**Anxiety and Stress Management**

**10 Therapist and Child Approved Activities to Support Kids with Anxiety**

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[https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety%26amp;sa%3DD%26amp;ust%3D1585331187122000&sa=D&ust=1585331187226000&usg=AFQjCNGfXmLBVIvYqYeVQXRKcT-fKZ4Sfg)

**20 Fun Activities to Help Kids With Anxiety**

[https://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/%26amp;sa%3DD%26amp;ust%3D1585331187122000&sa=D&ust=1585331187227000&usg=AFQjCNH8133gLTcgZ61meqIqTGqchLT8ZA)

**Worry Warriors videos (gr 3-5)**

[https://youtu.be/dA54Nbv3\_\_M?list=PLl8YAZ\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://youtu.be/dA54Nbv3__M?list%253DPLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt%26amp;sa%3DD%26amp;ust%3D1585331187122000&sa=D&ust=1585331187227000&usg=AFQjCNFjkelgiw2iQU7hUPNy_szBfFVGBA)

[https://youtu.be/9qNKPw-EeEE?list=PLl8YAZ\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://youtu.be/9qNKPw-EeEE?list%253DPLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt%26amp;sa%3DD%26amp;ust%3D1585331187123000&sa=D&ust=1585331187227000&usg=AFQjCNF7FIq9nKAJXqr0OS77iLAJhboiBQ)

[https://youtu.be/gH\_OWeGwjCI?list=PLl8YAZ\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://youtu.be/gH_OWeGwjCI?list%253DPLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt%26amp;sa%3DD%26amp;ust%3D1585331187123000&sa=D&ust=1585331187227000&usg=AFQjCNEL7-HmOEWfPDPLLeG_mQfoqRwDAw)

[https://youtu.be/5WGPxQJ2sBg?list=PLl8YAZ\_ezKNFELLp8KjMEmcn8A0YbKvRt](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://youtu.be/5WGPxQJ2sBg?list%253DPLl8YAZ_ezKNFELLp8KjMEmcn8A0YbKvRt%26amp;sa%3DD%26amp;ust%3D1585331187123000&sa=D&ust=1585331187227000&usg=AFQjCNEXq-HwRGUECWhIhGKOlXpBO3Sp-A)

**Mindfulness exercises:**

[https://www.mother.ly/child/ease-your-anxious-child-6-simple-mindfulness-exercises-to-try-today](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.mother.ly/child/ease-your-anxious-child-6-simple-mindfulness-exercises-to-try-today%26amp;sa%3DD%26amp;ust%3D1585331187124000&sa=D&ust=1585331187228000&usg=AFQjCNFgGa5eabPDOIBCDBbMlQfymNK2CA)

**More Mindfulness exercises:**

[https://positivepsychology.com/mindfulness-for-children-kids-activities/](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://positivepsychology.com/mindfulness-for-children-kids-activities/%26amp;sa%3DD%26amp;ust%3D1585331187124000&sa=D&ust=1585331187228000&usg=AFQjCNGkrzxLARNXZozKV--F2n3Qa6AdmA)