

ANXIETY AND WORRIES

Rachel Tomlin - Maple Ridge
Kerri Culver - SENCo

* OUR SESSION ...

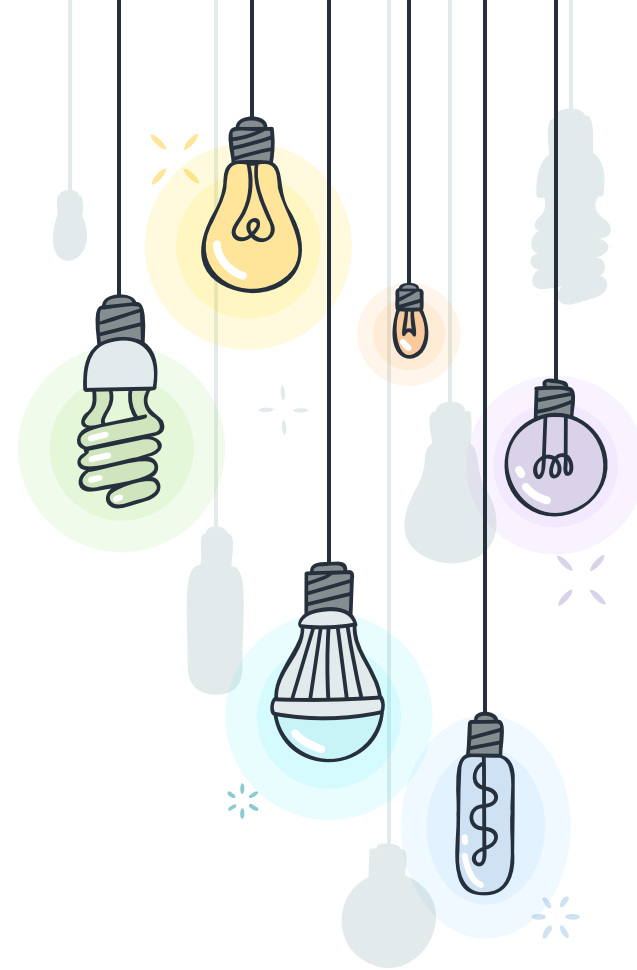
What is anxiety? What does anxiety look like?

Freeze, Flight, Fight, Fawn

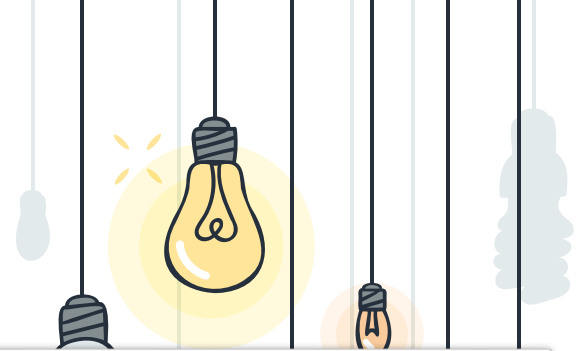
Control

Planning - How big is my problem?

Growth Mindset



WHAT THIS MAY LOOK LIKE ...



