

Calming an Anxious Child

I am here

Tell me about it

How big is your worry?

What do you want to tell your worry?

Can you draw it?

Let's change the ending...

What else do you know about...

What calming strategies can you use?

It's scary AND...

I can't wait to hear about...

What do you need from me?

You are safe

This feeling will pass

- I can see that you are very angry.
- I would feel very angry if that happened to me.
- I can understand why you are feeling angry.
- I would think most people would feel angry if that happened to them.
- Our brains don't work very well when we are angry (or scared or upset) so we need to figure this out when you are feeling less angry.
- Would you like to do x or y?
- I'm not sure what to do about that. I need to have a think about it but I will try my best to help you.
- What do you think (the puppet or character in the book/cartoon/film) could do?
- When x happened, what were you thinking and what were you feeling?
- Thank you for telling me about this, I can imagine it wasn't an easy thing to do.
- Use "Have you felt like that? Do you like this?" instead of "We all know how that feels / Everyone likes this".
- I know this is a really difficult feeling but I want you to remember that you won't always feel like this, the feeling will go.
- It's OK to find things difficult, it means we are learning new things.
- Remember how you learnt to/how good you are at...