

# Activities and games to play with your children when they feel anxious

IMAGINE YOU ARE BLOWING BIG BUBBLES WITH BUBBLE GUM. TAKE A DEEP BREATH IN AND THEN TAKE A DEEP BREATH OUT AND IMAGINE YOU ARE CREATING A BIG BUBBLE.



FIND 5 THINGS YOU CAN SEE, 4 THINGS YOU CAN TOUCH, 3 THINGS YOU CAN HEAR, 2 THINGS YOU CAN SMELL, 1 THING YOU CAN TASTE.



IMAGINE YOU ARE A SUPERHERO. WHAT ARE YOUR SUPER POWERS?



START WALKING AND MOVING AROUND YOUR ROOM LIKE A JUNGLE ANIMAL.

IF YOU ARE A LION YOU MIGHT LET OUT A BIG ROAR.



IMAGINE YOU ARE FLOATING IN SPACE. LIE ON THE FLOOR AND CLOSE YOUR EYES. TAKE DEEP BREATHES IN AND OUT. RELAX YOUR WHOLE BODY AND IMAGINE YOU ARE AN ASTRONAUT FLOATING IN SPACE.

