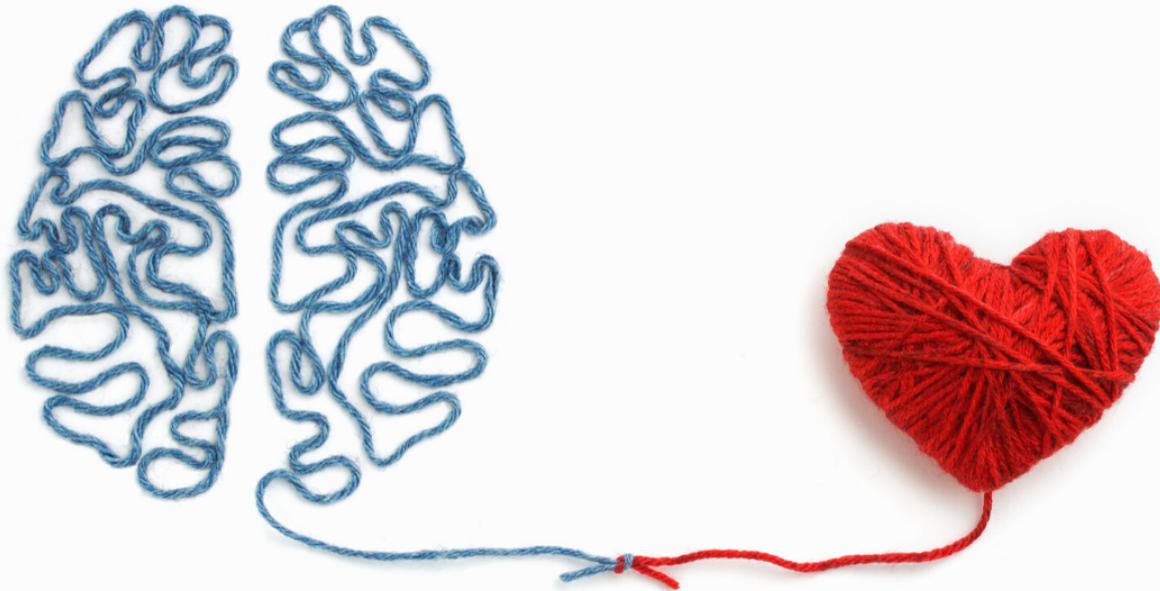




# SOCIAL-EMOTIONAL LEARNING KIT

## March 2021



OPERATION P.E.A.C.E. IS A NEIGHBORHOOD  
NON-PROFIT SERVING SENIORS, YOUTH, AND  
FAMILIES SINCE 2001. WE THANK THE MISSION  
HILL/FENWAY NEIGHBORHOOD TRUST FOR THEIR  
SUPPORT OF THIS PROGRAM.

# TABLE OF CONTENTS



**Operation P.E.A.C.E.**

Partnerships in Education And Community Enrichment



---

**2**

**PARENT HANDOUT**

---

**4**

**EXPLANATION OF  
DEVELOPMENTAL MILESTONES**

---

**5**

**WORD SEARCH & DEFINITIONS**

---

**8**

**ACTIVITIES**

---

**25**

**BINGO SHEET**

---

**26**

**ADDITIONAL RESOURCES**

---

**28**

**FINAL INFO AND THANKS**

---

# Parent Handout

Hello Families!

We are excited to share our March Toolkit! As a reminder, social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. This month we are focusing on **stress** and how to deal with it, **worry** and how we may lessen worries, as well as **organization and coping skills**. In this kit you will find a plethora of information regarding stress and worry. This kit will answer questions such as; What is stress and worry? How does one deal with it? What can one do about it? Not only does this kit answer those questions, it also dives into solutions and steps you and your children can take to help mitigate the effects of stress and worry (such as thinking about coping skills, completing a stress ball activity, and much more).

It is important to talk about stress and worry with children because it is an inevitable part of life. Everyone will have stressors and everyone will have worries, no matter how big or small they may seem to be. The following pages are filled with information, helpful solutions, activities, and resources that you and your children can use to become more worry free!

Some children may worry more than other children. If you have further questions, or need more guidance around supporting your child, you may want to consider talking to your primary care provider. Everyone has worries and everyone gets stressed but anxiety can make these parts of life harder to adjust to. According to the CDC, 7.1% of children (age 3-17) in the US have an anxiety disorder. This goes to show that it is not uncommon for a child to struggle with anxiety. It is best to talk with your pediatrician if you have any concerns about anxiety in your child.

# Parent Handout Cont'd

In this toolkit we have included:

- Links to two **read aloud books** along with discussion questions for your children to answer.
- **Activities:** If your child needs help with any of these activities you can give suggestions or talk through a solution together.
  - Word searches for younger and older kids
  - What is stress and what can we do about it? With coloring pages to follow
  - Coping skills activity
  - Stress Ball activity
  - Self care tips for adults and children
  - "NASTY" thoughts activity
  - Mindful Breathing activity
  - Organization activity
  - Worry Activities, including the worry tree and the worry monster
- Bingo
- Resources for parents
- Resources for students

As always please email us if you have any questions, concerns or feedback at [info@operationpeaceboston.org](mailto:info@operationpeaceboston.org).

Follow us on Instagram (@operationpeaceboston) and Facebook (Operation P.E.A.C.E.) and use our hashtag #opeacesel.

Thank you so much for your participation!

