

Helpful ideas to support children when feeling angry or anxious at home:

Having a calm kit. Use the calm kit at various points not just when the child's feelings get to a point where anger/anxiety is displayed.

In the calm kit:

- Bubbles to support breathing in through the nose and blowing long breaths out through the mouth.
- Balloon blowing (same as above with balloons)
- Colouring
- Play dough - can be used to explore or to create happy/angry/worry monsters using the child's imagination which can then be squashed
- Pipe cleaners-as a fiddle tool / to make glasses making unhelpful thinking disappear-discuss their negative thinking with the glasses on, e.g. I cannot do this... when the glasses are removed as are the negative thoughts.

Worry monsters are useful or worry jars can be made or purchased.

Useful website to support children with difficulties sleeping:

<https://www.sleepscotland.org>



Useful apps

Headspace app

<https://www.headspace.com/meditation/kids>

Worrinot app

<https://www.worrinots.com/for-families/about/>

**Both suitable for ages 5 and up