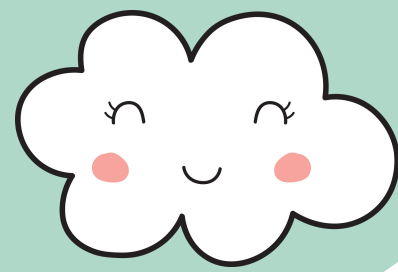


# TIPS TO HELP REDUCE YOUR CHILD'S ANXIETY



## BREATHE

Breathing exercises can help children by relaxing the body and refocusing the mind.

Deep breathing increases the body's oxygen levels, which can have calming effects. BBC Bitesize has a breathing technique video, check it out [here](#)

## NATURE

Spending time outside in green spaces relaxes children and enhances a sense of peace. Find local parks and green spaces [here](#)

## EXERCISE

Gentle exercise such as yoga can ease the feelings of anxiety and help calm the mind. Cosmic Yoga have lots of videos available including this yoga relaxation tutorial, which you can find [here](#).

## RELAX

Encourage a calming activity such as listening to music, painting, drawing, colouring in or reading a favourite book. Print off these FREE colouring sheets from Twinkl [here](#).

## SLEEP

Getting a good night's sleep is essential for both mental and physical health. The Sleep Charity has lots of advice and relaxation tips for children [here](#)

## TALK

It's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel. Childline has a great video which can help explain anxiety to children, check it out [here](#).

## WORRY BOX

Children can find worry boxes soothing because they: give them a physical way of getting rid of their worries.

To read more about the benefits of creating a worry box along with a 'how to' guide, visit the YoungMinds website [here](#)

The Mental Health Foundation has lots more tips and advice to reduce anxiety in children [here](#)

15 to 21 May 2023

  
**Mental Health Awareness Week**



#ToHelpMyAnxiety



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