# Social and Emotional Developmental Milestones

Below is a list of some social-emotional developmental milestones at certain ages. If your child is not hitting all of these milestones, do not worry. Every child develops at their own pace. However, if you are concerned, please check in with your pediatrician.

## Ages 3-4

- start to show and verbalize a wider range of emotion
- Are interested in pretend play, but may confuse real and “make believe”
- Are spontaneously kind and caring
- Start playing with other kids and separate from caregivers more easily
- May still have tantrums because of changes in routine or not getting what they want

## Ages 7-8

- Are more aware of others’ perceptions
- May complain about friendships and other kids’ reactions
- Want to behave well, but aren’t as attentive to directions
- Try to express feelings with words, but may resort to aggression when upset

## Ages 5-6

- Enjoy playing with other kids and are more conversational and independent
- Test boundaries but are still eager to please and help out
- Begin to understand what it means to feel embarrassed

## Ages 9-10

- Share secrets and jokes with friends
- May start to develop own identity by withdrawing from family activities and conversations
- Are affectionate, silly, and curious, but can also be selfish, rude, and argumentative

## Ages 11-15 years

- Start thinking more logically
- Are introspective and moody and need privacy
- Value friends’ and others’ opinions more and more
- May test out new ideas, clothing styles, and mannerisms while figuring out where/how to fit in

# WORD SEARCH

S L L I K S G N I P O C P T D U O T F H  
M N P O S E R Q C R M K X V B E G G O L  
I P O E T L L C Z A Y M B R G V S D G T  
J R R I G F B V H C W H O D O U M X V M  
N T R H T C O G E Q D O I D Q Q S M S W  
S S Z W H A O D M O R J G W O D L Z Y A  
I Y P B T R Z V K G V V S S X X X E H L  
W O D Y Q E Y I N Q Y Z X O E I I M K S  
U S T N O D L I N M W O R R Y U B P O R  
L B X T M Z H O Z A Q K U P F G Y P K C  
E D H R V T F K I E G D X P V T N B M G  
J B Q M A A R M M C V R V A E W U N X A  
N O V E T V Z R Z S O G O M R A P J Y E  
W Q R F L P A S A A J I E D R F P W V J  
T B Q V I B V F A W X Q H O K C Q X G G  
X P R G T O A V O Q Y J B L F V S O I E  
K D S V B B I J S P Q K Q L A D I L C Z  
Q L M P J Y M K B G J U Y B Q N G I V H  
D C K G K H F O W C X M Y L W H P C A F  
P M Q C O D A X X F R N F W M A L F T O

## WORD BANK:

BREATHING  
COPING SKILLS  
ORGANIZATION  
SELF CARE  
STRESS  
WORRY

# WORD SEARCH

## For younger kids

O Y T I S S K M D S  
S B A G S N Q C B E  
Y D W E C I U R A L  
J N R A S U E E N F  
M T Y N M A G L O C  
S C S M T K X B U A  
A T M H W O R R Y R  
N O I X E K C F Z E  
Q N N N Z E S Z B A  
G F N P S Q D A C U

### WORD BANK:

BREATHING

SELF CARE

WORRY

STRESS

# Word Search Definitions



**Stress**- a condition of strain or tension.

*Example:* I am stressed because I have a book report, and a project due in two days!

**Worry**: to feel anxious, troubled, or uneasy.

*Example:* I am worried about the test on Tuesday.



**Self care**: giving attention to ones self.

*Example:* I practiced self care today by meditating and coloring a picture for myself.



**Coping skills**: to be able to handle or deal with situations from what you know.

*Example:* Brandon has good coping skills, he never looks troubled.



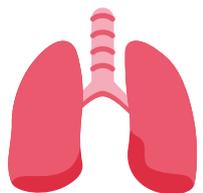
**Organization**: the state of being organized.

*Example:* If I organize my school folder, I will have an easier time finding things.



**Breathing**: to draw air into the lungs and exhale it.

*Example:* When I feel worried, I like to take a few deep breaths to calm myself.



# What is stress and what can we do about it?

Stress is your body's response to change. Sometimes stress is good, like when you need to act fast in a situation. But more often, stress can make us feel overwhelmed and have negative effects on our body.

When you feel stressed, what can you do? Below are some suggestions on what you can do to help calm you back down. These are called "coping skills."



## Write it down.

Write down what you are worried about so that it will be on the page and not on your mind. Use the worry worksheet to work through your worry or stress

## Practice a breathing exercise.

Take deep breaths at your own pace or practice square breathing. Check out the mindful breathing activity on page 18.



## Take it one step at a time.

Make a list of things you need to do. Only think about one at a time, complete it, and then move on to the next. Don't try to think of everything all at once or you will feel overwhelmed. Take your time.

## Hydrate (Drink water)

When your body is hydrated it is more prepared to deal with stress. When you are dehydrated it causes more stress in your body- nobody wants that!



## Practice yoga or stretching

Getting your body moving is an amazing way to focus on yourself and forget about your worries. Moving your body also produces endorphins which make you feel good and naturally reduce stress!



## Go for a walk or exercise

Endorphins are feel good chemicals that are produced in your brain when you exercise and can minimize the effects of stress. Take a walk or try doing some jumping jacks!



## Color



Color in one of the attached coloring sheets to ease your stress and worries. Coloring helps to calm your mind by allowing you to focus on one thing.

## Read

Pick out one of the recommended books or choose a book that you love!



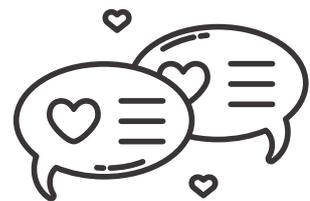
## Talk it out

Sometimes all it takes is a conversation with someone you trust to ease your worry. Find someone you trust and tell them why you are stressed or worried - maybe they can help you to find a solution.



## Write down what you are grateful for

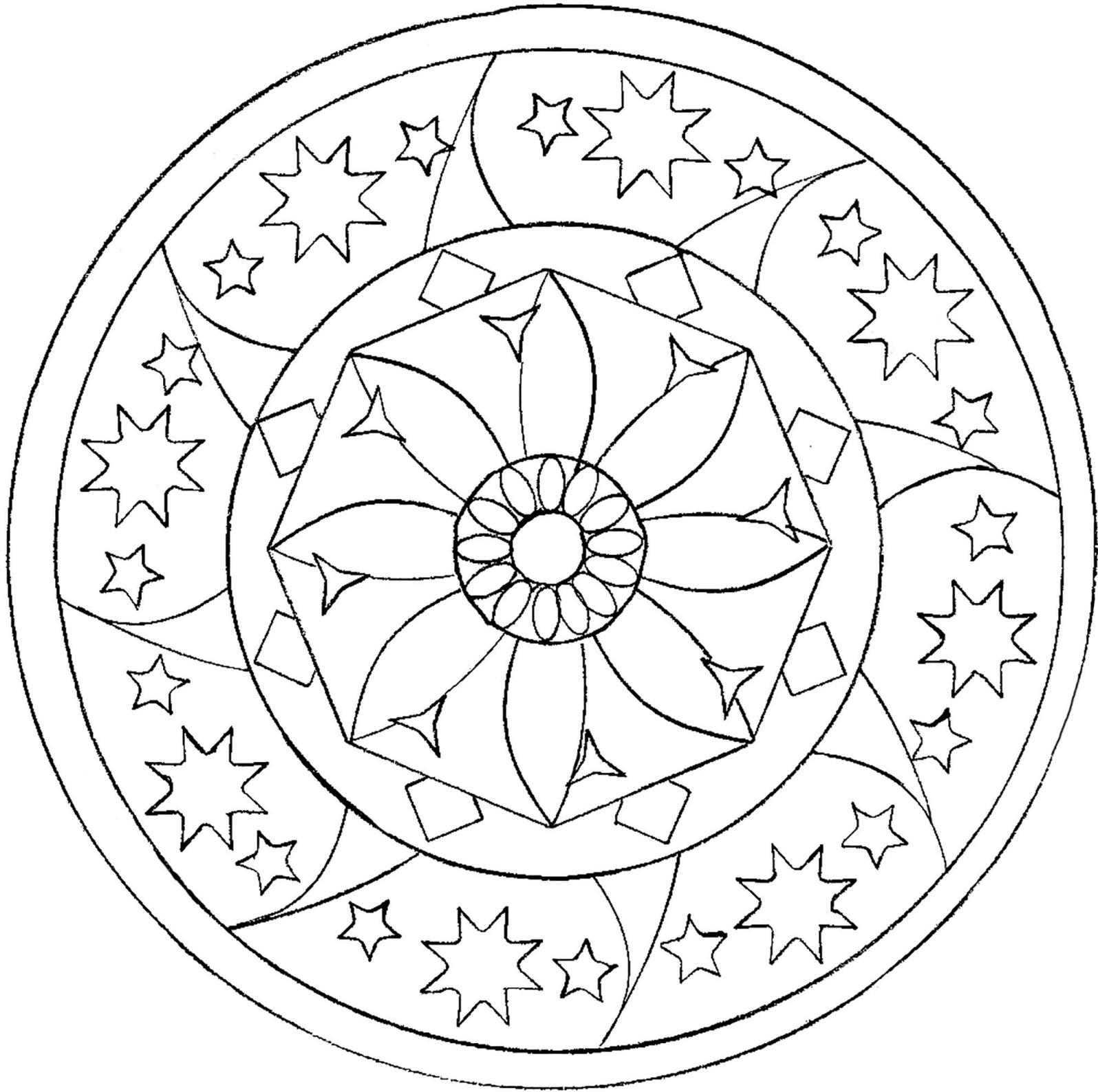
Thinking about all of the great little things in life can help bring perspective to your problem. Write down what you are grateful for and reflect on it.

