

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?

2. Start a Worry Journal

Sometimes it's easier to write (or draw) about a problem than to talk about it.

A worry journal is a great stress management strategy that helps kids process difficult feelings. Journaling teaches kids how to express themselves freely and work through their problems in a safe and honest way.

There are so many fun journals to choose from, but if your child loves to create, they might enjoy designing their very own.

How a worry journal helps with stress relief:

- It will encourage a daily contemplative practice.
- It's convenient - you can take it anywhere!
- It's not graded or judged.
- It can help kids solve a problem.
- It can help kids focus on the positive and reframe their thinking.
- It will help kids identify emotions they experience.