

Anxiety Solutions for Kids: Practice Base for Activities

The activities in *Anxiety Solutions for Kids* draw on many different practice frameworks. All of the activities are solution-focussed and strengths-based in that they don't focus on 'the problem' itself but on simple, fun things the child (or adult) *can* do to build their strengths, awareness, cognitive skills, wellbeing and resilience. All of the activities use 'focussing' and/or 'distracting' techniques, and all of them can assist with 'self-soothing' and 'arousal control' (minimising or de-escalating anxiety feelings). While the activity on a single card may sit comfortably within several different practice frameworks, we have tried to identify some of the key modalities for each card for those practitioners who have a favoured style of practice.

Activity	CBT	Mindfulness	Breath	Counting	Alphabet or List	Visual	Auditory	Kinesthetic (movement)	Imagining	Creative Arts Tasks	Humour	Nature	Affirmation or word repetition	Building optimism or self-esteem
Alphabet Veggies	✓				✓				✓					
Animal Magic	✓	✓							✓			✓		
Apple Cheeks	✓	✓						✓	✓		✓			✓
Barefoot Blitz		✓						✓				✓		
Being Me	✓			✓	✓		✓						✓	✓
Being Nosey		✓	✓	✓			✓	✓						
Bead Band	✓	✓					✓	✓		✓			✓	
Better Than Before	✓			✓	✓									✓
Big Note It	✓				✓			✓	✓	✓				✓
Body of Calm		✓	✓					✓	✓					
Brain Beats			✓				✓	✓		✓	✓			
Circle and Tap	✓			✓				✓			✓			
Colouring In		✓				✓		✓		✓				
Cool Breath Warm Breath		✓	✓				✓	✓						
Count Up and Down	✓		✓	✓			✓	✓			✓			
Counting Colours	✓	✓		✓		✓								
Favourite Tree	✓	✓				✓		✓	✓	✓		✓		
Funniest Thing	✓								✓		✓			
Heart Says Yes	✓	✓					✓	✓					✓	✓
Helping Hand								✓	✓					✓
I'm Ready	✓			✓			✓						✓	✓
Infinity		✓				✓		✓	✓					
Invisible Ink					✓	✓		✓						

Activity	CBT	Mindfulness	Breath	Counting	Alphabet or List	Visual	Auditory	Kinesthetic (movement)	Imagining	Creative Arts Tasks	Humour	Nature	Affirmation or word repetition	Building optimism or self-esteem
It's OK	✓	✓					✓		✓				✓	✓
Laugh like a Lion			✓				✓	✓	✓	✓	✓			
Mellow Sounds		✓	✓				✓	✓	✓	✓		✓		
Mission Positive	✓			✓		✓		✓	✓	✓		✓		✓
My Special Place	✓	✓				✓			✓	✓		✓		✓
Open Sky	✓	✓				✓			✓			✓		
Play Catch				✓		✓		✓			✓			
Remote Control	✓	✓							✓		✓			
Rock It	✓					✓			✓		✓			✓
Sing it Up		✓	✓				✓	✓	✓	✓	✓			
Sip It	✓		✓				✓	✓					✓	✓
Say It	✓		✓				✓	✓					✓	✓
Slo-mo	✓	✓	✓				✓				✓		✓	
Stretch List	✓				✓				✓		✓	✓		✓
Superhero	✓	✓							✓	✓	✓			✓
Take Two	✓								✓	✓				✓
Thank You Bomb	✓	✓		✓			✓						✓	✓
That Safety Feeling	✓	✓							✓					✓
The Colour of Calm	✓	✓				✓			✓					
The Feel of Fabric		✓						✓						
The 'L' Word	✓	✓		✓			✓						✓	
There and Back	✓		✓	✓				✓						
Things are Looking Up	✓	✓						✓					✓	✓
Three Big Ticks	✓				✓									✓
You Are Great	✓				✓				✓				✓	✓
You Can Make It						✓		✓		✓				✓
You've Got Character	✓						✓		✓		✓		✓	✓
Word Flash	✓					✓		✓			✓		✓	✓