

Coping Crafts

for Anxiety



Does your child struggle with worry, shyness, or fear?



Does your child like to make things and get creative?



This hands on group is designed to give children tools to help them understand and cope with challenging emotions. Each week, you and your child will create a coping skills craft and learn when and how to use the tool to effectively manage feelings of discomfort or worry.



Join this group to...

- Help your child gain confidence when facing anxiety
- Learn strategies to support your child when they are worried
- Bond and have fun together as you make your crafts!



Did you know?

We unintentionally feed our worried feelings by:

Thinking worried thoughts

Taking actions that reinforce worried feelings

Holding worried tension in our bodies

In group we will:

Make a fidget toy to engage with when feeling worried.



Create positive self-talk shrinky-dink jewelry and keychains!



Create a glitter jar and learn the power of deep breathing for calming your nervous system!

...and much much more!