Breathing/Meditation

- <u>Article: Practice Mindfulness with Belly Breathing</u>
- <u>GoNoodle: Rainbow Breath Flow</u>
- <u>Calm App</u>

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 A	rticles
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15 WAYS WE CAN HELP KIDS WHO ARE WORRIED ABOUT CORONAVIRUS	<u>15 Ways We Can Help</u> <u>Kids Who Are Worried</u> <u>About CoronaVirus</u>	All Ages
Please Explain Anxiett'eo Me! Simile Block and College as a free Simile Block and College as a free Durie Zeinger, PhD and Jordan Zeinger, MS Ed Boursated by Elius Sabella	<u>Please Explain Anxiety</u> <u>to Me! Simple Biology</u> <u>and Solutions for</u> <u>Children and Parents,</u> <u>2nd Edition</u>	7 and Up *Consider breaking up reading of book into 2- 3 different times

A LITTLE S POP T OF ANXIETY ABOUT CALMING YOUR MORRES ASTORY ABOUT CALMING YOUR MORRES	<u>A Little SPOT of</u> <u>Anxiety: A Story About</u> <u>Calming Your Worries</u>	PreK-2nd
Is A Worry Worrying You? Frede Volta Partice May Savie Brede Volta Partice May Savie Bre	<u>Is a Worry Worrying</u> <u>You?</u>	PreK-2 nd
STANLEY WILLS PROBABLY BE FINE BY SALLY J. PLA AUTHOR OF THE SOMEDAY BIRDS	<u>Stanley Will Probably</u> <u>Be Fine</u>	3 rd -6 th
SHORED RACKED IRANA MANUNA AMER	Sidetracked	4 th -7 th

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WORRY WORKBOOK	<u>Worry Workbook</u>	7 and Up
Anxiety Relief for Kids On the Spot Strategies to Help Your Child Owncome Worry, Panic & Aveidance BEIDDCT FURNI WALKER, PHD Resently MICHAEL A CONFIRER, PHD Resently MICHAEL A CONFIRER, PHD	Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance	Parents (How to support your child)
ARARA E CONSUSY PR.O. THE ARAR E CONSUSY PR.O. THE ELING YOUR CHILD FROM AN XIERTY THE ELING TO THE ARAR AN XIERTY THE ARAR E CONSTANT OF THE ARAR THE ARAR E CONSTANT OF THE ARAR THE ARAR E CONSTANT OF THE ARAR THE ARAR E CONSTANT OF THE ARAR	Freeing Your Child From Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Lifefrom Toddles to Teens	Parents (How to support your child)
A thread formers in class for the class for the cl	Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere	Pre-K to 4th