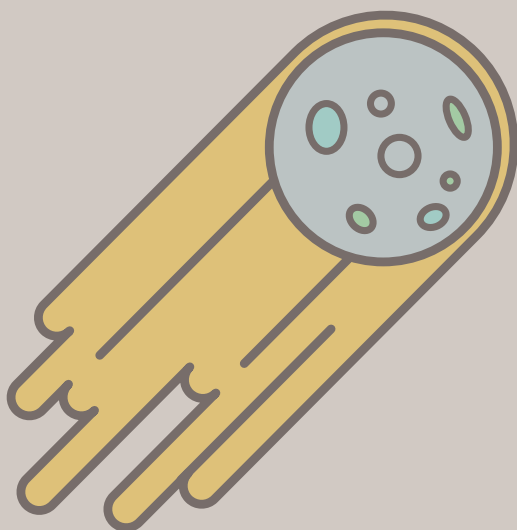


# Stress Less: A Children's Guide in Navigating Their Worries



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Primary-School Aged Children



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# Foreword

Welcome Parents and Carers,

We have designed this little e-book with you and your little one in mind.

Step-by-step, you will find education, fun activities and tips and tricks to support some really important skills for your child's development.

Please bear in mind that this book is designed for your child and yourself to complete together.

At Seva House, we believe that a healthy and safe adult-child relationship is the building block for support; so with this in mind, enjoy our resource and most of all - have fun!

Warm wishes,  
The Seva House Team

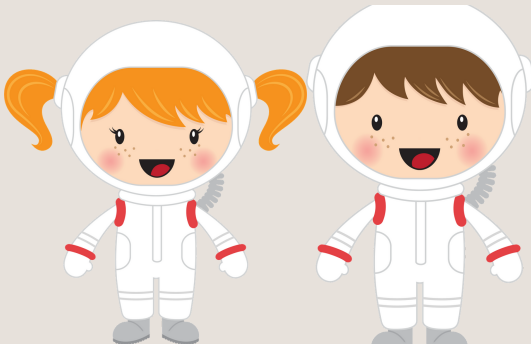


Hi,

We are looking for explorers to join us on our mission. You see, sometimes when we experience BIG feelings, it can be like we have landed on a different planet and no one speaks the same language as us!

So we have decided to go on a mission - where we uncover ways we can conquer them. Are you up for the challenge?

If you are - hop in!







First stop - the brain

## ***DID YOU KNOW...***

Your brain is faster and more powerful than a super computer!

Your brain is also created to know when you can relax and when you are in danger. It's almost like your brain has a smoke alarm.

Your smoke alarm goes off when your body is worried that you are unsafe. The hard thing is though, your brain relies on YOU and other people (like your parents and carers) to work out what is dangerous.

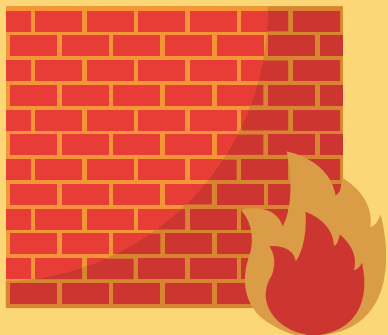
Sometimes it can feel like EVERYTHING is dangerous, so your alarm goes off all the time. Or that NOTHING is dangerous at all...

# What does your smoke alarm feel like?



Does it feel like a bull, stamping around?

or maybe some butterflies, flapping their wings?

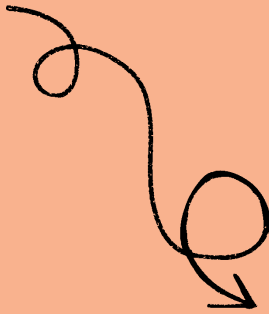


Or even a brick wall, trying to protect the fire and smoke from getting near you...

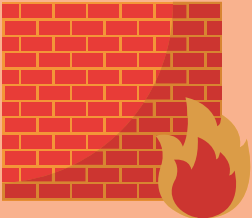
Now let's practice matching the feeling in  
your body to a feeling in your head!  
Can you guess which words match the  
picture?



numb



angry



scared



Guess what? ALL of the pictures can mean that you feel angry, scared or numb.

Do you know some other words that can describe how people feel when their body feels in danger?

Name as many as you can,  
the adult working with you can help.

