

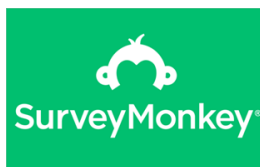


## Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies  
to support parents and young people  
to get back to School After Lockdown

Anxiety/worry strategies



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



# Anxiety/worry strategies

Most of us at some time feel anxious, worried or scared, it's very common but if it's affecting your life and making you feel stressed here are some strategies and activities you can try that may help.



# **MANAGE STRESS**

WITH **8-4-7 BREATHING**

**\*Exhale deeply, loudly through mouth for 8 secs.**

**\*Inhale through nose for 4 secs.**

**\*Hold breath for 7 secs.**

**\*Repeat.**



# **3 Anxiety Breathing Techniques You Can Practice Anywhere**

## **THE MEASURED BREATH**

Breathe in slowly through your nose and count to four. Keep your shoulders down and allow your stomach to expand as you breathe in. Hold the breath for a moment. Now release your breath slowly and smoothly as you count to seven.

## **THE BUMBLE BEE BREATH**

Close your throat slightly so you can hear your breath when you breathe in. Cover your ears with your thumbs and your eyes with your fingers. Keep your lips closed lightly and your teeth slightly apart with your jaw relaxed. Breathe out slowly making a low humming sound. Make your exhalation long and smooth.

## **BELLY BREATHING**

Breathe in slowly and deeply through your nose. Your stomach should expand. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, and keep your jaw and tongue relaxed. You may hear a soft "whooshing" sound as you exhale.

**AnxietySlayer.com**

## Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out.  
Keep going until you've gone around the whole star.





# SOCIAL ANXIETY

Social anxiety occurs whenever you start feeling nervous or scared when you are around other people.  
Use this worksheet to explore more about social anxiety!

## WHAT SOCIAL SITUATIONS MAKE ME ANXIOUS? (WRITE IN YOUR OWN)

_____ Sitting in the lunch room	_____ Talking to adults
_____ Being on stage	_____ Reading aloud
_____ Talking in front of the class	_____ Being around a lot of people
_____ Meeting new people	_____ Walking in the hallway
_____	_____
_____	_____

## WHAT ARE SOME THOUGHTS THAT I HAVE WHEN I'M IN SOCIAL SITUATIONS?



## HOW DO I FEEL WHEN I'M IN SOCIAL SITUATIONS?

_____	_____	_____
_____	_____	_____

## WHAT CAN I DO TO START COPING WITH MY SOCIAL ANXIETY?

_____
_____
_____
_____

# ANXIETY PREP

It can be helpful to be prepared when you are going into a situation that you know might make you anxious. There might be helpful things that you can say or do before to help you better cope if you become triggered.

**WHAT'S THE SITUATION?**

**WHY MIGHT I GET ANXIOUS?**

**HOW HAVE I HANDLED IT BEFORE?**

**WHAT CAN I SAY OR DO TO PREPARE?**

**HOW WILL I KNOW I'M GETTING ANXIOUS?**

**WHAT COPING SKILLS SHOULD I USE?**



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# Worry Jar

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

**IT CAN BE  
HELPFUL TO  
PICK A TIME  
DURING THE  
DAY - AND  
ONLY THAT  
TIME - WHERE  
YOU ARE  
ALLOWED TO  
GO BACK INTO  
THE JAR AND  
WORRY ABOUT  
THESE  
THOUGHTS.**



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# Anxiety Breakdown

**WHAT IS TRIGGERING MY ANXIETY?**

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**WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?**



**HOW IS MY BODY RESPONDING?**

---

---

**WHAT IS THE WORST THING THAT CAN HAPPEN?**

---

**WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?**

---

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**WHAT CAN I DO TO CALM MY BODY DOWN?**

---

**WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?**



# How BIG is My Worry?

How much danger am I  
really in right now?

---

What am I thinking that  
keeps me worried or  
afraid?

---



My plan to think new  
thoughts to manage this  
fear or worry better.

I will think \_\_\_\_\_

I will say \_\_\_\_\_

I will do \_\_\_\_\_

**What am I afraid of  
or worried about?**

---



Maybe I need to be a bit  
more concerned.

My fear or worry and the  
actual danger are  
reasonable.

I am over-responding.

# MY ANXIETY LEVELS

Use this worksheet to explore what happens to your body, thoughts, and feelings as your anxiety increases!

**LEVEL 1** What happens when you first start getting anxious?

**LEVEL 2** What happens as you become more anxious?

**LEVEL 3** What happens when you are at your most anxious?



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# MY ANXIETY

Use this worksheet to explore more about how you respond to anxiety stressors.

