

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

Mindfulness

Worry and anxiety are often caused by thinking about something in the future or the past. You are much less likely to feel anxious if you are focused on what is happening right here, right now... in the present moment.

When you are aware of the present moment, you will see what is happening around you and settle yourself more easily. That is what mindfulness practices teach us and there are some simple techniques you could do anywhere and any time to start your practice.

Try this quick 60-second practice to help you focus on the present moment.

The STOP method:

S = Stop

T = Take a break

O = Observe

P = Proceed

During “observe” ask these questions:

- What do you see?
- Can you feel your feet touching the ground?
- Do you hear any sounds around you right now?

Tuning into your senses is a great way to bring yourself into the present moment. If you make this a daily habit, your body will learn how to manage your thoughts and emotions and will become more adept at stress management down the road.