

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

We all feel anxious sometimes and talking about it can help normalise the feeling. This activity can help your child acknowledge their anxious feelings, begin to accept them and think about some coping strategies for the future. You could print a few and fill one in each time they have an anxious moment.

What skills does this practise?

Coping Skills

Managing Emotions

Supporting Mental Health

Self-Awareness

Further Activity Ideas and Suggestions

Head to our [Health and Wellbeing Hub](#) for a huge range of information and activities to support you and your child at home. This colourful poster can help with some [things to say to your anxious child](#). These simple [breathing techniques](#) can be a powerful coping strategy for the future.

Parents Blog



Twinkl Kids' TV



Homework Help



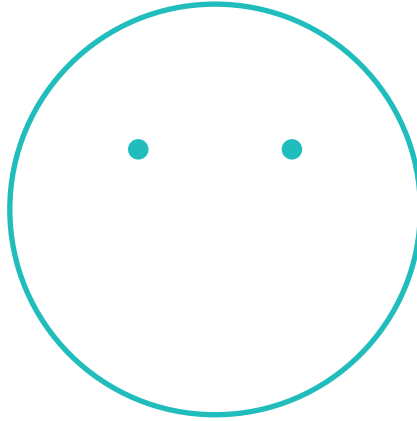
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Parents
Hub

Anxiety-Map

What might your face look like when you feel anxious?

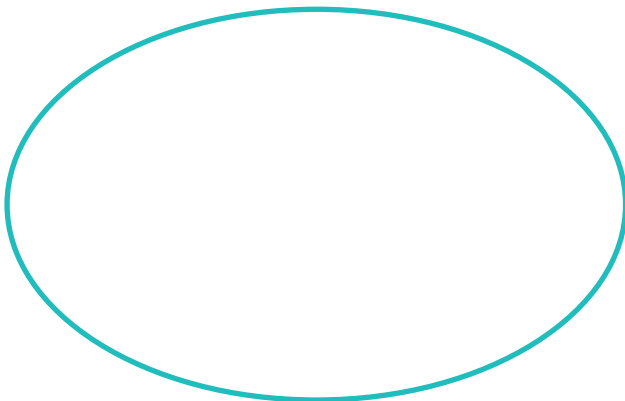
How might you behave?



What might you say?



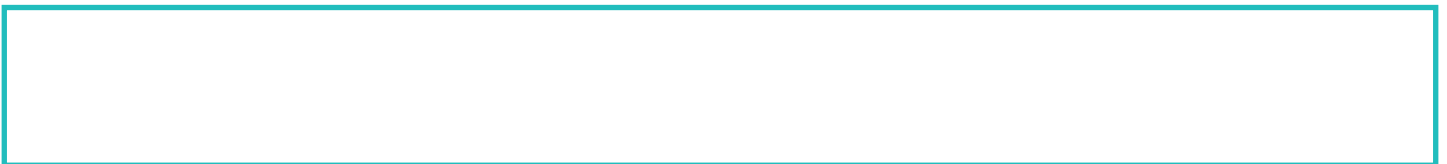
What happens in your body?



What is your anxiety trying to tell you?



How do you manage your anxiety?



What might help when you're feeling anxious?



We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.