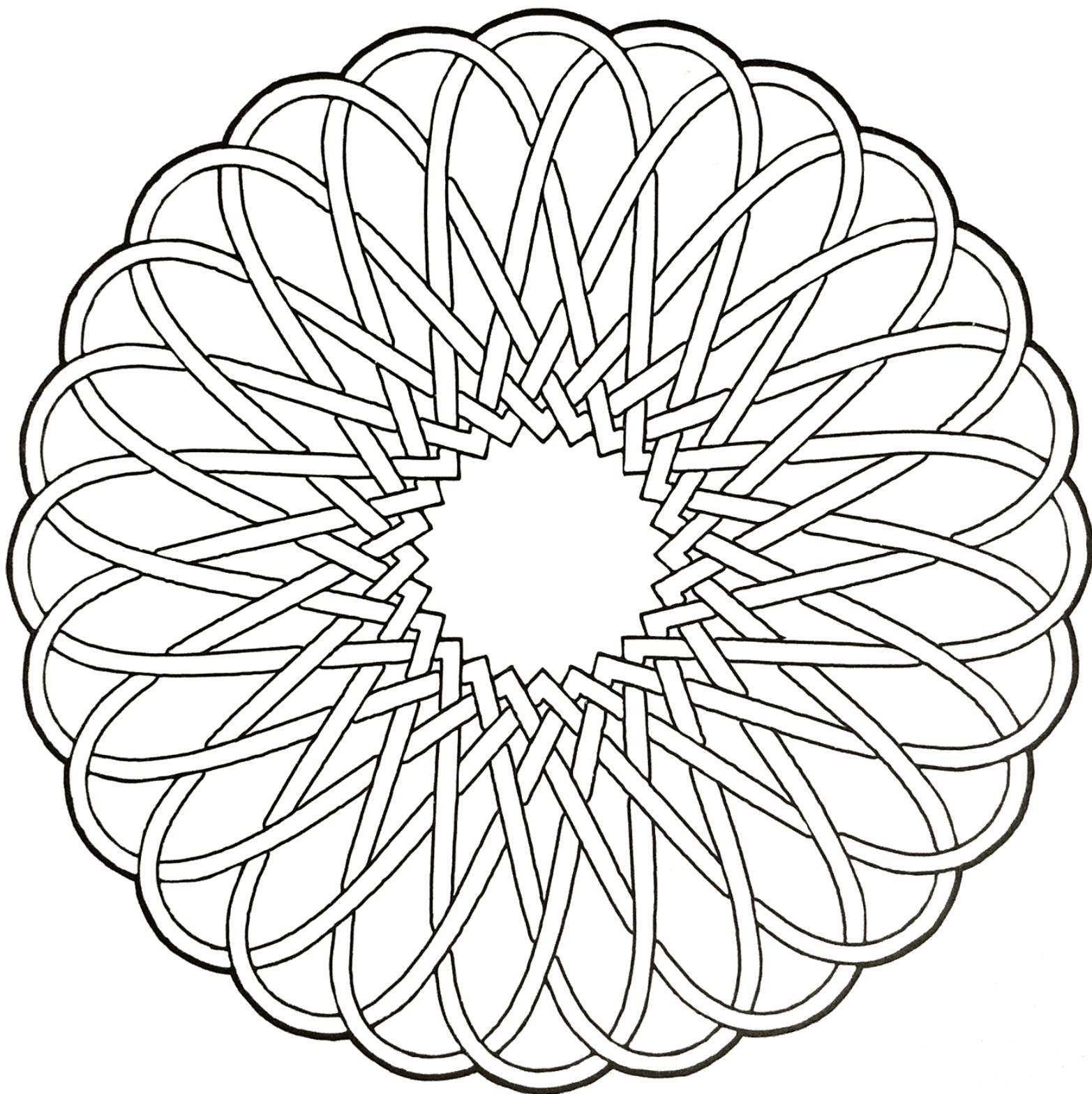


## Watch a video

Choose one of the videos from the resource list, or choose your favorite feel-good video. This will help to take your mind off of the stress and bring you happiness or comfort.







# My Best Coping Skills List

Now think about the things you already do when you feel stressed. These are also coping skills! Healthy coping skills are the ones we want to work on in particular. Coping skills are healthy when they don't hurt us or someone else. What are healthy coping skills you already use?

Healthy coping skills I already use:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Now that you know some more coping skills from the list on the pages before this, try them out next time you feel stressed! If they work, write them down here to help you remember them.

Coping skills that worked for me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Let's Make a Stress Ball!

A stress ball is another great way to relieve stress. When you are feeling stressed give this stress ball a big squeeze to take out your frustrations.

What you'll need (all provided in this kit):

- Small bag of rice
- One balloon
- String
- Small Funnel

Show us your finished stress ball! Tag us on social media using #oppeacesel



## How to Make a Stress Ball:

1. Stretch out the balloon
2. Stick funnel into balloon opening
3. Pour rice into funnel
4. Take funnel out and tie string around the end to secure the balloon

# Self Care for Adults & Young Adults

A lot of the activities we can do to reduce stress fall under the category of self care.

However, self care is also a practice that we can engage in daily to keep us emotionally, physically, mentally and spiritually healthy.

Here are a few other ideas for self care that you can practice, even when you're not stressed!



1. Take a walk - pay attention to your surroundings and how it feels to be moving.

2. Listen to music that makes you feel strong, understood or excited.

3. Cook and eat foods you enjoy. Try to incorporate fruits and veggies.

4. Journal or write.

5. Make art with whatever you have laying around.

6. Read your favorite book or watch your favorite TV show.

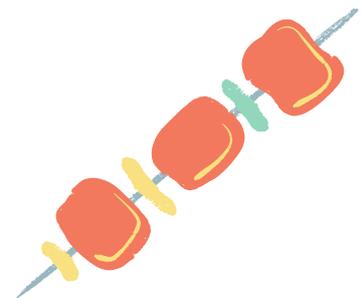
7. Try a guided meditation on Youtube.

8. Talk to a friend or family member.

9. Take showers or baths.

10. Create routines to maintain stability.

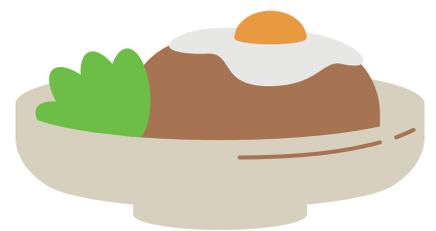
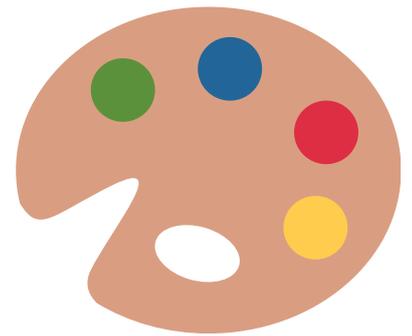
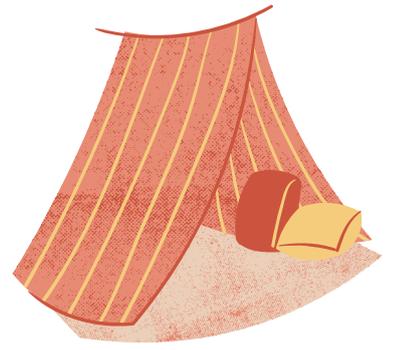
11. Go to bed early.



# Self Care for Kids

Self care isn't just for when we are stressed! We can also do it daily just to feel better in our lives! Here are a few ideas to try out:

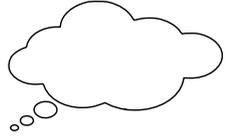
1. Have a dance party!
2. Build a fort.
3. Spend time talking or playing with friends and family.
4. Read a book
5. Watch a TV show that makes you laugh.
6. Eat yummy foods.
7. Make art with whatever materials are around.
8. Play make-believe.
9. Take a nap.
10. Take a shower or bath.
11. Try a guided meditation or yoga on YouTube.



# "NASTY" Thoughts Activity

An activity for older children adapted from the Depression Awareness Curriculum by the Boston Children's Hospital Neighborhood Partnerships

It has been proven that the way we think influences our feelings. So, how do we change the ways we think that make us more anxious? A good first step is identifying the thoughts that can make anxiety worse and choosing thoughts to replace them! The acronym "NASTY" can help us do this. When we notice ourselves thinking NASTY thoughts, we can choose alternatives to repeat to ourselves.



**N:** Never. *Example thought: I will never be able to finish this assignment.*

**A:** Always. *Example thought: I always mess this task up.*

**S:** Should. *Example thought: This should be easy; what is wrong with me?*

**T:** Total disaster: *Example thought: I know I will mess up and people will make fun of me.*

**Y:** Why bother? *Example thought: I will never be able to do this, so I am just going to give up.*



Now that you know what "NASTY" thoughts are, try thinking of some that you have and come up with thoughts that you can repeat to yourself to counteract them. Read the example below then work on your own on the next page!



Example thought: *I will never be able to finish this assignment.*

Replacement thought: *I will work hard to finish this assignment and if I need it I will ask for an extension.*

# Challenging "NASTY" Thoughts



Fill in examples of NASTY thoughts you have and come up with positive thoughts you can repeat to yourself when you have them!

N (Never):

Replacement:

A (Always):

Replacement:

S (Should):

Replacement:

I (Total Disaster):

Replacement:

Y (Why bother?):

Replacement:

# Mindful Breathing Activity

Mindful breathing is a great way to calm down and ground yourself. It is all about paying attention to your breathing, slowing down, and being in the moment. Good times to practice mindful breathing are when you are stressed, anxious, or angry.

This mindful breathing activity is one you can do anywhere. Try it out now and pay attention to how breathing can help you feel calm. Remember it for a time when you are really stressed!

## Square breathing

**Step 1:** Get into a position where you feel comfortable.

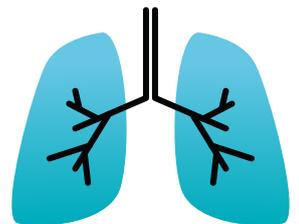
**Step 2:** Focus on your breath and the air coming in and out of your body.

**Step 3:** Start controlling your breathing and match it to this pattern:



Count to 4 breathing in  
Count to 4 holding your breath  
Count to 4 breathing out  
Count to 4 holding your breath

Repeat



# Staying Organized: To-Do Lists

Being organized can also be very helpful in reducing stress! When we are organized we know what things we have to get done and when we have done everything we need to. It also helps us not get stressed about forgetting things.

A great way to stay organized is with to-do lists. Figure out your top priority tasks by checking what needs to be done soonest! Then put them at the top of your list and put lower priority items towards the bottom. Try it out using the template here to see if this is a strategy that works for you!



*EX. To-Do List:*

1. *Do my homework for tomorrow*
2. *Do my laundry*
3. *Help with dinner*
4. *Do my homework that is due later this week*



Your To-Do List:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# RUBY'S WORRY

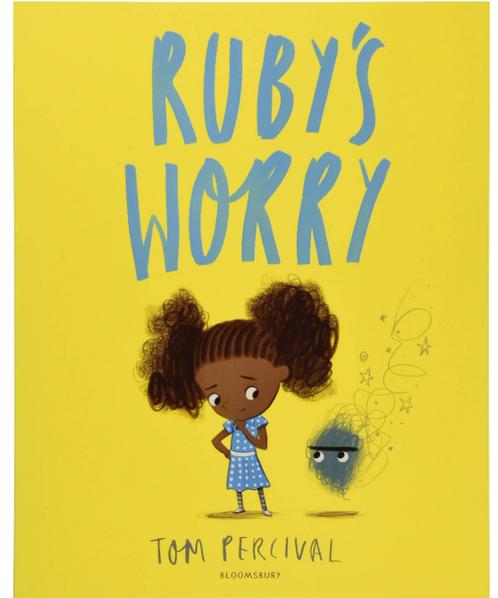
by Tom Percival

(For younger kids)