SIGNS TO LOOK FOR



ANGER



CRYING



TRYING TO
ACT NORMAL

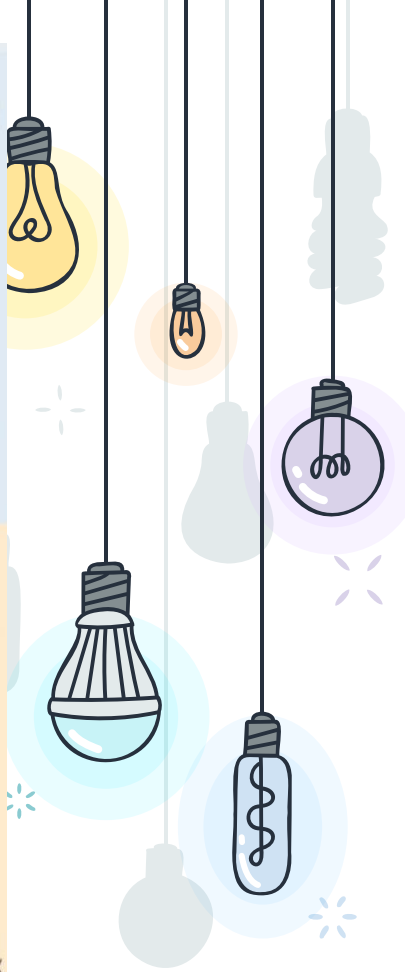
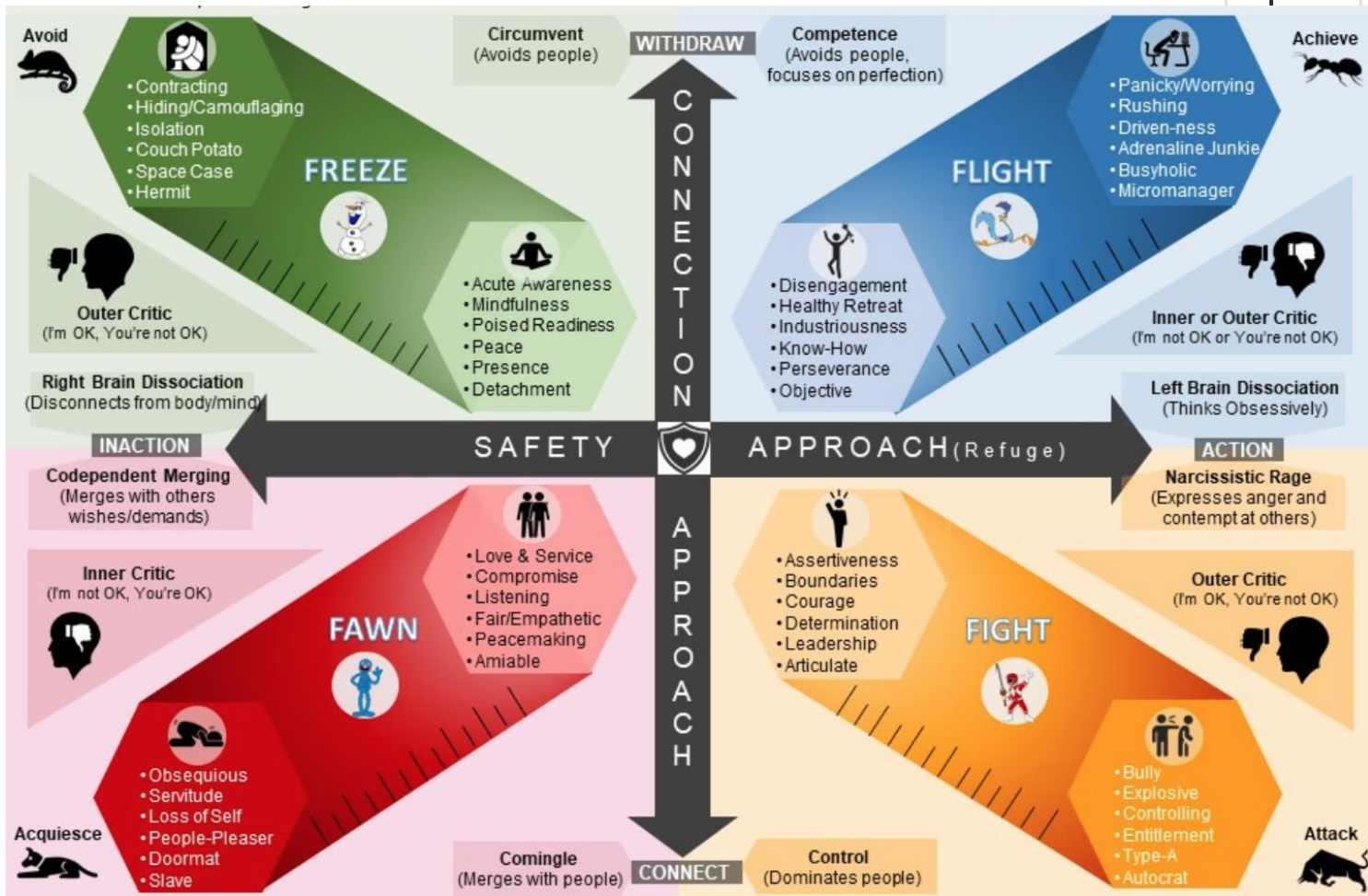


