

15 Things To Say To Help An Anxious Child Find Calm

Anxiety is our warning system that something doesn't feel right. Let's be a detective and discover what that might be.

Finding calm is easier when we have a strategy to use before we begin to feel anxious.

You have a tool kit of calming strategies, let's choose one to write down and carry in your pocket to help you if you begin to feel anxious today.

Let's choose a mantra to use if you get worried or anxious today.

Your brain is feeling overloaded, let's help your brain by using one of our calming strategies.

You are your brain's best helper. You help your brain find calm.

What are your brain and body needing to get calm now?

Anxiety is a sign that this task feels too difficult, let's work on one part at a time, to make it simpler.

Anxiety is a sign that this is a BIG task, let's break it down into smaller parts.

Let's make this easier to tackle.

We can use our mantras to help us get calm. Which mantra can help you right now?

Which mantra shall we plan to use for this day?

Anxiety is not mysterious, it comes when we have too much to handle.

Let's be a detective and keep an eye out for things that might seem like too much.

When we see the anxiety coming, we can use our tools, to calm our brains and bodies down.

Bloom (Kenney & Young, 2015)

What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My bravery is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to slow down my breathing.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion.
9. I don't have to figure this all out right now; I will trust the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; I got this