

# 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!

MAKE 5  
DIFFERENT  
COPING  
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!**