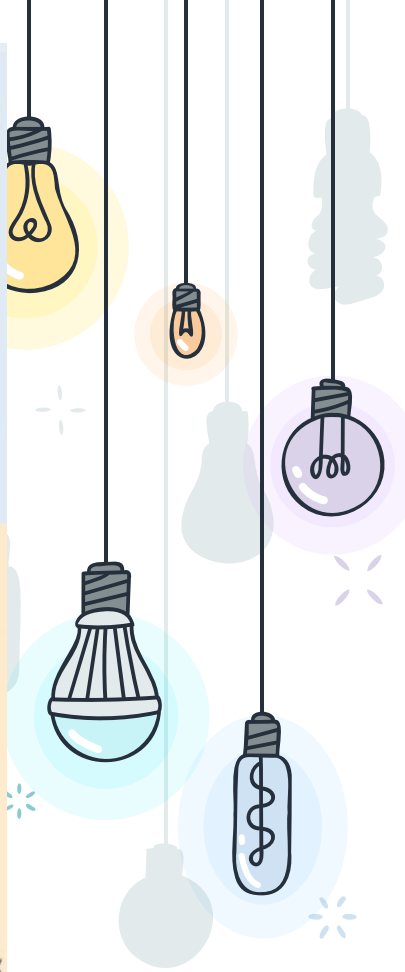
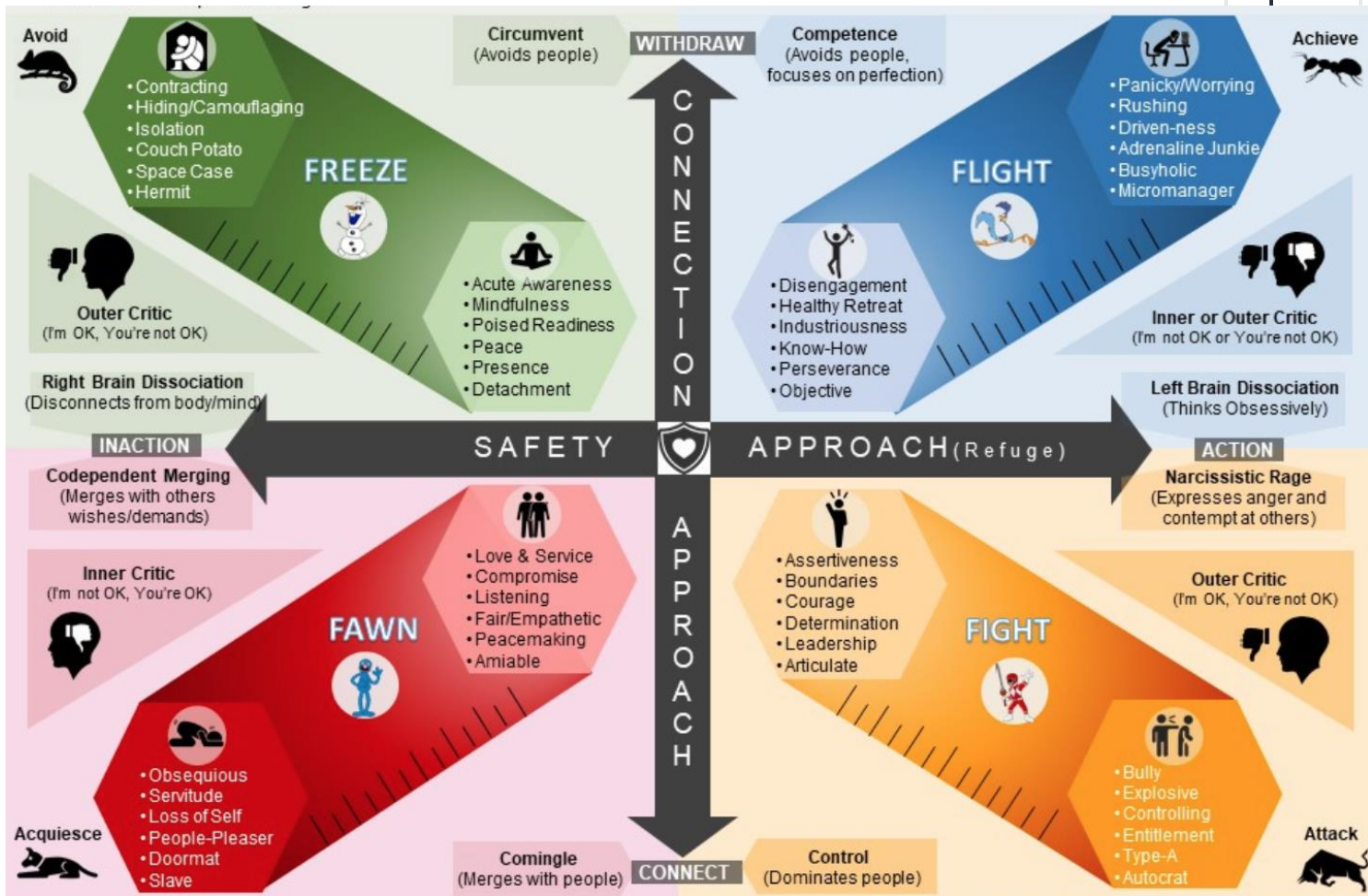
HIDING