THINGS THAT MAKE  
ME FEEL ANXIOUS!

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THIS IS HOW MY BODY REACTS!

THESE ARE THE THOUGHTS THAT I HAVE!



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# MY STRESSED-OUT LIST!

Write down all the things that are stressing you out in all the different areas of your life.



**SCHOOL**

**FAMILY**

**FRIENDS**

**OTHER**

**WHAT ARE SOME  
HELPFUL THINGS YOU  
CAN DO TO COPE?**



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# WHEN I FEEL WORRIED...

I can talk to:

I can try this  
breathing activity:

I can tell myself:

- ☐ This is tough but so am I.
- ☐ I can always ask for help.
- ☐ I can focus on things I can control.

It's **SAFE**  
to feel  
my **FEELINGS**

I can go outside and:

I can try these things to feel better:

Big Life Journal

Give  
someone  
a hug

Write in  
a journal

Hum or  
sing a  
song

I can move my  
body by:

I can listen to:

FEELINGS  
COME  
AND  
FEELINGS  
GO

# WORRY TRACKER

MY WORRY	
TIME & PLACE	
WHAT HAPPENED BEFORE MY WORRY STARTED	
HOW MY BODY FELT	
STRATEGY I USED TO FEEL BETTER	

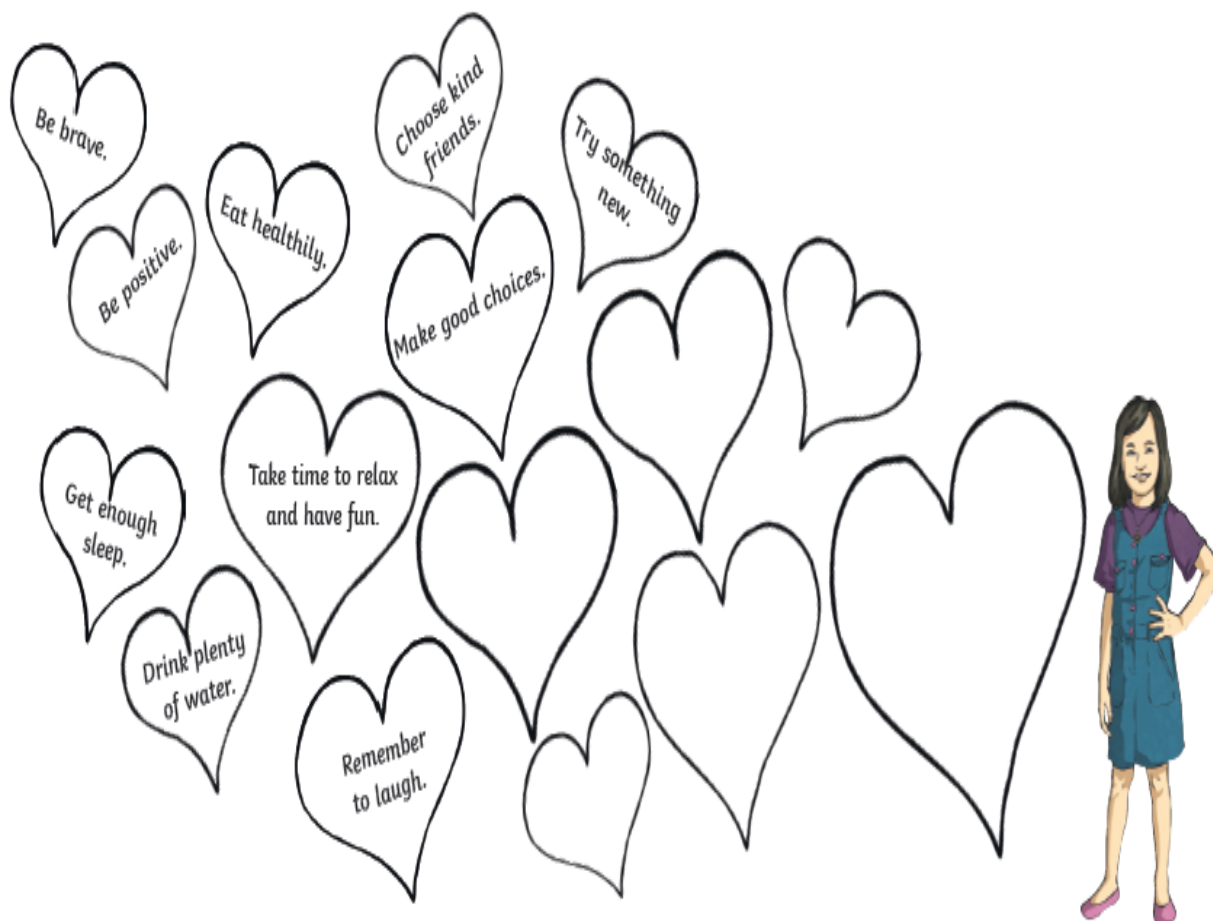
<https://www.andnextcomesl.com/2019/04/free-printable-worry-tracker.html>

