

Year 6 Parent & Carer Workshop

Supporting my child with Anxiety

RISE works in schools and colleges across Newcastle & Gateshead, to support 5-18 year olds with their emotional wellbeing and mental health.

Tuesday 17th October

9:15 - 10:15 Clover Hill Primary School

The purpose of this workshop is to give parents/carers the opportunity to learn more about anxiety in children and how best to support them when their feelings get too big.

We have all felt anxious at some point in our lives, whether it's when we try something new, take an exam or meet new people. That feeling we get of butterflies or a dry mouth are all physical symptoms. By learning about these it can help to normalise them. This is one step towards managing our emotions. Come and learn some more about anxiety in young people.

The workshop will focus on:

- **Anxiety v Worry**
- **Symptoms to look out for in children**
- **Fight, Flight and Freeze responses**
- **The brain's role in anxiety**
- **What keeps anxiety going**
- **Helpful v Unhelpful reassurance**
- **Tips for parents/carers to support their child with SATS pressure and transition to Secondary School**
- **Strategies for calming the brain**

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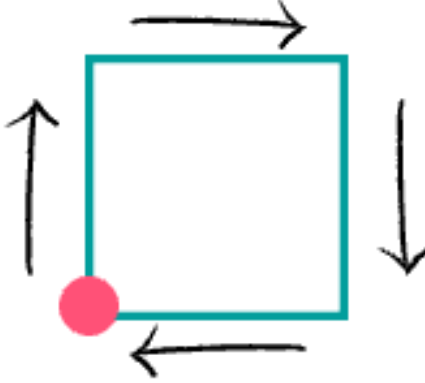












www.youtube.com/@rise-ne



<https://rise.childrensociety.org.uk/>

Parent & Carer Workshop - Supporting my child with Anxiety

We will explore a few strategies to help children when different emotions come around, why not try these together at home.

<p>Chair Push Ups</p> <p>Sit with your feet flat on the floor. Push your bottom up from the seat of the chair with flat palms.</p> <p>Hold for 5-10 seconds and repeat if needed.</p> 	<p>Hot Chocolate Breathing</p> <p>Pretend that you have your hands wrapped around a mug of hot chocolate.</p> <p>Breathe in through your nose for 4 seconds as though you are smelling the delicious chocolatey smell.</p> <p>Then breathe out through your mouth for 4 seconds as though you are blowing it to cool it down.</p> 	<p>Squeeze</p> <p>Squeeze all your muscles and breathe in. Hold it in for a count of 10. Breathe out slowly as you relax your muscles. Repeat.</p>  <p>Repeat if needed.</p>	<p>Square breathing</p> <p>You can use your finger and trace around a square object or trace an imaginary square with your finger.</p> <p>Breathe in slowly for 4 seconds and out slowly for 4 seconds. Repeat if needed.</p> 
<p>Palm Push</p> <p>Face your palms together</p> <p>Push them firmly</p> <p>Hold for 10 seconds</p> <p>Repeat</p> 	<p>Finger Pull</p> <p>Put one hand palm up and one hand palm down.</p> <p>Touch your fingers together and curl so they are locked together.</p> <p>Pull them apart and hold for 10 seconds.</p> 	<p>Rip!</p> <p>Get all the anxious or angry thoughts out of your mind by writing them down.</p> <p>When you've written them all down, rip the paper into tiny pieces and put it in the bin.</p> 	<p>Happy Memories</p> <p>When times are tough, think of a time when you felt happy.</p> <p>Research shows we can boost our mood by reflecting on a positive memory.</p> 
<p>Thoughts Aren't Facts</p> <p>Just because you think it, does not make it true.</p> <p>Can you pop your green glasses to challenge and change your thought? Is there another way to think about the situation?</p> <p>If it is true, how will you cope? Will it matter in a week's time? A month's time?</p> 	<p>Distraction</p> <p>When we cannot do anything about our thoughts and worries, then it is sometimes useful to distract ourselves.</p> <p>You could play:</p> <ul style="list-style-type: none"> • What would you do if...: you had a superpower, won the lottery? • A-Z: Find 5 things for every letter of the alphabet. • 10s - 10 colours in the room, 10 Disney films... 	<p>5, 4, 3, 2, 1</p> <p>5 things I can see </p> <p>4 things I can hear </p> <p>3 things I can smell </p> <p>2 things I can touch </p> <p>1 thing I can taste </p>	<p>Be a Tree</p> <p>I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.</p> 

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Our website can tell you more about our service and has many free resources to help support your young person's mental health and wellbeing.

Scan the QR code or head to rise.childrenssociety.org.uk



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We have a range of self-help guides: anxiety, low mood, exam stress and self-esteem.



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Check out our YouTube channel which contains helpful videos and shorts e.g. anxiety, low mood, mindfulness



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