

FIND YOUR CALM

A MINDFUL APPROACH TO RELIEVE
ANXIETY & GROW YOUR BRAVERY

by Gabi Garcia

illustrated by
Marta Pineda



A resource guide for
parents & educators

PARENTS & EDUCATORS

For many children, the experience of anxiety (racing thoughts, pounding heart, sick stomach, wobbly legs, shortness of breath, etc.) can be overwhelming, making it hard (or impossible) for them to access their “thinking” brain so that they can figure out what they need or what to do next.

While it’s important to teach children about the impact their thoughts have as they relate anxiety, many times, before they can get to the stage of engaging in self-talk, they need to find their calm. This can be done when they experience a sense of safety in their bodies.

Find Your Calm introduces children to the practice / concepts of scanning for safety in their environment (orienting) and utilizing their senses and their breath to come back to whatever is happening in the present moment. These mindful grounding activities can help communicate to their nervous systems that they are safe, settling their thoughts and allowing them to figure out what they need, either on their own or by connecting with an adult they trust.

Children can also practice paying attention to what anxiety feels like in their bodies as well as noticing it shift towards calm, bravery or any other experience. When children are able to tap into a sense of safety in their bodies and feel grounded and connected in the present moment, their nervous system becomes more resilient.

Find Your Calm is not a substitute for therapy, but my hope is that it can serve as a resource to support children who experience anxiety so they can learn to access what safety and calm feel like for them. The activities presented in the book (and here) can be practiced prior to being in a state of anxiety or overwhelm. This will allow your child to learn them, decide which they like best and become more attuned at what safety and calm feel like for them.

Warmly,
Gabi

GROUNDING ACTIVITIES

Anxiety is a normal emotion that everybody feels. However, sometimes it can feel overwhelming and keep you from doing things you want or need to do. Grounding activities can help settle your racing thoughts and help you focus on what's happening in your mind and body in the present moment. This can help you slow down and feel calmer, so that you can try to figure out what to do next.

A few grounding activities that you can practice are included here. Give them a try and decide which ones are best for you. Practicing these throughout your day can help teach your brain and body that you're safe when anxiety sends a false alarm.



SCAN FOR SAFETY

Slowly turn your head and your eyes and notice what's around. Let your eyes land on whatever catches your attention. It can be a color, a shape, an object, a person or pet.

USE YOUR SENSES: 5-4-3-2-1

Name 5 things you see.



Name 4 things you feel.



Name 3 things you hear.



Name 2 things you smell.



Name 1 thing you taste.





BREATHE

Notice your breath as you inhale and exhale. Place your hand on your belly. Notice your hand as it moves in and out. Imagine that you are filling up a balloon and let your breath fill your whole body.

CONNECT WITH YOUR BODY

Stand up and feel your feet as they press firmly on the ground. Notice the connection between your feet and the ground below. Feel the weight of your body.



FIND YOUR CALM

Sit in a chair and notice where your body is supported by the chair. Pay attention to where your body makes contact with it and allow it to support you.



gabigarciaabooks.com

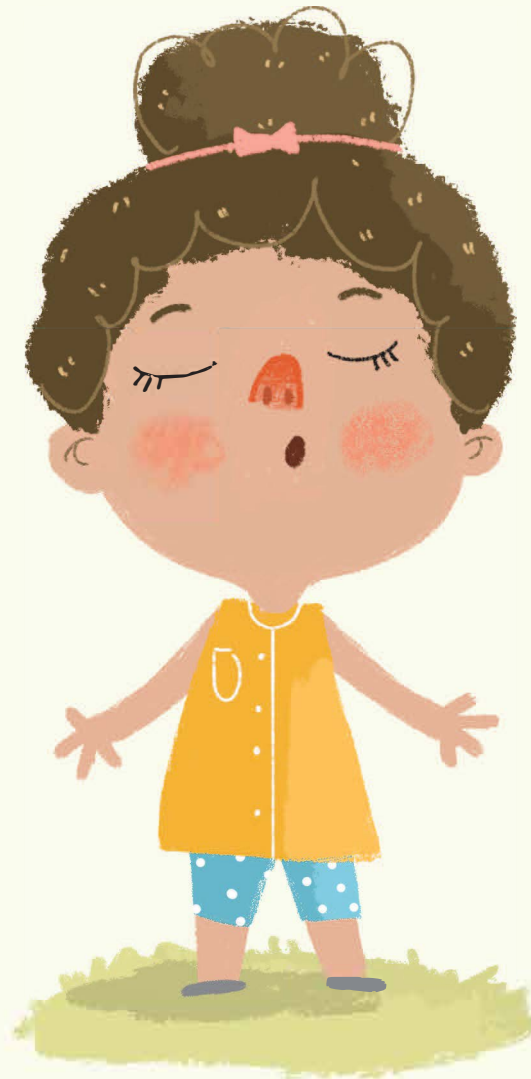
FEEL THE SENSATIONS

Everyone experiences anxiety differently.
Pay attention to what it feels like for you.

Where does it show up in your body?

Notice:
your heartbeat
your muscles
your belly
the temperature in your body when you feel anxious.

Pay attention to how the sensations change.



Everyone experiences a sense of calm and safety. It is equally important to pay attention to what it feels like for you.

Where does it show up in your body?

Notice:
your heartbeat
your muscles
your belly
the temperature in your body when you feel safe, calm or peaceful.

What is it like to know you're okay?

Remind yourself.
"I feel safe."
"I feel calm."
"I feel peaceful."

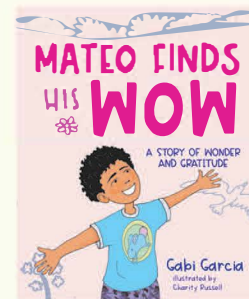
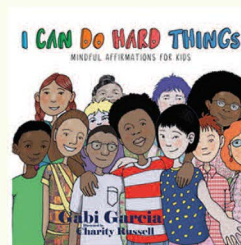
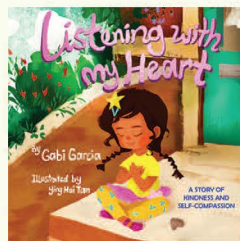
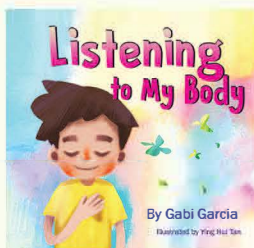
Hi,

I hope you've found these resources helpful in your home or classroom.

If you've read *Find Your Calm* (or any of my books) and found it useful, I would sincerely appreciate a few minutes of your time so that you can leave an honest Amazon review. It's the best way to support my work and help others find the book.

You can stay connected by email (gabi@gabigarciabooks.com), by signing up for my newsletter, or via the social media. I'm @gabigarciabooks on Instagram and Facebook.

With gratitude,
Gabi



OTHER BOOKS YOU MAY FIND USEFUL
ALL TITLES AVAILABLE IN SPANISH

TERMS OF USE

I create the free resource guides to accompany my books because I want the concepts to be taught to as many children as possible, regardless of whether a book was purchased. Please follow the guidelines below.

YOU MAY:

Use this resource for your personal use.

Use this resource with your students.

Copy the contents of this resource for use with your students.

YOU MAY NOT:

Copy the contents of this resource and pass them off as your own.

Alter this resource in any way.

Offer this resource for sale.

copyright Gabi Garcia Books, LLC