



Tips to Help Your Child Manage Worry

1. **Talk to a trusted adult**
 2. **Get moving! Exercise, dance, stretch**
 3. **Lean into what brings you joy - reading, watching your favorite movie, playing games as a family**
 4. **Practice mindfulness strategies - notice your 5 senses in the moment**
 5. **Encourage the use of positive self-talk - "I am stronger than my worries"**
 6. **Practice breathing techniques - slow, deep breathing**
 7. **Focus on what you can control - sleep schedule, morning routine, the number of times you smile throughout the day**
 8. **Journal - write down your thoughts and feelings**
 9. **Read - enter a new world of adventure and possibility, even if it's just for 10 minutes**
 10. **Listen without judgment - to your child's fears, hopes, disappointments, and joys**
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