

*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?

### **Art for Stress Relief**



Art is a magical way of helping kids express emotion and communicate big feelings that they can't always share in words. Children naturally gravitate towards art as a way to reduce stress and offer a sense of control in their world.

Art is truly a versatile and effective stress management technique. Have you ever seen a child coloring at a restaurant to deal with the stress of waiting for their meal? It really helps!

#### **Material ideas to inspire the artist:**

- crayons/markers
- tempera paint/watercolors
- foam and bristle brushes
- misc. materials: yarn, pom-poms, pipe cleaners, feathers, sequins, glitter, glue, cotton balls, buttons, stickers, etc.
- items from nature: acorns, leaves, dried berries, etc.
- old greeting cards, magazine clippings, wrapping paper, construction paper, tissue paper
- stencils
- hole punches (they make them in fun shapes and sizes)
- safety scissors
- play dough or clay