# How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

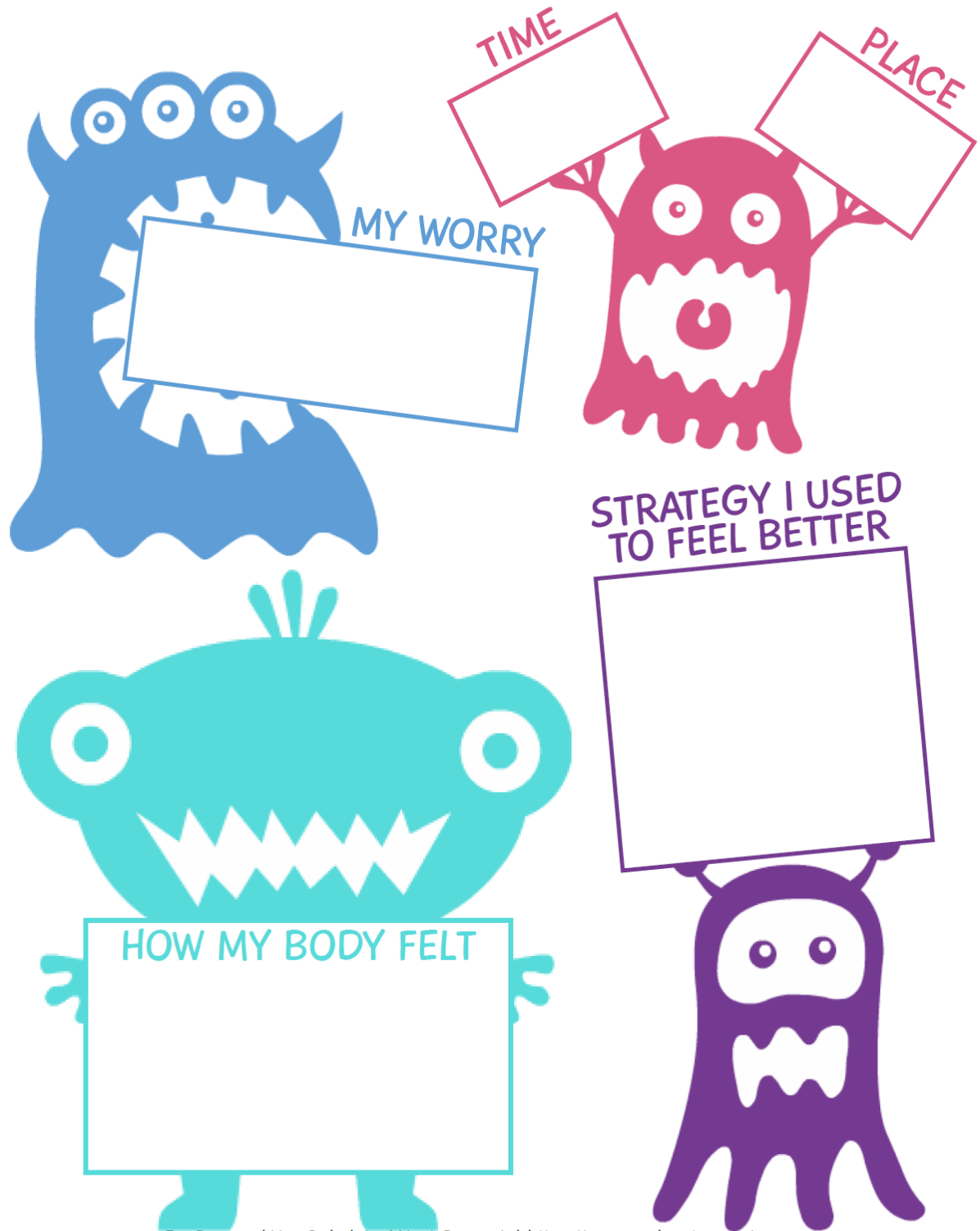
Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



visit [twinkl.com](https://www.twinkl.com)



# MY WORRY MONSTER TRACKER



## My Action Plan



**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**