**Anxiety Support**

1. **Practice breathing exercises**

* Practice when calm.
* Use when anxious
* Breathe 7 in and 11 out OR 8 8 8
* Mindful breathing
* In, hold, out

1. **Senses**

* 5, 4, 3, 2, 1
* Count down and lock into your senses.
* See attached worksheet.

1. **Stress Bucket**

* Explain that we all carry different stresses. Explain what some might be?
* Fill up a bucket with water explain how we need to not let our bucket overflow.
* Everyone’s stress can get to a certain level but it’s about maintaining that level.
* Think about how to keep levels low. What things you enjoy? Music? Drawing? Exercise?
* We can’t always change all our worries but can change some things to make us feel better. E.g being hungry.
* Work on ideas and things that would help manage your bucket.
* See attached worksheet.

**Useful Apps/ Websites-**

<https://www.childline.org.uk/toolbox/calm-zone/>

Useful games on here too.

Calm harm (self-harming/anxiety) / Clear fear APPS aimed more for older children games to give a positive mindset.

***Mindful colouring/calm music are good things to do to support anxiety.***