

5 STEPS TO HELP CHILDREN Cope with Stress

by Big Life Journal

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STEP 1: REFRAME STRESS

Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth.



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STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



3

STEP 3: STOP CATASTROPHIC THINKING

Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"



Caution: do not dismiss their worry!

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STEP 4: PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



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STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



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Daily Planner:

Here is a daily planner you can download and print or use as a template to make your own

<https://fraserandparsley.com/collection/s/printable-library/products/daily-planner-for-parents-students>

For more support, please don't hesitate to contact me.

Danielle Cousins

danielle.cousins@cambridgeshire.gov.uk

07770 701869

Early Intervention Family Worker Tips and Ideas

A Newspaper for children

'First News' is a newspaper especially for children (around 7yrs +)

A lot of info about Corona Virus and how the world is coping with it, but so much more as well. This might be good for those children who want a little bit more information and are getting a little worried.

'We cover issues which are relevant to children and which specifically affect them. Inside you'll find a mix of world news and UK news, but also loads of fun stuff, such as entertainment, games, animals, sport and puzzles'

<https://subscribe.firstnews.co.uk/the-newspaper/>

Home Schooling Challenges:

Professor Tony Gallagher, one of the world's leading academic experts on the role of education in divided societies, says that, while the 'School of Mum and Dad' cannot replicate formal education, it's important to strike a balance between both a structured and autonomous approach.

While having a broad structure to the day is important, it would be impossible to recreate the school setting at home. And, now more than ever, periods of fun and spontaneity are important.

1. Let teachers guide you
2. Set realistic targets
3. Give children emotional space
4. Keep kids connected
5. Change the environment

Read more at

<https://www.qub.ac.uk/coronavirus/analysis-commentary/make-room-for-fun-homeschooling/>