

Creating A Plan

Use these prompts to create a plan to implement with your child.



What questions can you ask to open up a discussion with your child about how they are feeling about school?



What boundaries do you need to set with your child when they do stay home?



What specific challenges might you face as a parent in this situation?



How can you hold yourself accountable for being firm with your child when they want to avoid?



What can you do to take care of yourself as a parent when the situation feels challenging?



Who can you reach out to at the school to coordinate your plan?



Mindfulness For Anxiety

Anxiety takes us out of the present moment. Practice these strategies with your child to help them focus on reconnecting with the here and now as they experience anxiety related to school.

5 Senses Grounding



Acknowledge FIVE things you see around you.



Acknowledge FOUR things you can touch around you.



Acknowledge THREE things you hear.



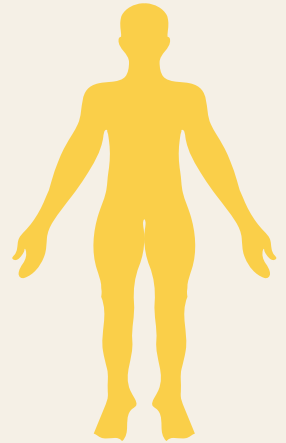
Acknowledge TWO things you can smell.



Acknowledge ONE thing you can taste.

Body Scan

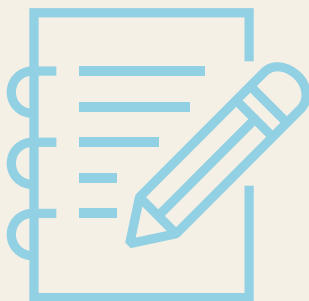
Start by sitting or lying in a comfortable position with your eyes closed. Focus on taking slow, deep breaths for 1 minute. Once you are comfortable, slowly draw your attention to each part of your body starting with your toes up to the top of your head. If you notice tension, practice releasing the muscle and tightening it back up a few times before moving on. Complete this process as many times as necessary to focus on the parts of your body that hold stress.



Mindful Journaling

Pick 2-3 of the following questions to write about:

- What emotions are you experiencing right now?
- What do you feel in your body right now?
- What thoughts are running through your head?
- What urges are you experiencing?



TIPP



Temperature: Work to change the temperature of your body, such as placing an ice pack on the back of your neck



Intense Exercise: Engage in cardio/aerobic exercise



Paced Breathing: Practice a breathing technique to slow down your breathing and heart rate



Progressive Muscle Relaxation: Tighten and release tense muscles in 5 second increments



Deep Breathing For Anxiety

These deep breathing techniques can help students find relaxation in moments they start to feel overwhelmed and get the urge to avoid. Practice these in a safe space where they can start to commit them to memory.

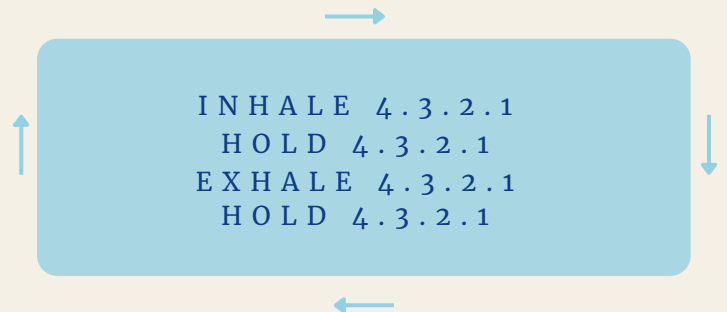
5 Finger Breathing

- **Step 1:** Take one hand and stretch out your fingers so there is space between each of them
- **Step 2:** Take your pointer finger on your other hand and put it on the bottom of your thumb
- **Step 3:** Use your pointer finger to trace up to the top of your thumb
- **Step 4:** As you trace upwards, breathe in through your mouth
- **Step 5:** When you get to the top of your thumb, trace down the other side as you exhale through your mouth
- **Step 6:** Repeat this process with the rest of your fingers, continuing to slowly inhale and exhale



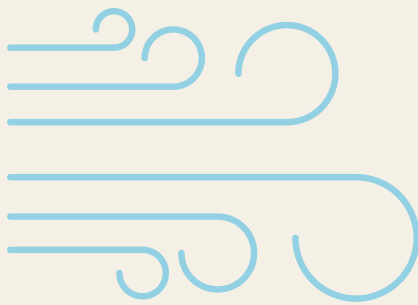
Box Breathing

- **Step 1:** Breathe in, counting to four slowly
- **Step 2:** Hold your breath for 4 seconds. Try to avoid inhaling or exhaling
- **Step 3:** Slowly exhale through your mouth for 4 seconds
- **Step 4:** Repeat steps 1 through 3 until you feel re-centered
- **Pro-Tip:** For added connection, trace the shape of the box either in the air or on a piece of paper



7-11 Breathing

- **Step 1:** Inhale slowly for 7 seconds
- **Step 2:** Exhale slowly for 11 seconds
- **Step 3:** Repeat for 5 breaths



Belly Breathing

- **Step 1:** Place one hand on your upper chest and one hand just below your rib cage on your belly
- **Step 3:** Breathe in through your nose, focusing on breathing the air into your belly. The hand on your belly should rise and the hand on your chest should stay still
- **Step 4:** Exhale slowly through your mouth, tightening your abdominal muscles and letting your hand move down to its original flat position

