries.

**relax Kids**  
www.relaxkids.com




# TREASURE CARDS

These are your treasure cards. Keep them in a special box. Take out which card suits your needs and keep it with you.




**Topaz of  
Forgiveness**

Relax Kids




**Emerald of  
Hope**

Relax Kids



**Ruby of  
Peace**

Relax Kids



**Sapphire  
of Joy**

Relax Kids



**Amethyst  
of Happiness**

Relax Kids



**Garnet of  
Truth**

Relax Kids




**Quartz  
of Love**

Relax Kids



**Opal of  
Power**

Relax Kids



**Crystal of  
Friendship**

Relax Kids



# ANXIETY CARDS

Make up an anxiety or feelings box. Put things in the box to help you feel calm when you are anxious or upset.



You can put things like a stress ball, play dough, a cuddly toy, blanket, feelings book or CD.


To use these cards, choose a card when you feel anxious or upset and do whatever it says on the card.

There are some blank for you to add your own favourite calming activities.

**Tap  
your  
chest**



**Listen  
to the  
birds**











**Run on  
the spot**



**Close your  
eyes and  
take a  
deep  
breath**



**Hum your  
favourite  
tune**






**Buzz  
like  
a Bee**







**Count  
slowly**








**Sit  
Quietly**














**Wrap up  
in a  
Blanket  
or  
Towel**


**Scribble  
your  
Feelings**







**Drink  
a glass  
of water**



**Get a  
hug**












**Relax  
your  
Face**




**Whisper  
the  
Alphabet**



**Say I am  
calm 10  
times**



**Breathe  
Deeply**

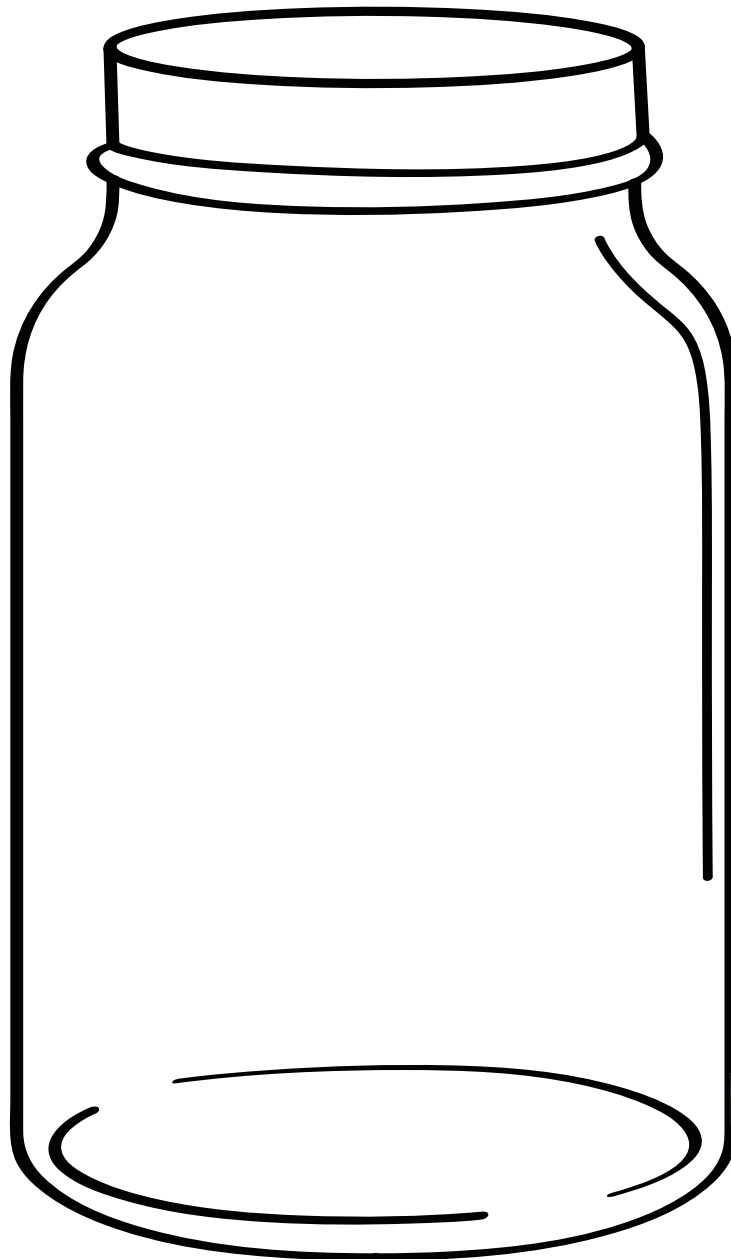


# WORRY CLOUD IN A JAR

Think about a situation which has made you feel anxious or worried whether it is in the past, present or future. Write what you thought/think will happen and then what actually happened. Think about what you have learnt from the situation.

**Write what you think will happen:**

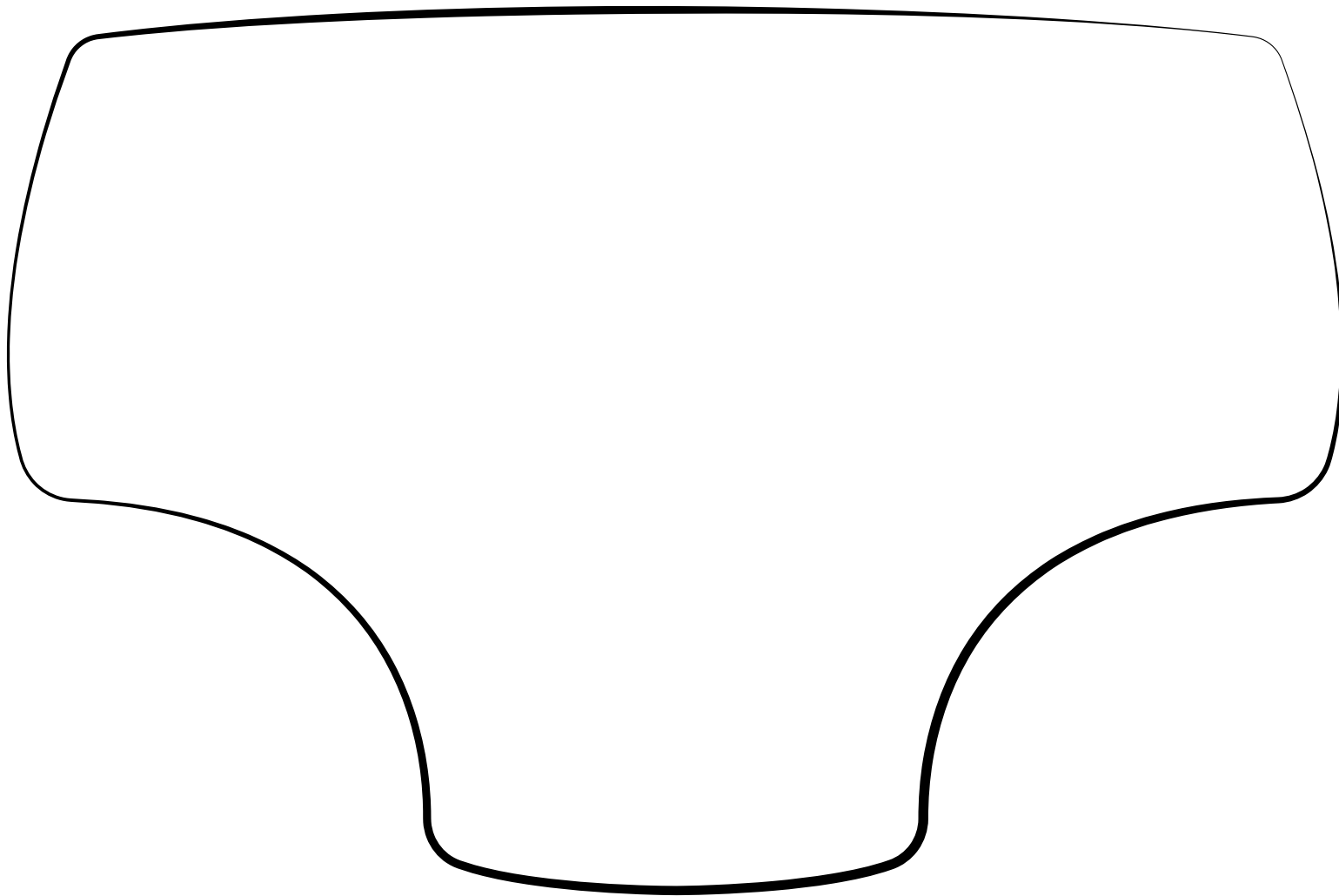
**Write in the jar  
what actually  
happened.**