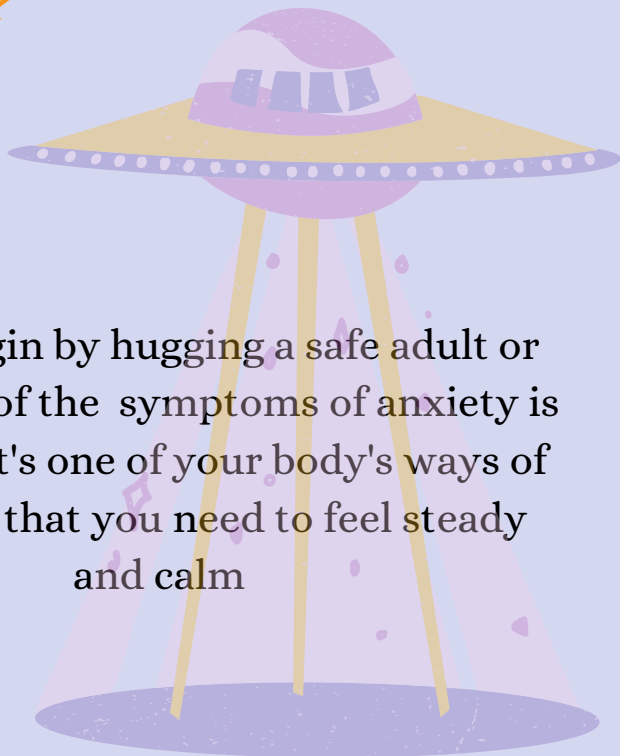




# KIDS' FEELING WHEEL



# What can you do when you start feeling this way?




You can begin by hugging a safe adult or friend. One of the symptoms of anxiety is clinginess. It's one of your body's ways of telling you that you need to feel steady and calm

After hugging someone, we remind our body that it is safe and it is okay to relax.

We can do that by taking big, deep breaths ...

Let's practice:  
breathe in, breathe out...  
repeat 5 times.



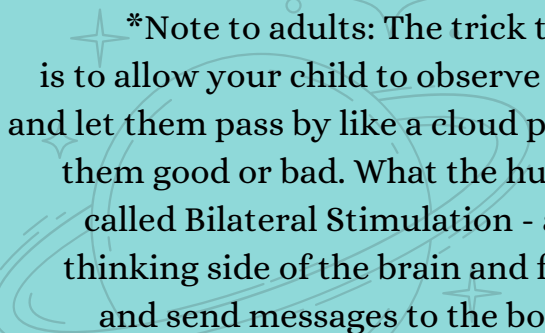


If we don't have someone we feel comfortable with close by, we can hug and settle ourselves!  
Try this little trick...

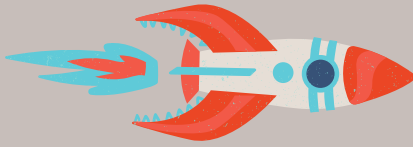
## THE BUTTERFLY HUG

Cross both arms over your chest and place a hand on each shoulder.

Begin tapping each hand one at a time on your chest or your shoulder. Count to 10 and focus on your breathing. Pause. See where the worries now sit in your body and keep tapping until you feel more comfortable.



\*Note to adults: The trick to the butterfly hug is to allow your child to observe any thoughts or feelings and let them pass by like a cloud passing by without labelling them good or bad. What the hug does is create what is called Bilateral Stimulation - a way to integrate the thinking side of the brain and feeling side of the brain and send messages to the body that it is safe now.



Another little trick is to use your superpower -  
every one has one!

Yours might be to remind yourself that you are  
brave, or that you are a really fast runner so that  
those pesky thoughts can't catch you!

When we turn our strengths into super powers, we  
remind ourselves that when our worries come to  
visit, we can practice being comfortable until they  
leave again. The trick is to remember that they are  
a visitor - worries come and go, we just have to  
make room for them when they show up.

What are your super powers? Ask some  
adults around you what they think  
yours are - you might be surprised...





For all of our creative kids...

Practice exploring where your worries are hiding in your body.

Is it in your tummy, head, arms or chest?  
Maybe it is somewhere different?

Practice your breathing and imagine the air going straight to your worry spot and your worries leaving when you breathe out.

Practice feeling a little more comfortable with each breath  
- it's okay if the feeling hasn't completely gone,  
the trick is to not let those worries take over your body.

What does it look like?

Perhaps drawing a picture or creating a sculpture out of play-doh will help you imagine what shape worries can take.

Grab some paper and your best colouring-in pencils or some play-doh if an adult can help you- we want to see your creations!





For our animal lovers...

Pretend your worries are your pet  
and give them a name.

What do you need to do when your pet jumps on  
you or gets a little bit scared?

Maybe your pet is reminding you that you need to give it  
some love and attention!

If we pretend our thoughts and feelings are our pets -  
we can be kind to our pet by being kind to ourselves,  
take our pet for a walk (by going outside and enjoying  
nature) or pat it softly and notice what it's trying  
to tell us...

Like all pets, our smoke alarm  
needs training and reminding  
that we are learning new skills - after all,  
just like any pet - all they want to do is  
keep their owner safe.

We train our mind  
so our body remembers...





We had a great time showing you around  
and we hope you learned a few things  
about your amazing brain and body.

Until our next adventure - ask an adult  
with some help to practice all your new  
and wonderful skills, but most  
importantly, don't forget;

you are already a **SUPERHERO!**



## Resources For Families

### Apps:

**SmilingMind (7+) \$:Free:** Smiling Mind is designed to help people under pressure, stress, and challenges of daily life.

**BeeZone (4+) \$ Free:** This App provides a variety of tools to enable you to take a break from a racing, stressful mind and come back to calmness and focus

**DreamyKid (4+) \$: Free:** The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens

**AntiStressBall (4+) \$ Free:** Choose from an anti-stress ball, jelly ball or full screen of slime, customize it and do whatever you want! Tap, pinch and drag your finger across the screen as if it was a real anti-stress toy.

**SuperStretchYoga (4+) \$ Free:** Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children