# Ashwell Primary School MENTAL HEALTH AND WELLBEING NEWSLETTER

## Helping Children Understand Anxiety

We all feel anxious sometimes. Worries and nervous feelings are a normal part of being human, and children experience them too. Learning how to manage everyday worries is an important part of growing up. Our aim is to share a few gentle ways to help children feel understood, build confidence and know when to ask for extra support.



## UNDERSTANDING WORRIES

### Everyday anxiety

- Often linked to a particular situation
- May encourage a child to prepare or take care
- Usually eases as the situation becomes familiar
- Does not usually prevent everyday activities



### When worries need more support

- Worries feel persistent or difficult to control
- A child avoids activities or needs frequent reassurance
- Sleep, friendships, learning or attendance are affected
- Everyday life becomes harder to manage

Anxiety exists on a spectrum. These signs are not a diagnosis, and a child does not need to show all of them to deserve support. If worries are persistent or affecting daily life, consider speaking to someone at school or a suitable health professional.

## THREE WAYS TO HELP AT HOME

### 1 Validate the feeling

Listen without judgement. Try: "I can see this feels difficult. Would you like to tell me about it?"



### 2 Encourage little steps

Break challenges into manageable steps. Practise together and allow time to build confidence.



### 3 Celebrate effort

Notice courage, not just the outcome: "You felt worried, but you gave it a go. That took courage!"



## A MINDFUL MOMENT



### Balloon Breathing

When we feel anxious, our breathing can become quicker and our bodies may feel tense. Try this gentle activity together:

1. Imagine your tummy is a balloon.
2. Breathe in gently through your nose.
3. Breathe out slowly, as if the air is leaving the balloon.
4. Repeat a few times, without forcing the breath.

Practise when your child is calm, so it becomes a familiar tool they can use when they need it.

## A LITTLE REMINDER FOR EVERY FAMILY

We don't need to remove every worry or solve every problem. By listening, offering support and helping children take manageable steps, we can help them learn that worried feelings come and go—and that they can face challenges with confidence.

Together, we can help our children grow in confidence, one little step at a time.