Resources
WonderChat
August 2020
Unmasking & Managing Anxiety in an Ongoing Pandemic

Videos:
• Dr. Daniel Siegel's Hand Model of the Brain:
  • https://www.youtube.com/watch?v=gme9CJ74Qxw
• Fight, Flight, Freeze – A Guide to Anxiety for Kids, Anxiety Canada
  • https://www.youtube.com/watch?v=FfSbWc3O_5M&fbclid=IwAR1JJxZzT8uXcqTAOycRx64yW3I86IKdiernP1PZNF1WHF5nxH0U38Zijw
• Fight, Flight, Freeze – Anxiety Explained for Teens, Anxiety Canada
  • https://www.youtube.com/watch?v=rpolpKTWrp4&feature=youtu.be&fbclid=IwAR1JJxZzT8uXcqTAOycRx64yW3I86IKdiernP1PZNF1WHF5nxH0U38Zijw

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.
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...

__________________________________________________________________

__________________________________________________________________

I can use the following coping tools

1.
2.
3.

I can talk to...

__________________________________________________________________

I’m worried that...