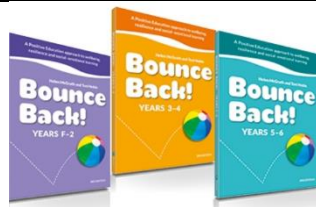


## Curricular Resources for supporting Anxiety in children and young people

| Resource                                                                                                                                                                                                                               | Description/What is this?                                                                                                                                                                                                                                                                                                                                                                  | Suggested stage                                           |                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------|
| 'Boris Can Beat It'                                                                                                                                                                                                                    | A seven-session small group intervention to overcome anxiety and worry                                                                                                                                                                                                                                                                                                                     | Early Years & Early Primary<br><br>Available from S Scott |   |
| BounceBack<br><a href="https://www.bounceback-program.com/">https://www.bounceback-program.com/</a>                                                                                                                                    | BounceBack! is a whole school social and emotional learning curriculum programme promoting sustainable mental health, wellbeing and resilience for children and young people and teachers.                                                                                                                                                                                                 | Primary & S1<br><br>£                                     |   |
| Compassionate and Connected Classrooms<br><a href="#">The Compassionate and Connected Classroom: A health and wellbeing curricular resource for upper primary   Learning resources   National Improvement Hub (education.gov.scot)</a> | The Compassionate and Connected Classroom' is part of a wider set of resources entitled 'The Compassionate and Connected Classroom and Community' which consists of a curricular and professional learning resource. This suite of resources aims to raise awareness of the potential impact of adversity and trauma in shaping outcomes for children and young people and provide support | Upper Primary & Early Secondary                           |  |

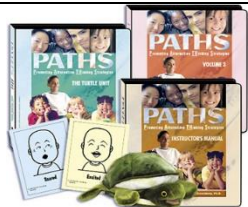
## Curricular Resources for supporting Anxiety in children and young people

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|                                                                      | that can help mitigate the impact of these experiences.                                                                                                                                                                                                                                                                                                                                      |         |                                                                                      |
| Health and Wellbeing Strategy 2017-2022<br>(Green folder in schools) | This document shares the vision for learning in HWB in North Ayrshire.<br>It contains links to resources and suggested approaches to learning in health and wellbeing to help ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. | 3-18    |   |
| Ice Pack (Knowing Me, Knowing You)<br>Available in schools           | This resource provides a building block approach to children's social and emotional learning about themselves and others. It supports pupils social and emotional learning and skills development to help them recognise the skills they need for learning, life and work.                                                                                                                   | Primary |  |

## Curricular Resources for supporting Anxiety in children and young people

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| LIAM                                                                                                                                                                                         | The 'Let's introduce anxiety management' (LIAM) learning programme.                                                                                                                                                                                                            |                                                                                                                     |  <p>Training in Psychological Skills – Early Intervention for Children and Young People: Let's Introduce Anxiety Management (LIAM)</p> <p><b>Anxiety Awareness Training &amp; Introduction to LIAM</b></p> |
| NAC 'Reflections'                                                                                                                                                                            |                                                                                                                                                                                                                                                                                | <p>S1-S6 small group intervention</p> <p>Training has been provided and the resource is available from E James.</p> |  <p><b>'Reflections'</b><br/>Helping to Build Emotional Wellbeing in Children and Young People<br/>In<br/>North Ayrshire Secondary Schools</p> <p><b>Guidelines for Staff</b></p>                          |
| <p>NHS (Glasgow) Resilience Toolkit</p> <p><a href="https://www.seemescotland.org/media/8155/resilience-toolkit.pdf">https://www.seemescotland.org/media/8155/resilience-toolkit.pdf</a></p> | This 'emotional Resilience Toolkit' provides practical guidance in promoting the resilience of young people as part of an integrated health and wellbeing programme. The resource is designed to be used by workers and volunteers working with young people aged 10 and over. | All years                                                                                                           |  <p><b>RESILIENCE TOOLKIT</b></p>  <p>PART OF HEALTH PROMOTING YOUTH ORGANISATIONS</p>                                 |
| North Ayrshire Nurture Animals                                                                                                                                                               | This resource introduces the brain to our younger learners. It explores fight, flight and                                                                                                                                                                                      | Early Years                                                                                                         |                                                                                                                                                                                                                                                                                               |

