

Speaking to anxious children

Be curious, empathetic and gently encourage them to face their fears in a gradual way.

Ask questions:

- What is worrying you?
- What do you think will happen?
- Whats the worst thing that could happen?
- I wonder if anything else could happen instead?
- Has there been a time that didn't happen?



Help them feel understood:

- That sounds really difficult.
- You sound really worried about this.
- I wonder if this worry is stopping you from....

Help them feel normal:

- Lots of children worry about..... does that worry you too?
- I feel worried when....
- It's normal to feel worried sometimes.

Talk about feelings:

- You look really worried, sad, angry.
- I'm feeling a bit worried about... today.

Praise (be specific) :

- Well done for trying....., that's really brave.
- I love the way you.....
- You did so well to say goodbye when I dropped you at school, I know you were worried so well done for being so brave.
- Well done for having a go!

