

Calming an Anxious Child

I'm here for you

Let's breathe together

Tell me how you're feeling

I know this is hard for you

It's ok to feel scared

Everyone feels anxious/worried/scared

sometimes

How big is your worry?

Where in your body can you feel your
worry?

This feeling won't last forever

What's the worst that could happen?

I believe in you

You can do hard things

What was helpful last time?

Which strategy do you want to use?