## Curricular Resources for supporting Anxiety in children and young people

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|                                                                                                                                                                                                                                                                                                    | freeze behaviours through specific animals. It can be linked with PATHS (e.g. Twiggie goes to the Zoo)                                                                                                                                                                                                           | Available from M McLean     |                                                                                     |
| <p>PATHS</p> <ul style="list-style-type: none"> <li>• Most schools and pre-school establishments have PATHS pack</li> <li>• Has been mainly used as universal approach</li> <li>• Appropriate for children with ASN</li> <li>• Built in parent support and involvement – homework tasks</li> </ul> | The PATHS Programme for Schools is a programme for educators and counsellors designed to facilitate the development of self-control, emotional awareness and interpersonal problem-solving skills. The programme consists of a variety of lessons, and additional materials and charts.                          | Early years & Early Primary |  |
| <p>Positive Mental Attitudes pack</p> <p><a href="https://mindreel.org.uk/video/positive-mental-attitudes-%E2%80%93-schools-curriculum-pack">https://mindreel.org.uk/video/positive-mental-attitudes-%E2%80%93-schools-curriculum-pack</a></p>                                                     | This resource support children and young people's emotional and social well-being by providing real life accounts of pupils who have experienced difficult situations at school, and aims to better equip students to deal with challenging issues that may impact their mental health and well-being at school. | All years                   |                                                                                     |
| RSHP (relationships, sexual health and parenthood education)                                                                                                                                                                                                                                       | he resource provides a comprehensive set of                                                                                                                                                                                                                                                                      | All years                   |                                                                                     |

## Curricular Resources for supporting Anxiety in children and young people

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| <a href="https://rshp.scot/">https://rshp.scot/</a><br>Friendship and feelings lessons.                                                                                                                                                                                                                                                                                                                                                                                                    | learning activities for relationships, sexual health and relationships (RSHP) and can be used in early learning settings, primary and secondary schools, ASN settings, colleges and in community-based learning. The resource is structured in line with Curriculum for Excellence Levels. |             |                                                                                       |
| See Me Time to Talk Resources<br><a href="https://www.seemescotland.org/media/10706/see-me-schools-pack-2022-1.pdf">https://www.seemescotland.org/media/10706/see-me-schools-pack-2022-1.pdf</a><br><br><a href="https://www.seemescotland.org/seeus/campaigns/time-to-talk/time-to-talk-day-2022/activity-packs/">https://www.seemescotland.org/seeus/campaigns/time-to-talk/time-to-talk-day-2022/activity-packs/</a>                                                                    | This resource helps teachers and student peer groups plan activities around the annual "Time to Talk" event each February, The purpose is to start up conversations around Mental Health in schools and communities.                                                                       | S1 –6       |                                                                                       |
| Sound Sleep Scotland<br><a href="https://www.sleepscotland.org/education/sound-sleep/">https://www.sleepscotland.org/education/sound-sleep/</a><br>Curricular resource explores: <ul style="list-style-type: none"> <li>• The importance of sleep for our physical, mental and emotional wellbeing</li> <li>• The effects of sleep deprivation and poor-quality sleep</li> <li>• How to sleep well</li> <li>• How to raise the issue of sleep effectively at school and at home</li> </ul> | Sound Sleep is an education programme that raises awareness in schools of the importance of sleep for health and wellbeing, and helps pupils implement positive sleep habits in their routines.                                                                                            | S1 and S5/6 |  |

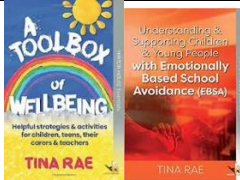
## Curricular Resources for supporting Anxiety in children and young people

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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                  |           |  |
| <b>Additional Resources</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                  |           |  |
| <ul style="list-style-type: none"> <li>Charlie Waller Memorial Trust<br/><a href="https://www.cwmt.org.uk/">https://www.cwmt.org.uk/</a></li> <li>13 Ways materials<br/><a href="https://young.scot/campaigns/north-ayrshire/13-ways-a-suicide-prevention-blog-for-young-people">https://young.scot/campaigns/north-ayrshire/13-ways-a-suicide-prevention-blog-for-young-people</a><br/>(A Resource to accompany these materials is currently in development)</li> </ul> |                                                                                                                                                                                                                  |           |  |
| <ul style="list-style-type: none"> <li>New Perspectives on Change and Loss (materials available via NAC Educational Psychology)</li> </ul>                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                  |           |  |
| <ul style="list-style-type: none"> <li>Choices for Life<br/><a href="https://young.scot/campaigns/national/choices-for-life">https://young.scot/campaigns/national/choices-for-life</a></li> </ul>                                                                                                                                                                                                                                                                       | 'Choices for Life' aims to raise awareness amongst young people aged 11-18, about the dangers of smoking, alcohol and drugs as well as online safety and information on how to deal with negative peer pressure. | P7-S6     |  |
| <ul style="list-style-type: none"> <li>childnet <a href="https://www.childnet.com/resources">https://www.childnet.com/resources</a></li> </ul>                                                                                                                                                                                                                                                                                                                           | Online safety resources                                                                                                                                                                                          | All years |  |
| <ul style="list-style-type: none"> <li>Whole Class Happy Pack<br/><a href="#">FREE Whole School &amp; Class Resources (innerworldwork.co.uk)</a><br/><a href="#">Whole-Class-Happy-Pack.pdf (innerworldwork.co.uk)</a></li> </ul>                                                                                                                                                                                                                                        | Easy, practical whole class grounding ideas to use regularly on a daily basis to create a happier, safer classroom environment                                                                                   | Primary   |  |

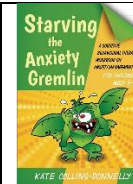
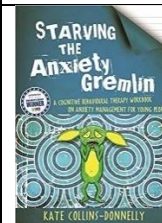
## Curricular Resources for supporting Anxiety in children and young people

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| <ul style="list-style-type: none"> <li>Beacon House<br/><a href="https://resources.beaconhouse.org.uk">Resources (beaconhouse.org.uk)</a></li> </ul> | Beacon House is passionate about developing freely available resources so that knowledge about the repair of trauma and adversity is in the hands of those who need it.                                             | All years                   |                                                                                       |
| <ul style="list-style-type: none"> <li>Kitbag<br/><a href="#">Kitbag at Children 1st</a>   <a href="#">Children 1st</a></li> </ul>                   | All of the materials within Kitbag are there to help children to talk about and understand how they feel, to recognise strengths and to promote compassion and self-confidence.                                     |                             |    |
| <ul style="list-style-type: none"> <li>Feelings and Emotions cards</li> </ul>                                                                        | These 50 durable cards have a photographic image on one side and activities for enquiry in class, group/talk-partner discussion or circle time on the other.                                                        | Primary                     |   |
| <ul style="list-style-type: none"> <li>Mood cards</li> </ul>                                                                                         | <i>The Mood Cards</i> offers a fun and accessible way to help you identify and explore your moods and emotions. Each card includes guided questions for self-exploration plus an affirmation for positive thinking. | Upper primary and secondary |  |

## Curricular Resources for supporting Anxiety in children and young people

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| <ul style="list-style-type: none"> <li>Tina Rae<br/><a href="#">CPD Coffee time with Dr Tina Rae 21 Supporting those with emotionally based school phobia in COVID - YouTube</a></li> </ul> | <p>This session focuses upon the issue of emotionally based school phobia/avoidance in this pandemic and in general. The various terms are defined and the links between ACEs, Toxic stress, attachment and school avoidance are clarified. Clarifying what works in terms of getting CYP back into school is central and the need to understand anxiety, developing an holistic approach, developing co-regulation, a stepped plan, assessment processes and gradual exposure via connections which ensure safety and therapeutic relationships are all addressed.</p> | <p>All years</p> |   |
| <ul style="list-style-type: none"> <li>Dr Karen Treisman<br/>Binnie the Baboon and the Big Worries: A story to help kids with anxiety (Dr Treisman's Big Feelings Stories)</li> </ul>       | <p>This story will help children aged 5-10 and the adults around them to understand why they feel anxious. It describes what children can do to help reduce these feelings and become their very own worry wizards and worry warriors.</p>                                                                                                                                                                                                                                                                                                                              | <p>Primary</p>   |  |

