

*Note for Parents: Try the following techniques at home...*

## Stress Management Activities for Kids



How can we help our kids find relief from stress, worry, and anxiety?

We all have worries - and a little worry can be a good thing (since it brings our attention to situations that might need it).

But when worry leads to stress and anxiety, it can start to interfere with mood, social interactions and schoolwork. That's when our kids need to learn new stress relief strategies.

### Start by Teaching Kids About Stress

The first step to stress management for kids is to help them understand what stress, worry and anxiety actually are. They can think of it as their built-in alarm system that scans the environment for potential threats.

**Remind your child that experiencing stress is a part of being human and that handling worry takes practice.**

Therefore, the best way to help your child is to listen to their worries and validate their concern, but also provide them with tools for stress relief.

Work together with kids to develop a daily routine to practice stress management techniques that work for them. (Not all strategies work for every child, so empower them with choice on what works in their mind and body.)

According to Psychology Today,

*"The goal is not to take away all of the things that cause even mild stress in children but to help them handle it. Avoiding everything that causes your child concern can inadvertently make them more anxious. Of course, throwing them in the deep end doesn't help either. The art of helping children handle worry is finding the correct dosage for your child or teen."*

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**I will share some of the best stress management ideas for kids in the next few weeks.** These techniques can help your child cope with worries and fears. Discover one or two that they can incorporate into their daily routine - and keep it simple, fun and consistent!

## 1. Do a Sensory Check “Body Scan”

The body scan is a deep investigation into what the body is feeling in the present moment. It's a great stress relief technique that helps kids get into their bodies and to remind them that they are in the driver's seat.

It's important for kids to realize that nothing is permanent. Help them connect with the sensations in their body and learn to trust that it won't last forever. This is a powerful tool to help kids with stress management.

The body scan helps reduce stress and anxiety. We spend much of our time living outside of the body while being preoccupied with thoughts of the future or the past.

The body scan invites the observer into the inside world to notice sensations, thoughts and emotions as they happen. By becoming aware of how stress feels in their bodies, kids can learn when they need might need to use other stress relief techniques, too.

Try this [11-minute body scan](https://www.mindful.org/body-scan-kids/) for kids by [Mindful.org](https://www.mindful.org/)

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