

# Websites and Resources for Kids on Anxiety



Many kids and teens have become experts on using the Internet to search for information and frequently need to use the Internet for research projects and homework for school. However, they might be less likely to use the Internet to learn more about issues such as anxiety. Unfortunately when they do, much of the available information seems to be dated, directed towards adults, and not engaging or interactive. Our team at South County Child and Family Consultants understands the types of websites and information anxiety that can engage and inform kids. Check out the following list of anxiety websites for kids and teens that is updated regularly by our team.

## Websites

[Being a Grownup is Hard](#): The name sounds like it's for adults but this website is great for all ages. It has many different methods to help relax and keep calm such as music, games, and professional resources.

[AnxietyBC Youth](#): A website dedicated to giving kids and teens the resources they need to handle anxiety. It explains what anxiety is, how to cope with it, and healthy habits to keep

yourself going in everyday life.

## **Articles**

Time Magazine- Test Anxiety in the Classroom: Strategies for teachers and students to reduce test anxiety. Great for high school and college students.

[Disruptive Behavior](#): A relatable article for kids and teens to help better understand social anxiety and how it can lead to disruptive behavior. Something to share with your parents to help them understand too.

[UCLA Cares](#): A few articles for kids that can help you understand your anxiety more and find ways to cope with it.

## **Fun and Games**

[Activities for Anxious Kids](#): Fun and relaxing games for kids who have trouble with anxiety. There are quite a few easy but entertaining things to do to help relax in this list.

[Anxiety Workbook for Kids](#): This fun activity book can be great for kids ages 5 to 11 who have anxiety.

Visit the [South County Child & Family Consultants](#) website for more great articles!

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