**What I learnt:**

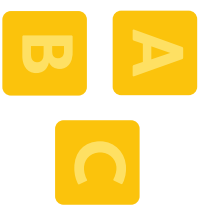
# PANTS OF PEACE

Design your own Pants of Peace. When you are feeling anxious or worried,  
Imagine you are wearing your Pants of Peace.  
Write in the box below how your Pants of Peace will help you.



**My Pants of Peace would help me...**

# ANXIETY EMERGENCY KIT

<p>ALPHABET</p>  <p>Look through a book and go through the alphabet finding the letters in order</p>	<p>COLOURS</p>  <p>Look around you and find something yellow, red, blue and orange</p>
<p>BUBBLES</p>  <p>Imagine you are blowing peace bubbles into the air</p>	<p>BARE FEET</p>  <p>Stand with your bare feet. Feel the grass or floor or carpet between your toes</p>
<p>WINDOW</p>  <p>Look outside the window and spend a minute enjoying the view</p>	<p>CALM BUTTON</p>  <p>Place your finger in between your eye brows and hold it there for one minute</p>
<p>Relax Kids</p> <p>ANXIETY EMERGENCY KIT</p> <p>My Name Is: _____</p>	<p>BREATHE</p>  <p>Breathe in deeply for the count of 5 and out slowly for the count of 10</p>

# CONGRATULATIONS

## =YOU ARE STRONG=

This is to certify that

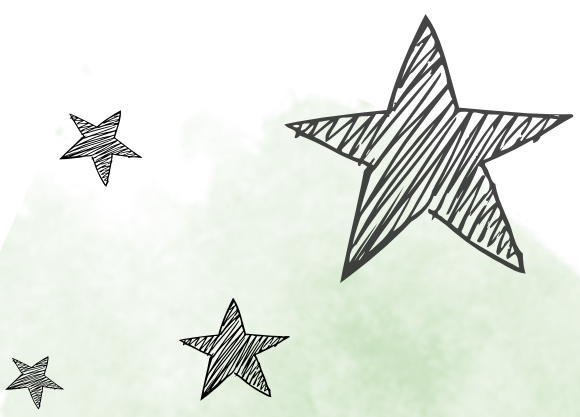
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has completed the Relax Kids workbook  
and has all right tools to stay calm and be confident!



Signed:

Marneta Viegas  
(Founder of Relax Kids)



# ANXIETY AND WORRY AUDIOS



## TOOLS TO FEEL CALM

This CD is designed to help your child manage their worries and anxieties. Activities such as progressive muscle relaxation, visual imagery, positive affirmations and breathing techniques have been used to help reduce stress and anxiety in children. Suitable for all ages

### Benefits of using this album:

- Gives tools to manage anger
- Improves sleep
- Boosts immune system
- Improves concentration and focus
- Improves listening skills
- Improves self-esteem and positivity
- Improves emotional health and literacy
- Improves emotional resilience
- Improves creativity and imagination
- Improves ability to cope with stress and anxiety
- Encourages mindfulness

Suitable for children ages 3+

**VISIT:  
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TO PURCHASE**