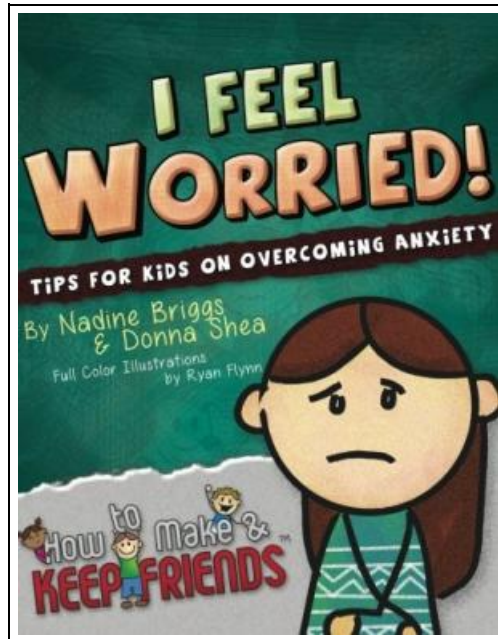


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I FEEL WORRIED! TIPS FOR KIDS ON OVERCOMING ANXIETY (PAPERBACK)



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How to Make Keep Friends, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The I Feel Worried workbook provides simple, actionable and proven tips to help kids manage anxious feelings. In this anxiety workbook, your child will learn that anxiety is a healthy and sometimes necessary emotion we all experience; to understand and label feelings and how to identify the physical symptoms of anxiety and implement strategies before the fear becomes too intense. We also provide calming exercises to choose from when anxiety-provoking situations arise; skills for coping with and specific strategies to manage anxiety or panic attacks. Your child will experience that he or she has the power to overcome anxious thoughts and become an expert worry ninja. Our tips and activities to help children with anxiety relief include -Playing emotions charades -Creating a feelings collage and emotion wheel -Challenging and overcoming what if thinking -Using coping thoughts to overcome anxious thoughts -Relaxation and breathing techniques -Creating a comfort zone poster, worry tube, and calming kit - Building a gratitude box -Change of routine and encouragement cards -And more!.

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