SCARED

BE AWARE OF THE POSSIBILITY THAT A CHILD'S BEHAVIOURS RATHER THAN THEIR WORDS MAY BE YOUR BEST INDICATOR OF THEIR ANXIETY. BEHAVIOUR MAY BE THEIR LOUDEST VOICE.





CONTROL

HOW PEOPLE
TREAT EACH
OTHER

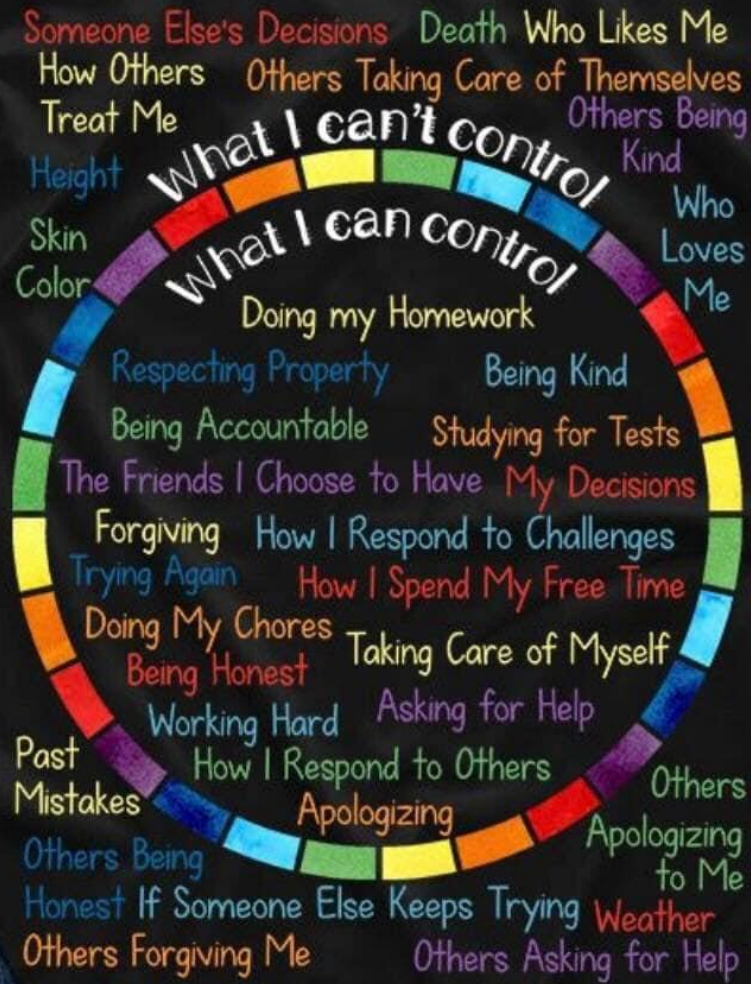
THINGS PEOPLE
DO AND SAY



WHAT PEOPLE
THINK ABOUT
