

# Resources on Anxiety for Kids



Anxiety can be an overwhelming and stressful thing to deal with. The feeling of anxiety can be confusing to understand and even harder to know how to properly cope with it. Whether it is recognizing symptoms, discovering relaxation techniques, or just

learning about what anxiety is in general, this list of resources is sure to help provide some clarity. It is important to remember everyone experiences anxiety in different ways so some videos may be more beneficial than others. The videos are categorized based on age groups to ensure the information is most beneficial.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens understand and improve their anxiety. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns regarding anxiety. Come back regularly, as the links are updated frequently.

## Apps :

### Colorfy

A free digital coloring book to take with you wherever you go. There are tons of picture designs to choose from to help calm

down and create beautiful pieces of art.

## **[Great Apps To Help Kids Cope With Anxiety](#)**

A list of recommended apps to help kids cope with anxiety. Apps range from guided meditations to tools that monitor stress triggers.

## **Worksheets:**

### **[Anxiety Worksheets for Children](#)**

Free worksheets for children to help with mindfulness and build coping mechanisms. There are informative educational sheets, prompts for kids to fill out, activities and exercises.

### **[Free Printable Anxiety Worksheets for Kids](#)**

Free printable worksheets for children to assist in managing anxiety and worries. This website includes worksheets for tracking and mapping worries, as well as journal prompts.

### **[15 Anxiety Worksheets and Workbooks for Teens, Kids, & Adults](#)**

Anxiety workbooks for children, teens, and adults. There are a variety of workbook recommendations that range from providing techniques for managing anxiety, as well as assessments to complete to assist in understanding one's anxiety.

# Instagram Pages:

## [Anxiety Wellbeing](#)

Instagram page made by a woman who struggles with anxiety for those who struggle with anxiety too. The page is filled with pleasing posts promoting positivity and self-care.

## [Journey to Wellness](#)

Instagram page made by a counselor and illustrated who posts her own cartoon drawings. This page contains tons of motivational posts as well as tips and helpful strategies to help with mental health.