

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This lovely resource is a great way for you parents to offer support, warmth, and comfort to your child when they are feeling anxious. It includes some meaningful and soothing words to help your child work through their feelings without judgment. Just being there and being empathic is incredibly helpful when it comes to alleviating stress.

What skills does this practise?

Communication

Stress-Relief

Emotional Intelligence

Further Activity Ideas and Suggestions

Why not try our [When My Child is Angry, I Will](#) resource which allows children the opportunity to run through their angry feelings fully. This can create a more mindful relationship between you and your child.

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

Helpful Things to Say to an Anxious Child

If your worry had a colour, what would it be?

Let's work together on this.

I can see you are finding this difficult.

Shall we go outside and move about?

It's OK to feel overwhelmed by it all.

I love you and this is a safe space.

How would you like to feel?

Where is the worry in your body?

Shall we belly breathe together?

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource you are responsible for the safety of those involved with using this resource including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.