

# COPING STRATEGIES FOR CHILDREN WITH ANXIETY



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## CALM BREATHING

By practicing **calm breathing techniques** with children, it can help them to reduce their stress and anxiety.

Example: **"Box-Breathing"**

Breathe in for 4 seconds, Hold for 4 seconds, exhale for 4 seconds, and hold for 4 seconds, then repeat.

## "CARD" SYSTEM

**C** is for **Comfort**: Find ways to get comfortable

**A** is for **Ask**: Ask questions to be prepared

**R** is for **Relax**: Keep yourself calm

**D** is for **Distract**: Shift your attention to something else

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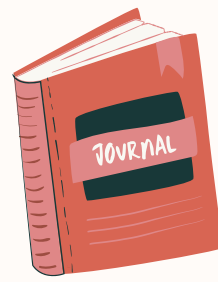
3 *Calm*

## CREATE A CALM DOWN SPOT

Find a spot in your classroom or in your house that you feel calm in. Place items in your spot that bring you joy reduce your stress and anxiety. Anytime you feel overwhelmed, feel free to go to your "Calm Down Spot".

## RELAXATION JOURNAL

When you are feeling overwhelmed or triggered by something in your environment, grab a journal where you can write down or draw pictures about what is causing the anxiety. When we distract our minds from what is causing our stress, we can decrease it.



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## "333 RULE" FOR ANXIETY

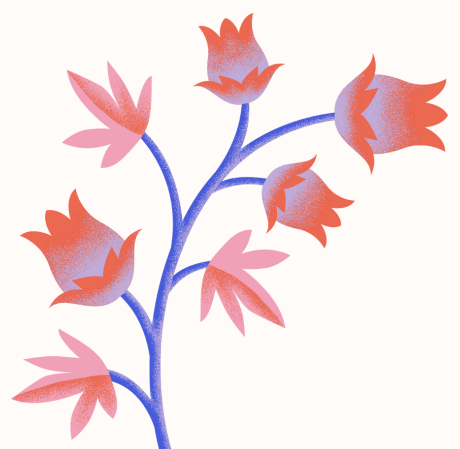
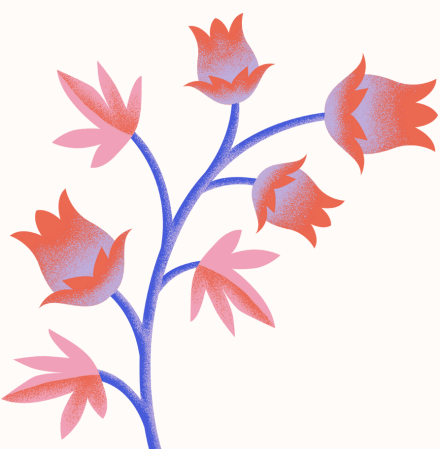
If you are feeling anxious throughout the day, take this strategy to help distract your mind from the things/environments that are making you anxious:

3 things that you can see, 3 things that you can hear, and 3 different body parts that you can move in your body.

## TALK WITH A TRUSTED ADULT

Find a trusted adult in your school that you feel comfortable talking to when you are experiencing anxious symptoms. Some of these trusted adults could include your classroom teacher, the school counsellor, the principal, or the Recess supervisor.

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## REFERENCES:

- <https://www.anxietycanada.com/downloadables/how-to-teach-your-child-calm-breathing/>
- <https://www.anxietycanada.com/cardforeducators/>
- <https://copingskillsforkids.com/calming-anxiety>
- <https://mywellbeing.com/therapy-101/what-is-the-333-rule-for-anxiety#:~:text=It's%20an%20easy%20technique%20to,move%20three%20different%20body%20parts.>

## Rationale:

From the BCTC Standards, I am linking the first standard which describes that “Educators value the success of all students and care for students and act in their best interests”. This standard is important for my infographic because the mental health of the students in my care as an educator is vital. Giving the students ways of coping with their stress and anxiety is important and will help them in the future so that they are able to handle stressful situations where their anxiety might be triggered. I have included six different ways for children who are experiencing anxiety to help them with their symptoms.