

Child Anxiety and The Pandemic



"I came that they might have life ,
and have it **TO THE FULL**" John 10:10



Heart

- Emotional openness
- Emotional release
- Honour the child's feelings
- Show how to be angry / sad
- Make time for listening
- Touching and consoling
- Discuss emotions - books/ films
- Auditing adult conversations
- Amazon: Emotions flashcards

Mind

- Give clarity
- Honour legitimate fear
- Listen to, question unfounded fear, lead child to dispel it
- Schedule worry time
- Lots of fun, play and exercise
- Focus - art, models, sport
- Worry box
- You Tube: Bubble Bounce

Body

- Slow, deep breath
- Lie and scan for relaxation
- Make a calm space
- Routine
- Sensing nature with touch
- You Tube: Kids Meditation 5 Finger breathing
- YT: Kids Meditation Square Breathing
- YT: 54321 Grounding Exercise

Soul

- Prayer is a normal, simple joy
- Simple, special place for prayer
- Gentle music
- Listening to Gospel stories and using imagination and senses
- Stillness, quiet, gentleness
- Telling God their fears
- Bedroom prayer space
- Favourite music for prayer
- YT: 5 mins live adoration

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