Anxiety Symptoms in Kids
- Anxiety doesn’t always present the same in kids as it does in adults
- A few others not mentioned - “What if” questions, excessive need for reassurance, excessive physical complaints, and perfectionism
- The graphic above is from https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/

For adults, common anxiety signs and symptoms include:
• Feeling nervous, restless or tense
• Having a sense of impending danger, panic or doom
• Having an increased heart rate
• Breathing rapidly (hyperventilation)
• Sweating
• Trembling
• Feeling weak or tired
• Trouble concentrating or thinking about anything other than the present worry
• Having trouble sleeping
• Experiencing gastrointestinal (GI) problems
• Having difficulty controlling worry
• Having the urge to avoid things that trigger anxiety
What does your child need?
- to feel safe
- to belong
- to have a feeling of control

How can you help?
Manage moods
- Turn off the news and step away from social media. It's really overwhelming for many adults, which in turn affects the children. Try to be mindful and not let kids be exposed to too much news if possible. There is so much going on that is out of our control, which feels scary for both adults and kids.
- Focus on what you CAN control. Sometimes it's helpful to do this graphic shown with adults as well as kids.  
- Focus on facts regarding the virus. When they don't know what to expect, the fears can multiply.
- Work on positive self talk.
- Make sure to get some exercise and/or time outdoors.
- Herbal remedies like valerian root, GABA, and melatonin can be helpful at night.

Maintain a consistent routine
- Keeping a schedule can be really helpful for parents and children. A predictable schedule offers structure that helps kids feel safe and secure. It takes away a lot of the drama over when it's time to do work vs play. The family identity gets solidified with routines where everyone has a role, the message is: We are a family who eats together, plays together, etc.  
- Continue to eat at regular times to avoid the all day snack fest that can also lead to tummy upset and irregular blood sugar levels.

Connect
- Some children like to draw and express themselves that way. When a child has a specific fear, it can be helpful to ask them what they can imagine to fix it and have them draw the solution.
- Normalize the experience of anxiety right now. Model for kids how you deal with your anxiety. Practice meditation or yoga together, there are lots of great apps and you tube videos that can help with guidance.
- Make sure to get some exercise and/or time outdoors.
- Read together, play games together, create scavenger hunts to do together (some neighborhoods will join together to hang things in their windows for kids to look for while on walks.)

Ideas to help kids with socialization
- If you have tablets or electronics available, facetime and zoom play dates can be really helpful. It's more difficult for smaller children, but kids around 5 can play imaginatively and share toys via video.
- Games like Battleship and Guess Who are easy to play via video when both parties have the games. Mad Libs are always fun and easy. Slightly older kids can play Scategories, Outburst, chess, checkers, or monopoly with duplicate sets of the games. You can also prop the screen up and have kids take turns drawing and guessing what the other is drawing or play hangman. You can have virtual lego challenges or art challenges.
- Older kids can also create word searches to send to friends as well as mailing letters or pictures.
- Caribu is an app that is geared more towards smaller children and allows them to share a screen for drawing or books to read together.
- Nintendo Switch and other video games can allow kids to connect with their friends and play virtually.
- For kids who are comfortable reading aloud, it can be fun for them to take turns reading to each other.
- For outdoor play dates, it can be helpful to set up blankets for kids to sit on that are 6 feet apart. That helps them stay in their designated area. They can also take turns drawing with chalk and creating obstacle courses to take turns doing.
Links
Books About Managing Anxiety and Worry
https://www.amightygirl.com/blog?p=22612

NPR Comic for Kids Explaining the Virus

Working and Learning from Home During the COVID-19 Outbreak

How to Avoid Burnout When You Have Little Ones

School’s Out. Parental Burnout Isn’t Going Away.

List of children’s books about nature

List of online resources

Free stories on audible
https://stories.audible.com/discovery

Mega list of free subscriptions
https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/

Shark story time
https://www.facebook.com/atlanticwhiteshark/

Storyline
https://www.storylineonline.net

Scholastic Learn at Home:
classroommagazines.scholastic.com/support/learnathome.html

Lunch doodles with Mo Willems!
www.kennedy-center.org/mowillems?
fbclid=IwAR3bxqI2QS4xGv2LHh2LJZ1z-W8EgypM7QUjHklSUWAwXEY3i1_wAM107M

The Yo Yo and Mo Show
https://www.kennedy-center.org/education/mo-willems/

Sciencemom is hosting daily classes. You can watch live or on youtube
www.youtube.com/channel/UC-QcZI5b9EiiEQ41cVhxw

Animal cameras at the San Diego Zoo:
animals.sandiegozoo.org/live-cams

Yoga for kids on youtube
https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/

Disney’s Imagineering in a Box course at Khan Academy.
www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box?CMP=ILC-DPFY19Q4wo0808190814190031F

Google arts and culture, list of museums
https://artsandculture.google.com/partner?hl=en

Virtual tours through museums
www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours