

Anxiety and Panic Skills Workbook for Children

Understanding big worry feelings and practicing calming skills • Approximately ages 6 to 12

My name _____ Date started _____

This workbook is an educational tool for learning about anxiety, recognizing patterns, and practicing coping skills. Use pages in any order. It cannot diagnose a condition or replace care from a health professional.

A grown-up who can help me



What is anxiety?

Anxiety is a worry alarm in the body. It can help you notice danger, but sometimes it gets loud when you are safe.

My body clues might include a fast heartbeat, shaky hands, a tummy ache, sweat, dizziness, or wanting a grown-up nearby.

How my body feels when I worry

What my worry tells me



When the alarm gets loud

A panic attack is a sudden, strong wave of fear. It can feel very scary. If a symptom is new, severe, or unusual, tell a grown-up so they can help you get medical care.

My first clues

A safe grown-up I can find

Words I can use: "My worry is big. Please stay with me."



My worry thermometer

A number helps me notice how big my worry feels. The number can change.

0 = calm 1 = little worry 2 = medium worry 3 = big worry 4 = very big worry 5 = need help now

My number now

What happened before my worry grew

What might help



My calm toolbox

I can try a tool and see how it feels. A grown-up can help me choose.

Tool I can try	Did it help?
Feet on the floor and name five things I see	
Hold a comfort item or draw	
Gentle breath in and slow breath out	
Ask for a hug, quiet space, or break	

My favorite tool



Balloon breathing

Imagine your belly is a balloon. Breathe in gently and let your belly rise. Breathe out slowly without forcing. Stop if it feels uncomfortable.

What I noticed after a few gentle breaths



My safe people and brave steps

A brave step is a small, safe practice step. Ask a grown-up to help you choose one.

Something I worry about	A tiny safe step	Who can help



Draw my calm place

Draw a place, person, or activity that helps you feel supported.





When to seek more help

New, severe, or unusual chest pain, breathing difficulty, fainting, or other concerning physical symptoms need prompt medical assessment. Do not assume they are panic. If symptoms are disrupting life, talk with a clinician.

If you are in immediate danger or cannot stay safe, call 911 or go to an emergency department. In the United States, call or text 988 for emotional crisis support. Children and teens should tell a trusted adult right away.



30 day guided journal

These prompts come from the source document. Use them in any order or leave pages blank.

Day 1

Draw what anxiety looks like for you.

Day 2

What does your body feel like when you are worried?



Day 3

What helps you feel safe?

Day 4

Draw your favorite calm place.



Day 5

Who can help when your worry gets big?

Day 6

What is one thing you are good at?



Day 7

What is one small brave thing you did?

Day 8

What do you worry about most?



Day 9

What could you say to your worry?

Day 10

Draw your calm-down toolbox.



Day 11

What helps you feel better after a hard day?

Day 12

What makes you laugh or smile?



Day 13

What is a kind thing you can say to yourself?

Day 14

What is one place where you feel calm?



Day 15

What is one sound that helps you relax?

Day 16

What can you do when your heart beats fast because you are worried?



Day 17

Who makes you feel supported?

Day 18

What is a scary thought you have had?



Day 19

What is another, safer thought you could try?

Day 20

What is a small brave step you can practice?



Day 21

What helps you at bedtime?

Day 22

What makes school or activities easier when you are worried?



Day 23

Draw a superhero version of yourself handling a big feeling.

Day 24

What is one thing you did even though you felt worried?



Day 25

What can your family do to help?

Day 26

What is your favorite way to move your body?



Day 27

What are three things you can see right now?

Day 28

What are you proud of today?



Day 29

What coping tool worked best this month?

Day 30

Finish this sentence:



30 day mood and anxiety tracker

A brief record may help you notice patterns. Stop tracking if it increases worry.

Day	Mood	Worry 0–5	What helped
1			
2			
3			
4			
5			



ANXIETY / PANIC SKILLS / CHILDREN

Day	Mood	Worry 0–5	What helped
6			
7			
8			
9			
10			



ANXIETY / PANIC SKILLS / CHILDREN

Day	Mood	Worry 0–5	What helped
11			
12			
13			
14			
15			



ANXIETY / PANIC SKILLS / CHILDREN

Day	Mood	Worry 0–5	What helped
16			
17			
18			
19			
20			



ANXIETY / PANIC SKILLS / CHILDREN

Day	Mood	Worry 0–5	What helped
21			
22			
23			
24			
25			



ANXIETY / PANIC SKILLS / CHILDREN

Day	Mood	Worry 0–5	What helped
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

A pattern I noticed

A skill that helped

What remains difficult

One realistic next step

Further reading: National Institute of Mental Health, Panic Disorder; American Academy of Pediatrics, HealthyChildren.org anxiety resources; Newcastle Hospitals NHS, Coping with Panic Attacks for Children and Young People.

