



“Moving up” resource pack

Changes are part of life but, they can evoke a range of emotions!





The focus will be on **anxiety** but the strategies can be relevant for other emotions too!

Anxiety =
$$\frac{\text{Overestimation of threat}}{\text{Underestimation of ability to cope}}$$

What is anxiety?

Anxiety is a **normal emotion** and it is not always bad. It can help to keep us to stay safe and motivates us to be prepared and do our best. However, too much anxiety too often can interfere with our day to day life.

It's hard to change how we feel, but we can give children time and space to listen and talk about feelings.

Talking tips:

- Being curious- asking questions
- Empathising- helping them feel understood
- Normalising- helping them feel 'normal'
- Making suggestions
- Checking your understanding
- Picking your moment and making it rewarding



Managing 'what if?' worries

What if..



Then I
can..

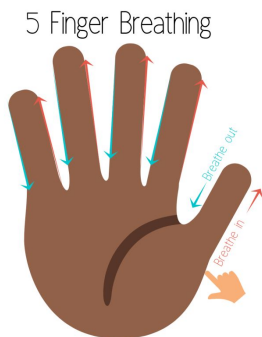
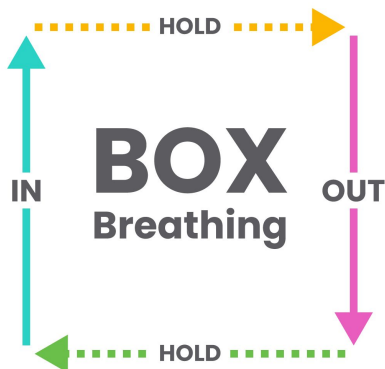
Balancing worried thoughts with positive thoughts

What am I
looking
forward to
about the
change?

When have I
coped with
changes
before?

We can children develop techniques to relax and calm
their bodies when they feel worried

Breathing techniques





Grounding - 54321

**5 things we
can see**



**4 things we
can touch**



**3 things we
can hear**



**2 things we
can smell**



**1 thing we
can taste**



We can help children feel prepared for changes and transitions.

Children often need extra support in some of these practical areas

Getting organised - we know that planning is a skill that can take time to develop- think together how you can prepare and make things easier.



Problem solving technique

Step 1:

Think of all of the possible solutions

Step 2:

- Weigh up the **pros** and **cons** of each solution
- Rate the solutions from most helpful to least helpful

Step 3:

Choose one solution and break it down in to manageable steps
When?
Where?
Who can help?

Step 4:

Try it out!

Step 5:

Review...
Did it work?
What could we do differently?

Helping children to build confidence is also important

It is important to not only focus on children's talents but also on **character strengths**. These are personality based strengths, things like being kind, curious and having courage!

Make sure to look out for and look after **your own thoughts & feelings** as parents/carers! Whilst we want to give space to children's thoughts & feelings, also be mindful of the **messages our behaviours may be communicating**.