

# HELPING KIDS MANAGE ANXIETY DURING COVID-19

## A Quick Guide for Parents

**Use these skills to help your child deal with any big feelings they may be having during the current crisis. Show your children how to use these skills by using them together:**

### Breathe

Ask your child to take a big breath in to a count of 5 and out to a count of 7.

### 5-4-3-2-1

Have your child sit up big and straight and name: 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can taste, and 1 thing they can smell

### Cold Water

Fill up a Ziploc bag with cold water and have your child put the bag of cold water on their eyes and cheeks and then ask them to take a big breath in and hold it for a couple seconds.

### Laugh

Deep belly laughs can help decrease anxious feelings. Watch a silly movie, play games, tell each other jokes, make funny faces, anything that will get everyone giggling.

### Talk and Listen

Set aside time everyday to talk to your children about how they are feeling and allow them to ask questions. You do not have to have all the answers, but it is important to let your children know their feelings are valid and that you are listening.

### Create a Routine

Make a routine your children can follow at home to help them know what to expect every day.