Follow this link or search "Read Aloud Ruby's Worry" on Youtube to watch the read aloud:

<https://www.youtube.com/watch?v=9lhhCq44ar8>

Please answer these questions after listening to the book:



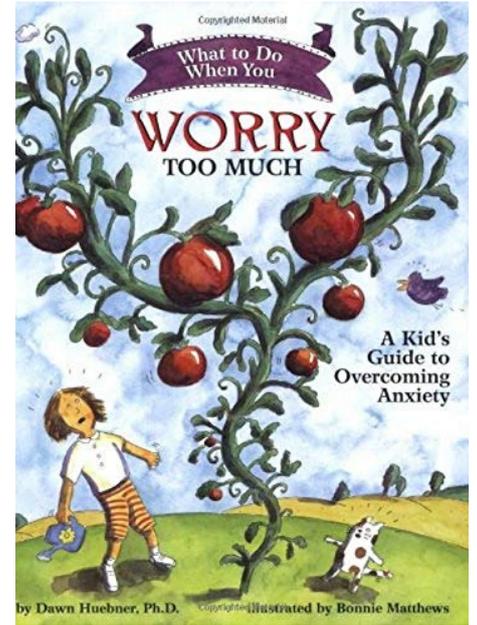
- Why did Ruby's worry grow so big?
- How did Ruby get rid of her worry?
- How do you deal with worries that get really big?

# WHAT TO DO WHEN YOU WORRY TOO MUCH

by Dawn Huebner

(For older kids)

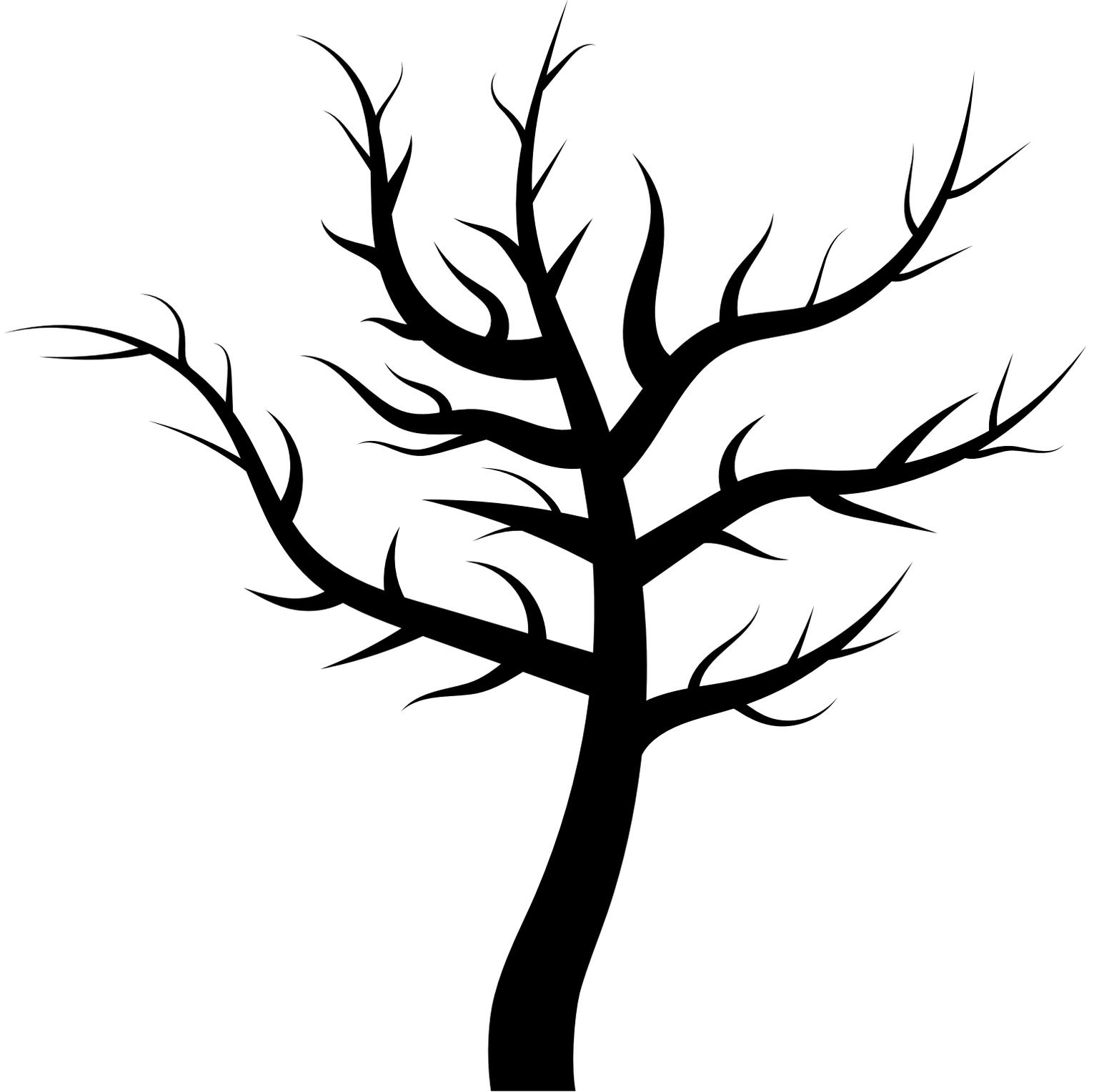
Follow this link or search "Dawn Huebner reads What to Do When You Worry Too Much" on Youtube to watch the read aloud:  
<https://www.youtube.com/watch?v=pUHFIjzYuRY>



Please watch at least the first three chapters and use the blank space below to complete the exercises the author gives you as she reads!

