

Anxiety Support (primary level)

Tips

- **Social media:** social media has many positive aspects but it is important that pupils are taking regular breaks. It is also important that children see content that makes them feel good about themselves, not worse.
- **Talking to someone:** Encourage pupils to speak to someone whether that be a family member or someone at school about their feelings and what is worrying them.
- **Self care:** Encourage pupils to spend time doing the things they enjoy as well as taking time out to be kind to themselves. Writing down things they like about themselves/are grateful for can boost self esteem. This can also be a fun activity to do at home with a parent or carer.
- **Physical activity:** Exercise has been proven to occupy the mind and reduce anxiety/worry, improve sleep and increase self esteem.
- **Worry Tree:** See links and resources for more information; the worry tree looks at challenging worries and the negative thoughts leading to anxiety.
- **Sleep:** Sticking to a nighttime routine, including less screen time, can help improve sleep. Meditation and mindfulness can also aid sleep. If anxiety and worry is prohibiting sleep, keeping a notepad or journal next to bed to write down any worries and 'leave them there' until the morning can be helpful.
- **Sensory calming:** When anxiety is present, sensory calming can help, including; weighted blankets, sensory lights and calming audio tapes/playlists. Also, see 'self sooth box' under links and resources.

Links and resources

Relax Like a Cat: This resource pack includes a video and worksheet. It's aim is to practice muscle relaxation and mindful breathing, like a cat! socialworkerstoolbox.com search 'Relax Like a Cat'.

Worry Tree: The worry tree worksheet aims to challenge negative thoughts and is best looked at with an adult. <https://www.kiddycharts.com/printables/printable-worry-tree/>

Self soothe box: Young Minds You Tube channel—explaining what a self soothe box is and how it can help calm anxiety.

Truth Pixie: Book by Matt Haig to help children through their worries.



Apps

Dreamy Kid: The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens.

Calm: 'Calm Kids' includes meditation, breathing exercises and a section on sleep.

Mind Moose: A web app that takes children on a journey with mind moose and his animal friends exploring their feelings, coping mechanisms and what makes them happy.