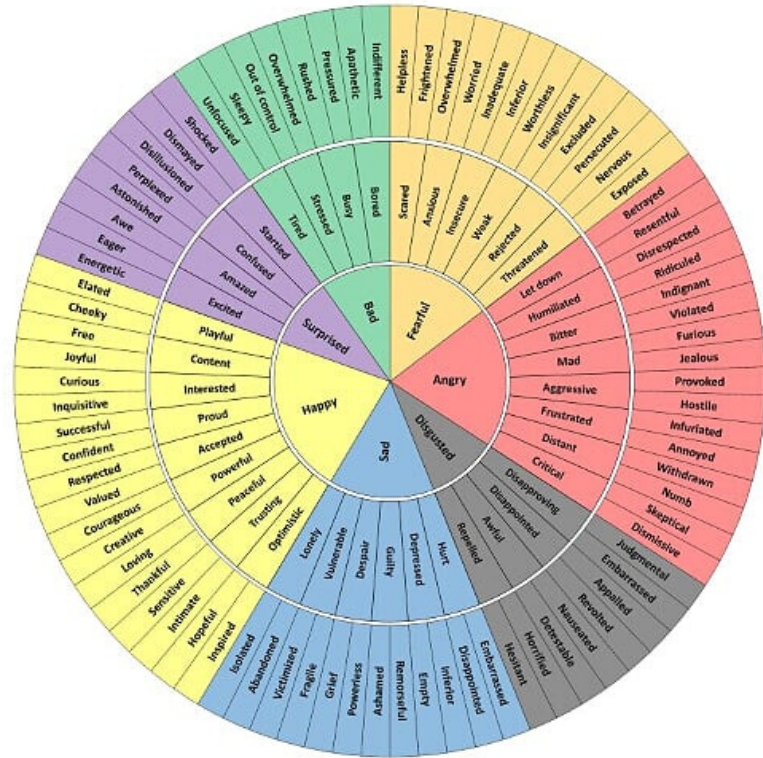


FAMILY CONNECTIONS

Empowering Families with Social and Emotional Learning Tools

Identifying and Managing Anxiety

It is natural that children may experience anxiety related to events at school, at home, and within their community. Rather than avoiding the topic, acknowledge that your child will experience anxiety, and provide him/her with the tools to manage a variety of stressors. To help your child learn to manage anxiety and related emotions from the “Fearful” section of the wheel to the right, teach him/her to identify triggers, to talk through uncomfortable feelings and situations, and to learn and practice some of the coping strategies on the next page.



Geoffrey Roberts

Identifying Anxiety

- Anxiety is feeling nervous, uneasy, uptight, or apprehensive
- People experience anxiety in different ways as a reaction to different situations and stressors
- Most people experience anxiety at some point, and we all can manage its physical effects by identifying triggers and practicing strategies for coping

Physical Effects of Anxiety

- Increased heart rate
- Sweating
- Muscle tension
- Dry mouth
- Shaking hands
- Lack of concentration
- Racing thoughts
- Fatigue and/or restlessness
- Headache
- Stomachache



Anxiety Check-In: Questions to Ask Your Child

If you are concerned your child is experiencing anxiety, consider these questions to start a conversation:

- Is anything worrying you?
- How have your friends been lately?
- Who are you spending time with?
- How is your body feeling?
- Are you having stomachaches or headaches?
- Is it easy for you to fall asleep?
- Is something making you scared?
- Do you have any problem paying attention?



[NBC Parent Toolkit for more resources!](#)

Child-Friendly Strategies for Managing Anxiety

- Take deep breaths
- Exercise—get outside!
- Mentally rehearse positive outcomes
- Intentionally tense and relax muscles
- Prepare and practice
- Think positively
- Listen to music, read, or go on a walk
- Write in a journal
- Talk to a friend or trusted adult
- Sing, dance, laugh it out!

Digital Self-Care
Suggested Apps









I CAN

COUNT TO FIVE ON MY FINGERS WHEN I BREATHE IN, AND AGAIN WHEN I BREATHE OUT.

I CAN

GIVE MYSELF A HUG, SQUEEZE TIGHT!

I CAN

SMELL THE FLOWERS AND BLOW OUT THE CANDLES.

I CAN

TAKE A MINDFUL WALK.

I CAN

SING THE WORDS TO MY FAVORITE SONG.

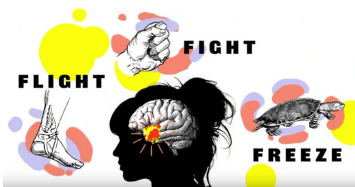
Big Life Journal - biglifejournal.com



Resources

Social and emotional skills help children become successful at home, at school, and in the community. Supporting students in identifying and managing anxiety is part of this. The video below, "Fight Flight Freeze," explains how anxiety is a normal biological response.

[Watch: "Fight Flight Freeze"](#)



Contact

Interested in learning more about how to bring SEL to your child's school? Contact us at: <http://myframeworks.org/contact-us/>

