

Think about right NOW  
What can they hear,  
feel, see, smell and  
taste



SMILE! Even if  
they don't feel  
like it. Even a  
fake smile can  
evoke happiness

Take a deep  
breath



## Tips to help your anxious child

Diffuse  
lavender oil  
or spray  
lavender on  
their pillow  
and bedding



LAUGH! It  
will release  
happy  
hormones



Tell them it's  
ok to feel like  
that



What's the  
worst that  
can happen?

Talk about  
it with no  
judgement

Ask them to  
list 3 things  
they are  
grateful for

