

Anxiety

We all have worries and feel anxious.

This can be quite normal; but if your child has anxiety, it can be worrying for your child and for parents.

Here is a link for a book called [Might Moe: An Anxiety Workbook for Children](#) that might help.

Please read below for more information.



Mighty Moe is an anxiety workbook for children age 5-11.

The story about Mighty Moe relates directly to the material in the workbook, and can be used as a reference to enhance the child's understanding of the content.

The language and concepts in this manual are concrete and have been simplified to facilitate the child's comprehension.

Any child using this workbook should do so with the guidance of a parent, counsellor, or other qualified mental health professional.

Children should not be expected to work through this book on their own.

Although concepts have been simplified to maximize the child's independent use of this book, support is still required to ensure comprehension and maximum benefit.

The language in this workbook is broad. Specific reference is made to 'worries' and a definition is given.

Throughout the book, anxiety is typically referred to simply, as 'BIG feelings'.

This allows for the child to attach their own personal meaning to their experience of anxiety.

For some children, anxiety presents as anger or intense sadness.

Although the term 'BIG feelings' is broad, the facilitator should help the child identify this connection between feeling states while keeping the focus on the root causes of the child's anxiety.

The Best Practice Guidelines for managing anxiety in this workbook have been adapted to be fun, engaging, and child friendly.

Please note, the material in this manual is not intended to replace the advice of professional mental health experts.



Working together to keep our children safe and happy.