

# Resources

WonderChat

August 2020

Unmasking & Managing Anxiety in on Ongoing Pandemic

## Videos:

- Dr. Daniel Siegel's Hand Model of the Brain:
  - <https://www.youtube.com/watch?v=gm9CIJ74Oxw>
- Fight, Flight, Freeze – A Guide to Anxiety for Kids, *Anxiety Canada*
  - [https://www.youtube.com/watch?v=FfSbWc3O\\_5M&fbclid=IwAR1IJxXzT8uXcqTAOycRx64yW3I8EDIKdiernP1PZNFWHFSnxH9OU38Zijw&app=desktop](https://www.youtube.com/watch?v=FfSbWc3O_5M&fbclid=IwAR1IJxXzT8uXcqTAOycRx64yW3I8EDIKdiernP1PZNFWHFSnxH9OU38Zijw&app=desktop)
- Fight, Flight, Freeze – Anxiety Explained for Teens, *Anxiety Canada*
  - <https://www.youtube.com/watch?v=rpolpKTWRp4&feature=youtu.be&fbclid=IwAR1IJxXzT8uXcqTAOycRx64yW3I8EDIKdiernP1PZNFWHFSnxH9OU38Zijw>

## Books/Workbooks:

- *Be the Boss of Your Stress*. Timothy Culbert, M.D., and Rebecca Kajander, C.P.N.P., M.P.H.
- Art with Heart *Ink About It*
  - <https://shop.artwithheart.org/products/ink-about-it>
- First Aid for Feeling (English and Spanish versions)
  - <http://teacher.scholastic.com/education/coronavirusworkbook/index.html>

# MY SELF CARE AND SELF MANAGEMENT PRACTICE

MY STRESSORS

WHEN I'M STRESSED I NOTICE...

SELF CARE IDEAS

SELF MANAGEMENT IDEAS

SELF CARE IS WHEN YOU MAKE TIME TO DO THINGS THAT MAKE YOUR MIND/BODY FEEL CALM & HAPPY. LIKE TAKING A BUBBLE BATH, LISTENING TO MUSIC, OR BEING IN NATURE.



SELF MANAGEMENT LOOKS LIKE KEEPING YOUR SPACE CLEAN, CREATING A SCHEDULE FOR HOMEWORK, OR EATING HEALTHY.



Wonders & Worries

Professional support for children  
through a parent's illness.



# MY HOME SUPPORT PLAN



**WHEN I'M STRUGGLING AT HOME I NOTICE**

**I CAN USE THE FOLLOWING COPING TOOLS**

- 1.
- 2.
- 3.

**I CAN ASK FOR HELP BY**





# MY SCHOOL SUPPORT PLAN

*When I'm having a hard day at school I notice...*

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*I can use the following coping tools*

1.

2.

3.

*I can talk to...*

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*I'm worried that...*