# Worry Tree

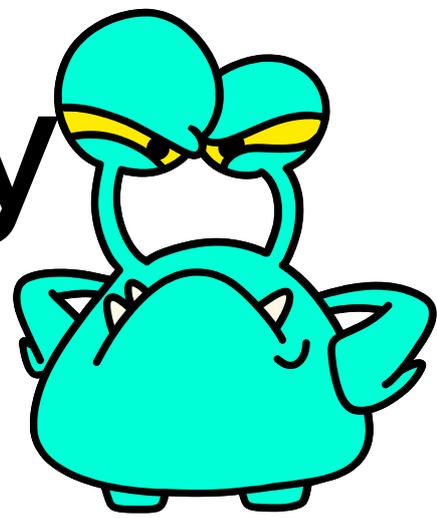
When you feel worried turn to this tree and give it your worries. The tree will take your worries so that you do not have to. Write down or draw your worries as the leaves in the tree, then forget about them or consider the questions below.



1. Why did this thing cause you to worry?
2. What can you do to fix it?
3. How can you prevent this worry in the future?



# The Worry Monster



What you need:

- An empty container (could be a tissue box, a box from a snack, a mason jar, or even a plastic cup)
- Colored paper (provided in this kit)
- Markers (provided in previous kits)

To make your worry monster, decorate your empty container to look like a monster. Give it eyes, spots, or a tail. Once you are done decorating, you can write down your worries and put them inside the worry monster - it will eat all your worries away! Read the poem on the next page.

For some examples of what a worry monster looks like follow this link:  
<https://www.sunhatsandwellieboots.com/2015/01/make-your-own-worry-monster-ideal-for.html>



**I'm your little worry monster  
I am always here  
When worries pop into your  
head**

**Don't let them turn to fear  
Take a piece of paper  
Make sure you write your  
name**

**Explain your worry  
Write it clear and plain  
Put the worry into my mouth  
And let me eat the fear  
Put a smile upon your face  
Then give a great big cheer**

# March Bingo

Some of these activities are for kids, some are for parents/guardians and most can be done together! Cross out activities as you do them. You get bingo when you get five in a row. Return your sheet with bingo to be entered in our monthly raffle!

Listen to calming or inspiring music	 Have a conversation about what makes a good friend	Read a book and point out times characters might be stressed. Come up with ways you would help them to feel better.	 Have a conversation about what makes you stressed and what makes you feel better	Talk about what it means to stand up for people and when we should do it 
Read a book about friendship and talk about times when characters were good or bad friends 	Throughout the day, help your child label their emotions (ex. "You seem like you might feel sad, why is that?")	Write down your worries and make a plan to deal with them 	At the end of the day, everyone shares something that made them feel proud of themselves	Try making a recipe that is new and different from what usually is eaten in your home 
Teach your child more complicated emotion words (ex. frustrated, surprised, bitter, delighted) 	 Do a mindful breathing exercise	FREE SPACE	Watch A TV show or a movie that takes place in another part of the world	Read a story and identify what emotions the characters are feeling 
Spend quality time with a loved one 	Identify and talk about things that make you feel better when you are unhappy	Watch your favorite movie or TV show 	 Praise your child when they identify how they are feeling without you asking	Have a chat with a friend! 
 Make a to-do list	Do an emotion "weather report" by saying what weather your mood feels like 	Notice when you are stressed and try a de-stressing exercise	Talk out a parent-child or child-child conflict 	Take a break to calm down when you are feeling anxious or angry

# RESOURCES FOR KIDS

## **FOR YOUNGER KIDS**

---

### YouTube Videos:

Yoga for Kids!

### Movies and TV shows :

If you want to reduce stress or worry with a show or movie, pick one of your favorite cartoons!

Here are some suggestions:

*If You Give A Mouse A Cookie*

*Ask the StoryBots*

### Books

*Don't Feed The WorryBug*

by Andi Green

*Stress Can Really Get on Your Nerves!*

by Trevor Romain

*When My Worries Get Too Big*

by Kari Dunn Buron

*David and The Worry Beast*

by Anne Marie Guanci

## **FOR OLDER KIDS**

---

### YouTube Videos:

Stress Management tips for kids and teens

If you are feeling overwhelmed:

You are not your thoughts

### Movies and TV shows:

If you want to reduce stress or worry with a show or movie, pick one of your favorite cartoons!

Here are some suggestions:

*Phineas and Ferb*

*Spongebob Squarepants*

*Kipo and the Age of Wonderbeasts*

*Teen Titans Go!*

*Avatar The Last Airbender*

### Books:

*Outsmarting Worry (An Older Kid's*

*Guide to Managing Anxiety)*

by Dawn Huebner

*Stress 101: An Overview for Teens*

by Margaret O. Hyde and

Elizabeth H. Forsyth M.D.

