



# Anxious Feelings:

What they are & what you can do about them

## Teacher/Parent Notes

In the video, I look at what anxious feelings are in an age appropriate context. The video can be accessed freely on my YouTube channel **Christina Keeble - Neurodivergent Mum** here: <https://youtu.be/nrsFgNgVqYs> There are videos from the GoZen online program and I chose videos you can find easily through their YouTube channel here: <https://www.youtube.com/user/gozenonline>

Throughout the videos I provide opportunities to stop and practice the strategies we cover in the video. You may also like to watch the short animated videos together with your child, student or class before watching it again and running through the exercise. The following items are mentioned in the videos and if you have them on hand before you watch it, it will cause less disruption:

- Glass of or bottle of water
- Small soft toy or object to place on child's tummy for belly breathing practice

It is also encouraged to get up and do a movement activity (of your choosing).

If possible, I encourage you to watch the entire video before you watch it with the children. Just so you have an idea of the flow of the videos.

The main topics we cover are simple strategies which can be used in a variety of settings with a big focus on breathing techniques and mindfulness. Deep breathing or breathing from our abdomen can be extremely hard for some children to do accurately. The range of breathing activities provided are specifically created to facilitate a natural deep breathing response in children.

Practicing any or all of the strategies with children when they are calm is the best way to support them to use it when they are actually feeling anxious.

The main way children learn, from the time they are born is through modelling. So our strongest tool we have as either a teacher or parent, family member or carer is to model the behaviour we want the children to practice. The easiest way to do this is to pick moments when:

1. You are either starting to feel a touch anxious yourself or
2. You think an upcoming situation might make the child feel anxious

Then, talk to yourself out loud. Yes, it can feel silly at first but it is effective, I do it everyday with my own children. Here is an example:

Talk about what you are feeling :

*"I can feel my heart is starting to beat faster and I have butterflies in my tummy. I think I'm starting to feel anxiety."*

Then demonstrate what you want the child to learn while still talking out loud:

*"Ok, first I'm going to get a drink of water. Then I'm going to do 5 star jumps. Now I'm going to do 1 minute of snake breathing."*

Finally, while still talking out loud, talk about how you feel after you did the strategies:

*"Ok, let me check in with my body and mind... Yes, I am starting to feel myself calm down. That feels much better."*

The great thing about these strategies is that they work for everyone. Have fun finding the calm!

Kind Regards,

Christina Keeble

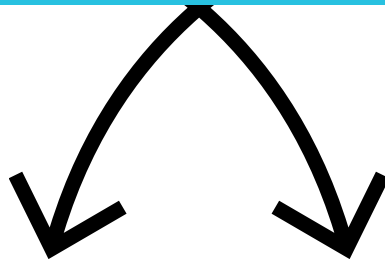
Neurodivergent Mum @  
Christina Keeble Consulting

# Reflect & Shift

Putting Our Strategies into Practice

Anxious  
feelings?

Have you  
flipped your lid?



Use Your  
Strategies

Use  
Reflection  
Wheel

Check in with  
yourself.

Where is your  
lid at?

Repeat if necessary.

Name:

Age:

Year:

# Reflection Wheel

- Use positively worded, growth mindset language (I.e. challenging vs too hard)
- Keep it productive, solution finding, plan how to handle next time
- Always end on something positive (I.e. gratitude)
- Does not have to be talking, can be drawing, typing, get creative!



- Can be used at the end of the day when the individual(s) have decompressed, recharged and in a good head space.
- Each section of the wheel can be further explored as needed.
- Please note this is only a guide.
- Remember to always end on with gratitude as it is important once the challenging moments have been discussed to refocus on the now and gratitude.
- This is a great practice for every member of the family, group or class to do together.

**What are you grateful for today?**

**What was challenging about today?  
How did it feel in your body?**

**How was it handled?  
What strategies did you use?**

**What was great about today?**

# What made it great?



**What is something new you have learned from this experience?**

# Art Experiment Time!

The best way to become good at using the strategies to calm your body and brain is to practice. This art experiment will help you practice. There are 3 steps.

- There are 2 blank pages after this one. On the first, draw a picture that represents how you feel right now. There is no right or wrong. It can be or look like anything you want. It is also OK if it doesn't look like anything specific. Use your art skills to represent how you feel right now on the first blank page.
- Second, use the strategies you have learned in the video. Choose 1, 2 or 3 strategies and practice it right now.
- Third, check in with your body and see how you feel AFTER you did the strategy or strategies. Then you need to use your art skills to represent how you feel NOW (on the second blank page), after you have used the strategies. There is no right or wrong. Choose how you want to represent it with art.

P.S.

Make sure you have fun!







**The following 2 pages are  
2 A4 posters with visual  
strategies.**

# Starting to get anxious feelings?

## Practice What You Know:



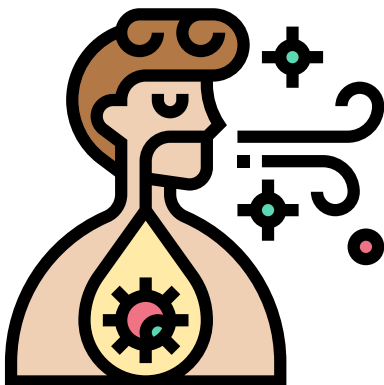
**1. Have a cold drink of water**

**MOVE!**

**2. Move your body for at least 30 seconds**



**Breathe - Long & Slow**



**3. Then breathe long and slow**



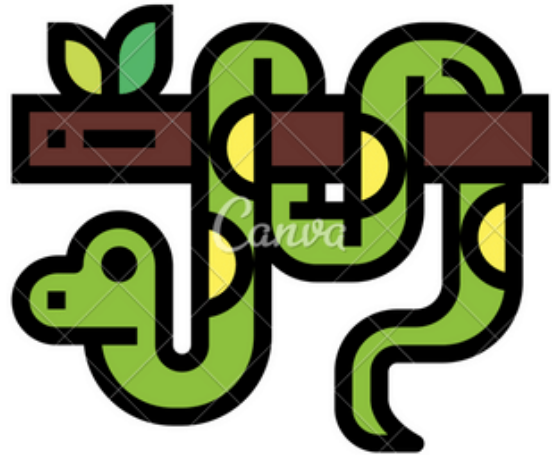
# Which Breathing Strategy Will You Choose?

## Belly Breathing



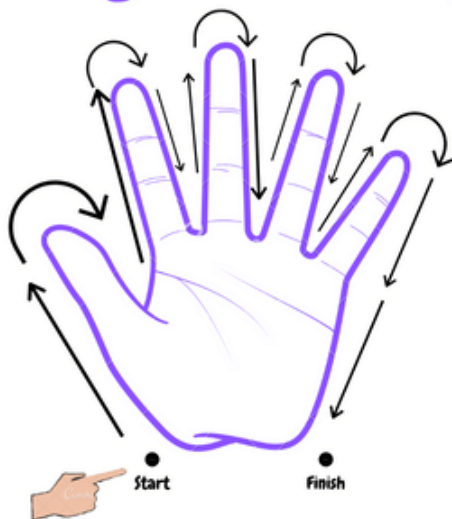
- Lie on the floor
- Put soft toy or object on your belly
- With your breathing try and make your toy move up and down.
- Do this 10 times

## Snake Breathing



Breathe like a snake for at least 30 seconds

## 5 Finger Breathing



Finger moves up = breathe in  
Finger moves down = breathe out

## 4-7-8 Breathing

**4** Breathe in for 4 seconds through your nose

**7** Hold your breath for 7 seconds

**8** Slowly exhale for 8 seconds out your mouth