ME

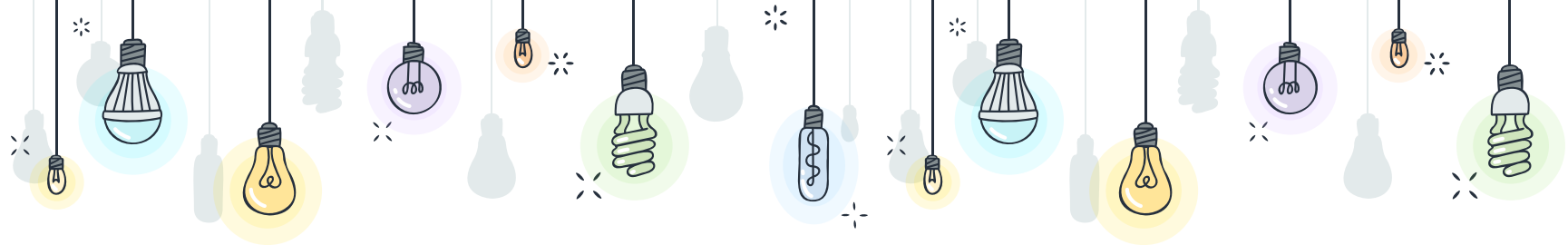
MY
CIRCUMSTANCES





YOUR TURN





TO KNOW THE PLAN OR NOT KNOW THE PLAN,
THAT IS THE QUESTION

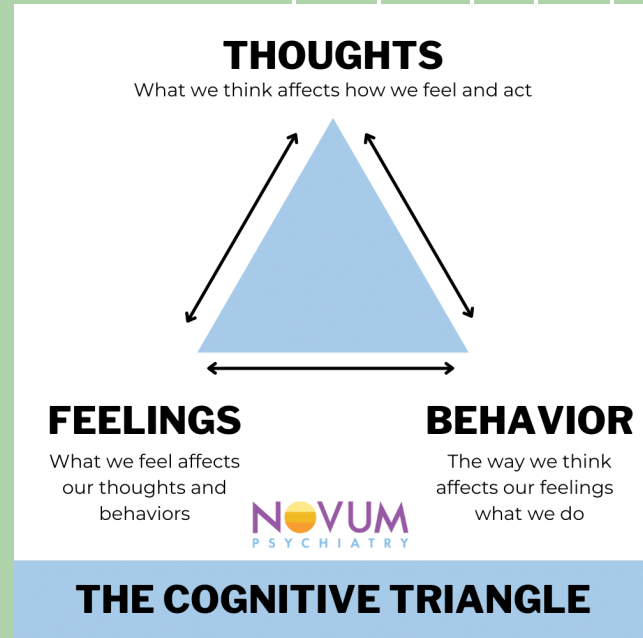


HOW BIG IS MY PROBLEM ... ?

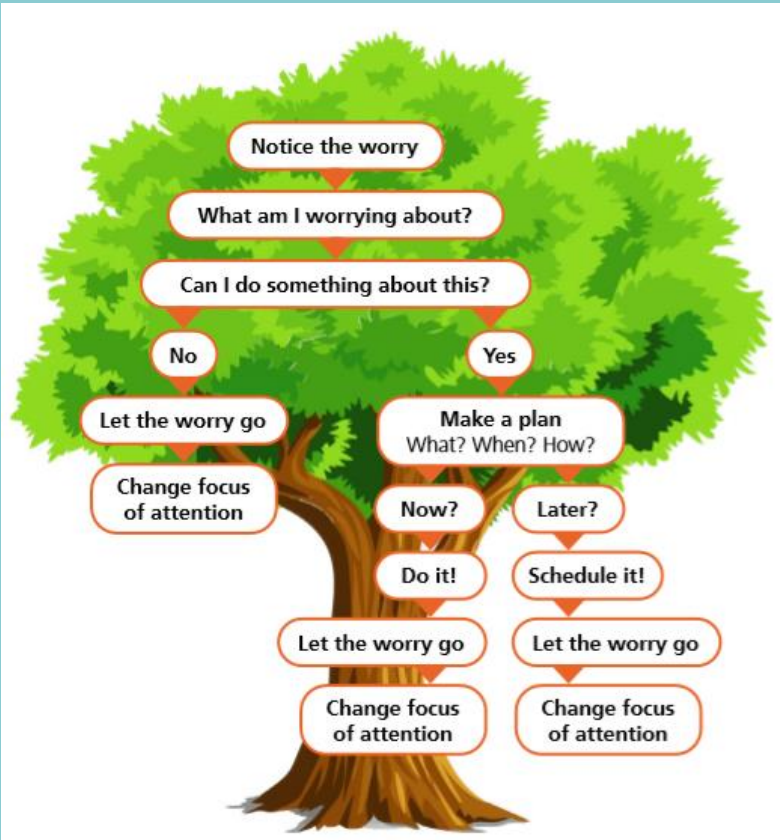


HOW BIG IS MY PROBLEM?