# RESOURCES FOR PARENTS

## PODCASTS

- "Life Kit: How to Help A Child Struggling With Anxiety" by Cory Turner, NPR
  - <https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>
- "Helping Kids Cope with Anxiety: fostering resilience as they grow up" on the Parent Cue Podcast
  - <https://theparentcue.org/episode21/>
- "AT Parenting Survival Podcast" with Natasha Daniels, child therapist and child anxiety & OCD expert
  - *available on stitcher.com or Apple Podcasts*
  - Episode 194: Coping Skills for Anxious Teens
  - Episode 182: Helping Anxious Kids Wear Masks
  - Episode 170: How to Help Anxious Kids Help Themselves

## ARTICLES

*All articles will appear when you Google search their titles + authors*

- "What to Do (and Not Do) When Children Are Anxious" by Clark Goldstein
- "Kids and anxiety: What's normal and when to seek help" by Alice Gomstyn
- "15 Self-Care Strategies for Parents" by Amy Morin
- "7 Easy Self-Care Tips for Kids For Happiness" by Parven

## YOUTUBE VIDEOS

- "How to protect your brain from stress - Niki Korteweg" by TEDx Talks
- "How to help children cope with stress during the COVID-19 pandemic?" by PAHO TV

# Recap on Our Social Emotional Learning Forum

**"We strongly believe that all interactions are social emotional learning, and social emotional learning happens within the classroom, outside of the classroom, with out valued community partners, and of course with our families."**

-Raghida Awde Jeranian, MEd,  
Safe and Welcoming Schools  
Specialist with Boston Public  
Schools

**"Now more than ever it is important for kids to have the skills that they need to be able to communicate their emotions, to understand others emotions, and to be able to experience the full range of emotions."**

-Dr. Sarah Martin,  
Clinical Psychologist  
and faculty member at  
Simmons University

**"When we are talking to the young people in our lives, try to focus on the ways we can stay connected instead of focusing on how hard it is that some of our old strategies are not as successful anymore."**

-Allison Sarno, MAT, MEd;  
School Psychologist & former elementary &  
middle school teacher

**"When talking to school aged kids [about loss] it is important to be concrete and mindful of your language."**

-Jackie Newman, MS, CCLS;  
Child Life Specialist at the  
Kennedy Krieger Institute in Baltimore, MD

Thank you again to:

Raghida Awde Jeranian, MEd; Dr. Sarah Martin;  
Allison Sarno, MAT, MEd; & Jackie Newman, MS, CCLS  
for making this event possible!

If you were unable to attend, but still want to hear from  
all of our amazing speakers, email  
**info@operationpeace.org** for a copy of the recording.



This toolkit is a collaboration between Operation P.E.A.C.E. Boston and Simmons and Emmanuel students Gabby Crisafulli, Megan Fieleke and Elise Therriault. We thank the Mission Hill/Fenway Neighborhood Trust for their support of this project!

Our next toolkit will be available for download at

<http://www.operationpeaceboston.org>  
or for pick up Mid March.

If you have any questions or feedback to give, please email us at [info@operationpeaceboston.org](mailto:info@operationpeaceboston.org) or call us at 617-267-1054.

# OUR THANKS TO THE ORGANIZATIONS THAT PROVIDED INFORMATION FOR THIS TOOLKIT

## **THE COLLABORATIVE FOR SOCIAL EMOTIONAL LEARNING (CASEL)**

CASEL provides information and education around evidence-based, high-quality social emotional learning. They support educators and policy makers in enhancing learning for K-12 students.

## **PENNSSTATE EXTENSION: BETTER KID CARE**

A resource from Penn State for parents to find helping resources for child health and development.

## **BREAK FREE FROM DEPRESSION CURRICULUM**

Break Free From Depression is a depression awareness curriculum designed by the Swensrud Depression Prevention Initiative, a part of the Children's Hospital Neighborhood Partnerships in the psychiatry department of BCH.

## **HEALTHLINE**

Healthline is a website and newsletter dedicated to health and wellness in a variety of areas.

## **KIDS WORDSMYTH**

Wordsmyth is a free online dictionary that provides kid-friendly definitions of words.

## **AT PARENTING SURVIVAL PODCAST WITH NATASHA DANIELS**

Natasha Daniels is a child therapist and expert on child anxiety and OCD. This podcasts covers many facets of anxiety and OCD as well as techniques for parents.

## **ELSA SUPPORT**

ELSA Support is a website that offers resources for educators and parents on teaching kids emotional literacy.

## **SUN HATS & WELLIE BOOTS**

Sun Hats & Wellie Boots is a website full of activities to do with children.



## Parent Links

- Articles
  - <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
  - <https://www.aetna.com/health-guide/kids-anxiety-whats-normal-when-to-see-a-doctor.html>
  - <https://www.verywellfamily.com/self-care-for-parents-4178010>
  - <https://kidsnclicks.com/self-care-kids/>
- Podcasts
  - "Life Kit: How to Help A Child Struggling With Anxiety" by Cory Turner, NPR
    - <https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>
  - "Helping Kids Cope with Anxiety: fostering resilience as they grow up" on the Parent Cue Podcast
    - <https://theparentcue.org/episode21/>
  - "AT Parenting Survival Podcast" with Natasha Daniels, child therapist and child anxiety & OCD expert
    - Episode 194: Coping Skills for Anxious Teens
      - <https://www.stitcher.com/show/at-parenting-survival-podcast/episode/psp-194-coping-skills-for-anxious-teens-with-janine-halloran-79786690>
    - Episode 182: Helping Anxious Kids Wear Masks
      - <https://www.stitcher.com/show/at-parenting-survival-podcast/episode/psp-182-helping-anxious-kids-wear-masks-77344474>
    - Episode 170: How to Help Anxious Kids Help Themselves
      - <https://www.stitcher.com/show/at-parenting-survival-podcast/episode/psp-170-how-to-help-anxious-kids-help-themselves-70379370>
- Youtube Video:



- Website:
  - Worry Monster



## Book Links



## Student Links

