

SAFEGUARDING

Anxiety - Expressing yourself

If your child is feeling anxious, here are some ways to support them express themselves. This in turn may help your child feel calmer or distracted from their worries.

Drawing and writing can help you think about your feelings or anything that's worrying you or making you feel anxious. Doing something creative can help you to feel calmer and distract you from problems. And you don't have to be "good" at art to be creative. Expressing yourself is for you.

You can try as many of these activities as you like. Or find a favourite that you can go to any time you need to.



Stress and anxiety

We hold tension in our bodies when we're under pressure, feeling stressed or feeling anxious.

Draw the outline of a gingerbread person and add where you feel stress and anxiety in your body - that might be butterflies in your tummy, your legs feeling weak or your heart beating fast.

Draw how it feels in each part of your body and use colours or numbers to show where you feel the strongest sensations. Let go of any tension by unclenching your hands, dropping your shoulders, stretching, doing yoga or dancing and draw or write any changes on your picture.



Helping hand

Draw the outline of your hand on paper. Follow the outline with your finger or click on it with the mouse to trace the shape as you take a slow, deep breath.

Start at the thumb, move to your other fingers and end with your little finger as you breathe in.

Trace back from the little finger to the thumb as you breathe out.

If you can't make it all the way around, you can start with tracing around the thumb and the first finger while you breathe in and around the first finger and back around the thumb as you breathe out.

You can colour in the hand after.



Crystal ball

Imagine 3 months from now.

Draw or write what could look different, what challenges you will have faced and what positive changes you want to make

Try to focus on things that seem possible to achieve like feeling more confident about an exam, starting a new hobby or making a new friend.

If it's hard to think that far ahead, you could start by imagining next week or next month.



Mirror

Draw yourself as your closest friend or a close family member would describe you. Remember, they can see who you are as a person as well as what you look like.

Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.



Working together to keep our children safe and happy.

Halina Rooney

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