

the lil' hippie helper



5 quick tips for  
parents to help  
their kids with  
anxiety





## #1 - Get On the Bus

Have your child pretend they are the driver of a bus. And the destination of the bus is your child's goal, dream or place that makes them happy. Let them know along the way, the bus will make stops.

It is at these stops that anxiety can get on or off the bus as a passenger. If these "passengers" get too loud, the driver (your child) can tell them to sit down and be quiet, but need not focus on them. The focus is driving to the fun goal, place or dream!





## #2- Superhero!

Have your child imagine wearing their favorite superhero's costume. Then let them know when anxiety symptoms come (or any negative energy)- they can "fend it off" like a superhero and not let any of the negative in! Their superhero suit is a barrier to it all!



## #3- Fly Away

Have your child imagine putting their fears in a balloon. This shows fear is not part of them, but instead shows them they can let go at any time

*spoiler - this is  
in the handbook  
too!*




## #4 - Open Tabs

Imagine a computer with multiple tabs open. You don't worry about all the tabs that are open, you focus on the one that you are presently working on. The same with anxiety, it can be there, like an open tab, but you do not need to give it any attention...





## #5 - A Hug...

A close-up photograph of a woman with dark hair, smiling warmly as she hugs a young boy from behind. The boy is wearing a white t-shirt and has his eyes closed, appearing to enjoy the embrace. The woman is wearing a grey patterned top. The background is softly blurred, showing what appears to be a window or a bright indoor space.

A hug can be magical for your child. When they are full of fear and overwhelm, just being there and giving a hug can bring down their stress levels.

**A**  
**HUG**