

# Worry and Anxiety Resources

## Breathing/Meditation

- [Article: Practice Mindfulness with Belly Breathing](#)
- [GoNoodle: Rainbow Breath – Flow](#)
- [Calm App](#)



## Take a break and go outside

- “Being out in nature can also calm an anxious brain. Sometimes just a change of scenery is what makes the difference. Breathing the cool air or making time to notice chirping birds can also calm an overactive worrier. Asking students to carefully observe their environment can help them turn the focus away from their worries and toward something more tangible: *How many different kinds of trees do you see? How many different bird songs do you hear? How many different shades of green are in the grass?*”  
<https://www.weareteachers.com/7-ways-to-help-students-who-struggle-with-anxiety/>

## Discussing Anxiety

- [Child Mind Institute: What to Do \(and Not do\) When Children Are Anxious](#)

## Books and Articles

	<a href="#">15 Ways We Can Help Kids Who Are Worried About Coronavirus</a>	All Ages
	<a href="#">Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents, 2nd Edition</a>	7 and Up  *Consider breaking up reading of book into 2-3 different times

		<p><u><a href="#">A Little SPOT of Anxiety: A Story About Calming Your Worries</a></u></p>	<p>PreK-2nd</p>
		<p><u><a href="#">Is a Worry Worrying You?</a></u></p>	<p>PreK-2<sup>nd</sup></p>
		<p><u><a href="#">Stanley Will Probably Be Fine</a></u></p>	<p>3<sup>rd</sup>-6<sup>th</sup></p>
		<p><u><a href="#">Sidetracked</a></u></p>	<p>4<sup>th</sup>-7<sup>th</sup></p>

		<p><a href="#"><u>My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic</u></a></p>	<p>7 and Up</p>
		<p><a href="#"><u>Worry Workbook</u></a></p>	<p>7 and Up</p>
		<p><a href="#"><u>Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance</u></a></p>	<p>Parents (How to support your child)</p>
		<p><a href="#"><u>Freeing Your Child From Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life---from Toddlers to Teens</u></a></p>	<p>Parents (How to support your child)</p>
		<p><a href="#"><u>Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere</u></a></p>	<p>Pre-K to 4th</p>