**Anxiety Activities-**

**STRESS SOCK-**

Fill an old sock with something soft.

You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in.

Squeeze and release the sock in a rhythm that feels right for you.

**CALM AID KIT-**

Find 4 or more items to hold or feel.

You can choose things like a blanket to wrap around yourself, a smooth stone to hold, something that was given to you by someone important to you, the lyrics of a happy song or a poem that makes you feel positive.

Put them in a bag or a box in your room. When you feel under pressure, worried or upset choose 1 item out of the box to hold while you remember a time that you felt safe and calm. After 2 or 3 minutes replace it and choose another.

You can do this as many times as you like.

**HELPING HAND-**

Draw the outline of your hand on paper or using the [Art box](https://www.childline.org.uk/toolbox/art-box/). Follow the outline with your finger or click on it with the mouse to trace the shape as you take a slow, deep breath.

Start at the thumb, move to your other fingers and end with your little finger as you breathe in.

Trace back from the little finger to the thumb as you breathe out.

If you can't make it all the way around, you can start with tracing around the thumb and the first finger while you breathe in and around the first finger and back around the thumb as you breathe out.

You can colour in the hand after.

**MIRROR-**

Draw yourself as your closest friend or a close family member would describe you. Remember, they can see who you are as a person as well as what you look like.

Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.

**‘The Huge Bag Of Worries’** is a lovely book to read too.