

07 - Anxiety

We all know ANXIETY isn't just for grownups -- so on today's episode of Who Smarted? we're helping Kids understand where 'Anxiety' comes from, how it affects them and some fun tips to help chase away the 'Worry Monsters' lurking inside them!

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2 things your Smartypants Kid(s) will discover in today's Anxiety Episode:

Your BRAIN focuses on what you tell it to focus on, so learning to focus on something CALM (real or imagined) in times of STRESS or ANXIETY is a good way to calm down your anxious thoughts.

WORRIES are just things you imagine in your brain and they are no more or less likely to come true than good stuff you imagine. But because worry activates FEAR, a very powerful emotion, worries seem more REAL... even though they're not.

Here's something we left out, for you to share:

Nearly 10% of kids will experience chronic anxiety before the age of 13. This can be anxiety about school, fitting in, a particular place or thing, or the future. Encouraging your kids to be comfortable talking to a Parent or trusted grownup about fears or concerns is the first step to helping them manage their anxiety.

Wanna keep the learning going after the episode?

Have your kids name things they are anxious about and then discuss why it makes them anxious.

Encourage your kids to DRAW their very own WORRY MONSTER!

Practice a de-stressing technique with your kids. Try sitting quietly, eyes closed, focus on the feeling of breathing, and ask them to silently count down their breaths from 10 to 1.

For hundreds of free guided meditations and meditation music for kids, check out our friends at [Insight Timer Meditation for Kids!](#)¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com