

Managing Anxiety Hand Out

- Using Coping Cards
- Pre-empting situations before they arrive.
 - Drawing what they think will happen and then draw what did happen
 - Visual Timetable of the day
 - Now and Next board with pictures of what is happening
- Talk about how they are feeling with the Incredible 5 Point Scale
- Yoga and Meditation- lots can be found on youtube
- Muscle Relaxation- tense and release
- Mindful colouring for calming
- Calming activities
 - Baking
 - Watching lava lamps
 - Giving yourself a body squeeze
 - Fiddle toys
- Books
 - The Huge Bag of Worries
 - Silly Billy by Anthony Browne
 - Sometimes I like to curl up into a Ball
 - How are you feeling today?