

# Supporting Your Child's Worries:

## *Third-Fifth Grade Edition*

**Look:** Pay attention to sudden changes in their mood and behavior. Are they becoming more oppositional?

Question to ask yourself: What is behind this opposition? What might they be worried about?

**Listen:** Spend one-on one time with your child for at least 30 minutes a week.

One on One time ideas:

- **Play a game** - Find a game that your child enjoys or teach them a new one from your childhood!
- **Create a questions jar**- Create a jar where your child can write down any questions they want and during your one-on-one time, you pick out a question to answer and discuss.
- **Take it outside** - Spend 30 minutes on a walk and talk or playing an outdoor game or activity ( flying a kite, bring board games outside, ride bikes, skate, etc.).
- **Bake or Cook**- If you have more than one child, choose one to be your sous chef and create a meal for the rest of the family.

**Learn:** Discover ways to manage their anxiety and yours by learning deep breathing techniques and incorporating them throughout your day. You can use the box breathing technique taught in today's session or The Lazy Eight breath below breathing in with the arrows and out when the blue.

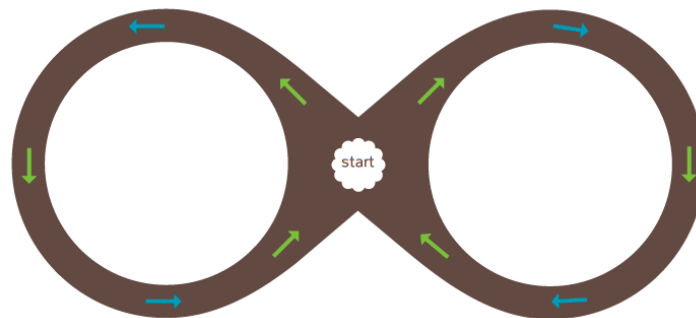


Image: [www.copingskillsforkids.com](http://www.copingskillsforkids.com)

**Love: Teach them to love themselves through positive self talk and affirmations.**

Here are a few to get started!

I am smart	I can do hard things
I like myself the way I am	I am brave
I can make smart choices	I don't have to be perfect, I can just be me.
My family loves me	I am a problem solver