## Curricular Resources for supporting Anxiety in children and young people

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| <ul style="list-style-type: none"> <li>Starving the Anxiety Gremlin<br/>Kate Collins-Donnelly</li> </ul>                                                                                      | <p>A cognitive behavioural therapy workbook on anxiety management (age 5-9)</p>                                                                                                                                                                                                                                                  |         |   |
| <ul style="list-style-type: none"> <li>Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People: 1<br/>Kate Collins- Donnelly</li> </ul> |                                                                                                                                                                                                                                                                                                                                  | Age 10+ |   |
| <ul style="list-style-type: none"> <li>Relax Kids<br/><a href="https://www.relaxkids.co.uk/">Home - Relax Kids - Official Website</a></li> </ul>                                              | <p>The Magic Box is full of creative visualisations, meditations and relaxations. Children can imagine they are on a tropical island, flying into space, in a hot air balloon, time travelling and leaving their worries on the worry tree.</p> <p>The book combines fantasy story meditations with deep relaxations, simple</p> |         |  |

## Curricular Resources for supporting Anxiety in children and young people

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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | mindfulness exercises and positive affirmations. |    |  |
| <ul style="list-style-type: none"> <li>Suicide prevention awareness video "Ask, Tell - Save A Life: Every Life Matters":<br/><a href="https://vimeo.com/338176393">https://vimeo.com/338176393</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                |                                                  | S6 |  |
| <ul style="list-style-type: none"> <li>Ask, Tell - Look After Your Mental Health"<br/><a href="https://vimeo.com/338176495">https://vimeo.com/338176495</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                  | S6 |  |
| <ul style="list-style-type: none"> <li>Senior Phase = "Ask, Tell - Have a Healthy Conversation" <a href="https://vimeo.com/338176444">https://vimeo.com/338176444</a>.<br/>(could be useful for MHWB Award)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                       |                                                  |    |  |
| <b>Useful Websites:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                  |    |  |
| <ul style="list-style-type: none"> <li>❖ <a href="http://handsonscotland.co.uk">Anxiety   HandsOn (handsonscotland.co.uk)</a></li> <li>❖ <a href="http://annafreud.org">Helping children and young people to manage anxiety   Guide to managing anxiety in school (annafreud.org)</a></li> <li>❖ <a href="http://annafreud.org">Helping children and young people to manage anxiety   Guide to managing anxiety in school (annafreud.org)</a></li> <li>❖ <a href="http://annafreud.org">Guide to supporting children who are worried   Ways to support young people and children with anxiety (annafreud.org)</a></li> </ul> |                                                  |    |  |

## Curricular Resources for supporting Anxiety in children and young people

- ❖ [Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)
- ❖ [British Red Cross teaching resources: primary resources](#)
- ❖ [What's on your mind \(seemescotland.org\)](#)
- ❖ [ayemind | Toolkit](#)
- ❖ [BBC - When I Worry About Things](#)
- ❖ [Live Streaming \(thinkuknow.co.uk\)](#)
- ❖ [DEAL resources | Mental health lesson plans | Education | Samaritans](#)
- ❖ [Resilience alphabet - building inner strength and wellbeing for kids - primary | Health and wellbeing activities | Scotland Learns | National Improvement Hub \(education.gov.scot\)](#)
- ❖

### Apps

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|         | <p><b>Smiling Mind</b> is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.</p> |
|         | <p><a href="#">Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87</a></p>                   |
| <p><b>NHS Ayrshire and Arran list of Apps suitable for Children and Young People</b></p> |  <p>apps_websites_help-mhw-final-june-2020.</p>                                      |