5	EMERGENCY FIRE, BROKEN BONE, SOMEONE TRYING TO HURT YOU, BLOOD, DANGER	I CAN SHOUT, SCREAM, CALL FOR HELP, BE LOUD
4	GIGANTIC HURT, BLEEDING, SOMEONE DIED, DIVORCE, SICK RELATIVES, PANIC	I CAN CRY, TELL A TEACHER, TALK ABOUT IT
3	BIG FEEL REALLY SICK, SOMEONE IS BREAKING THINGS, PERSONAL SPACE INVADED	I CAN TELL SOMEONE, ASK FOR SOME SPACE
2	MEDIUM FORGOT HOMEWORK, ARGUED WITH FRIENDS, DETENTION, SOMEONE IS BEING MEAN	I CAN USE AN T MESSAGE, SAY SORRY, APOLOGISE
1	SMALLISH STUCK ON SOMETHING, SITTING NEXT TO SOMEONE YOU DON'T LIKE, LOSE YOUR PLACE	I CAN TAKE A BREATH, RELAX, DON'T STRESS
0	MINOR DON'T HAVE A PEN, TEACHER DIDN'T CHOOSE ME, NOT FIRST IN LINE AT BREAK	I CAN ASK FOR HELP, BORROW SOMETHING

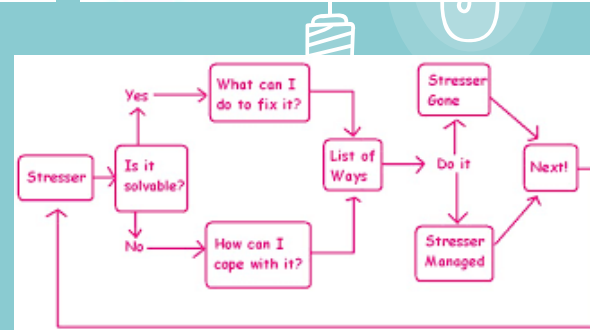
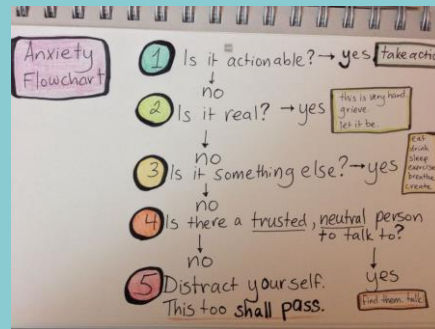


HOW BIG IS MY PROBLEM ... ?



5	<p>I can't stand this and ready to explode.</p> <p>I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.</p> 
4	<p>I am getting too angry.</p> <p>My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.</p> 
3	<p>I am getting really irritated.</p> <p>I need to walk away from a bad situation. I will tell my teacher that I need a break.</p> 
2	<p>I am doing OK.</p> <p>I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.</p> 
1	<p>I am doing great.</p> <p>I feel good about myself and about what is going on around me.</p> 

	What it feels like	What it looks like	What can I do about it?
5	 Feels like Bomb . I can't seem to control my angry feelings. I need help.	 * Shouting * Crying * Throwing Things * Banging Things	 1. I can leave the room to an agreed safe space to calm down. 2. I can go for a walk
4	 Feels like Red . Everything seems to be going wrong.	 * Head feels like it's overheating * Start to say mean or hurtful things * Some crying * Take things away from people * Banging on things	 1. I can go for a walk 2. I can hold my angry bear or squeeze my stress ball 3. I can bring out my calm box and do some fine motor activities
3	 Feels like Chuck . I might accidentally say or do something I didn't mean to.	 Anxious/Worried * Don't want to talk about it * A little scared * Tummy starts to hurt * Repeating Words	 1. Take a movement break Deep breathing 2. I can have a drink of water 3. Playing with a favourite toy/reading a book
2	 Feels like Matilda . You are finding things a little hard.	 Might be hard for me but * I will try to do it * I will let my teachers help me * I will listen	 Self talk. Reassure myself that I can do it! Remind myself about my tokens and the rewards I will get
1	 Feels like Stella . Optimistic and Bright. I'm good at this!	 * Happy * Calm * Peaceful * Interested in something	 Stay happy!



