

## ANXIETY

Social rejection is our most common form of anxiety  
Phobias develop when a child attaches fear to an object to avoid an alarming situation; the phobia may be symbolic, e.g. spiders represent another danger.

Calm consistent support can allay fears.

There is a need to build resilience; start small – need to repeat and practice coping with experiences that are just scary enough so that the fear will turn to calm.

Set small achievable targets and praise

## STRATEGIES

- PRACTICAL METHODS

GAMES- ones that are just scary enough. eg. ‘What time is it Mr Wolf’ and ‘ We are going on a bear hunt’

- ART- draw or build a factory with boxes, lego etc. Place in it all the concerns and worries. The only way to escape the factory is by using a ‘tell someone ticket for each worry’

- GUATEMALAN WORRY DOLLS- tell worries to doll and place under a pillow

- SHIELD- to defend against worries

- A HAPPY THOUGHT BUBBLE- to write happy thoughts
- BRAIN BOX- to put worries in till later
- SHOE BOX ACTIVITIES-

-write down things they conceal or have inside that not everyone sees. They put them in a shoe box to represent their secret self.

-make a treasure chest and put positive things in.

- PROJECTS

-things I used to worry about before I knew better

-the rollercoaster ride of risk and excitement

- LIFE BOOK-

Create a scrap book of drawings, photographs of happy times. Include examples of success e.g. certificates

- MOVE TOWARDS FEELINGS

- Exercise e.g. walking, running or trampoline

-BODY TALK- relaxation and meditation to slow breathing, calm mind, release tension and mindfulness

- FEEL THE FEAR AND DO IT ANYWAY- walk the plank, balance, yoga postures

-SONGS AND MUSIC- 'I will survive', 'respect', 'Don't worry be happy', 'Help'

- WRITE THE FOLLOWING ON SPEECH OR THOUGHT BUBBLES-

“I need some help with”

“I’m getting better at”

“next time I’ll do better at”