

Calming strategies worksheet

Find strategies to help your child manage anxiety. Your child may have helpful insights, so look for a calm moment to brainstorm together. You can ask your child's teacher or doctor for ideas, too.

Your child's temperament				Tips																												
<p>Do any of these descriptions sound like your child?</p> <p><input type="checkbox"/> My child recently started showing signs of anxiety.</p> <p><input type="checkbox"/> My child started showing signs of anxiety a while ago.</p> <p><input type="checkbox"/> Separation anxiety was a big issue in preschool.</p> <p><input type="checkbox"/> Separation anxiety is still an issue with my child.</p> <p><input type="checkbox"/> My child is anxious in social situations.</p> <p><input type="checkbox"/> My child has one or more relatives who show signs of anxiety: _____</p> <p>Other: _____</p>				<ul style="list-style-type: none"> • It's a good idea to look for help early, especially if kids start showing signs of anxiety at a young age. • Sudden changes in personality can be a sign that something specific is causing the anxiety. • Anxiety can run in families. That's why it helps to think about family history. 																												
Calming strategies for your child				Tips																												
<p>What helps ease your child's anxiety?</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Quiet time alone</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Quiet time with a trusted adult</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Hearing the voice of a trusted adult</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Being hugged or held</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>More time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Less time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Different kids need different strategies. For example, having more time to prepare makes some kids feel less anxious. With others, it helps to wait to tell them about an upcoming event. • During a calm moment, ask your child which strategies make things better or worse.
	Yes	No	Not sure																													
Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Calming strategies for yourself				Tips																												
<p>What helps you stay cool during heated moments?</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Leaving the room</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Counting to 10</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Exercising</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Getting more sleep</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Many caregivers don't realize their behavior may fuel their child's anxiety. • "Stay calm" is easy to say but hard to do. • Taking notes can help you see which strategies help you keep your cool. 								
	Yes	No	Not sure																													
Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													

Calming strategies worksheet

Find strategies to help your child manage anxiety. Your child may have helpful insights, so look for a calm moment to brainstorm together. You can ask your child's teacher or doctor for ideas, too.

Your child's temperament				Tips																													
<p>Do any of these descriptions sound like your child?</p> <p><input checked="" type="checkbox"/> My child recently started showing signs of anxiety.</p> <p><input type="checkbox"/> My child started showing signs of anxiety a while ago.</p> <p><input type="checkbox"/> Separation anxiety was a big issue in preschool.</p> <p><input type="checkbox"/> Separation anxiety is still an issue with my child.</p> <p><input type="checkbox"/> My child is anxious in social situations.</p> <p><input checked="" type="checkbox"/> My child has one or more relatives who show signs of anxiety: <u>My mom and probably me too</u></p> <p>Other: _____</p>				<ul style="list-style-type: none"> • It's a good idea to look for help early, especially if kids start showing signs of anxiety at a young age. • Sudden changes in personality can be a sign that something specific is causing the anxiety. • Anxiety can run in families. That's why it helps to think about family history. 																													
Calming strategies for your child				Tips																													
<p>What helps ease your child's anxiety?</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Quiet time alone</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Quiet time with a trusted adult</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Hearing the voice of a trusted adult</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Being hugged or held</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>More time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> </tr> <tr> <td>Less time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Quiet time alone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Quiet time with a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing the voice of a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Being hugged or held	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<ul style="list-style-type: none"> • Different kids need different strategies. For example, having more time to prepare makes some kids feel less anxious. With others, it helps to wait to tell them about an upcoming event. • During a calm moment, ask your child which strategies make things better or worse. 	
	Yes	No	Not sure																														
Quiet time alone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Quiet time with a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Hearing the voice of a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Being hugged or held	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																														
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																														
Calming strategies for yourself				Tips																													
<p>What helps you stay cool during heated moments?</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Leaving the room</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Counting to 10</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Exercising</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Getting more sleep</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Leaving the room	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Counting to 10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Exercising	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Many caregivers don't realize their behavior may fuel their child's anxiety. • "Stay calm" is easy to say but hard to do. • Taking notes can help you see which strategies help you keep your cool. 									
	Yes	No	Not sure																														
Leaving the room	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Counting to 10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Exercising	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														