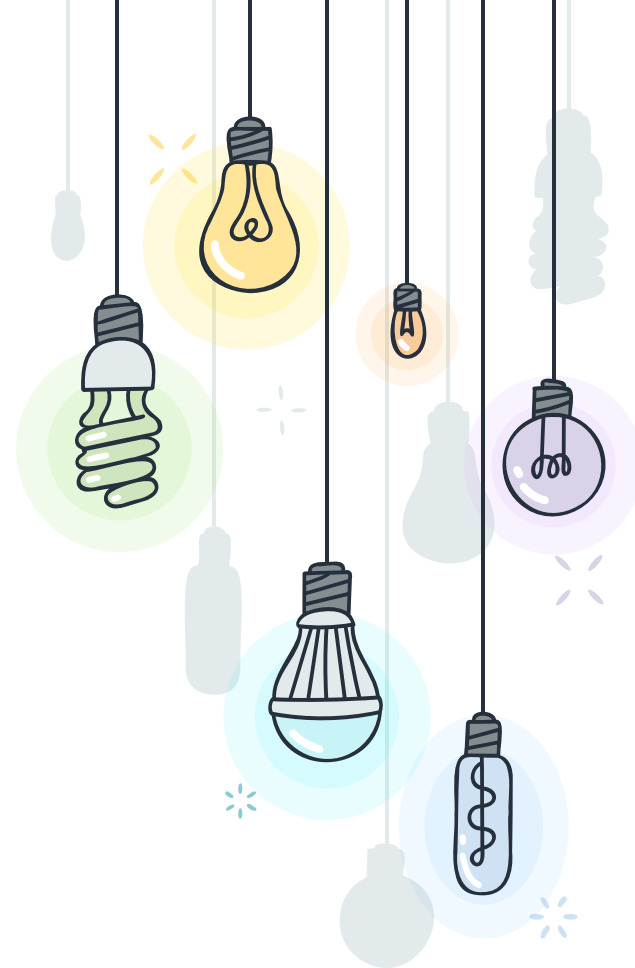
GROWTH MINDSET



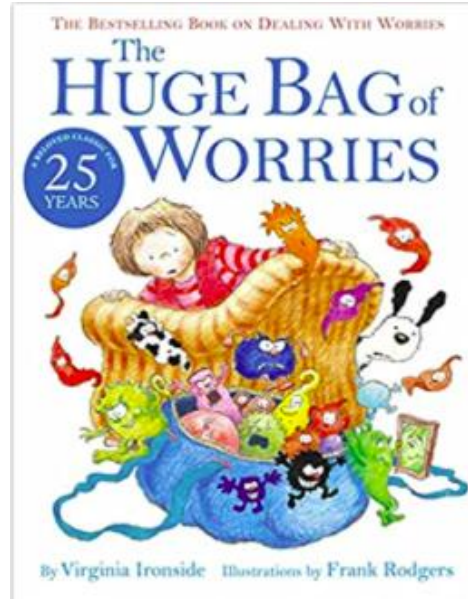
Neuro-Linguistic Programming is the study of our thought process.



**“IF YOU
REALIZED HOW
POWERFUL
YOUR
THOUGHTS ARE,
YOU WOULD
NEVER THINK A
NEGATIVE
THOUGHT.”**



USEFUL BOOKS

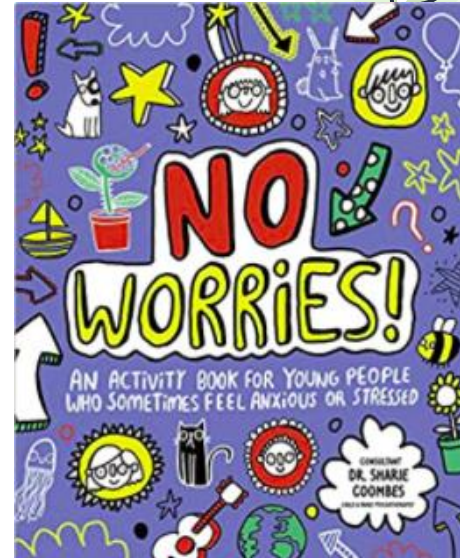


The WORRYSAURUS



RACHEL BRIGHT

CHRIS CHATTERTON





<https://www.5pointscale.com/>

<https://www.zonesofregulation.com/index.html>

<https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>

<https://www.mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

USEFUL LINKS

THANK YOU!

Do you have any questions?

Please take the slides to share with family members at home.

