



ANXIETY REDUCTION AND SELF-ESTEEM BUILDING FOR ELEMENTARY STUDENTS

5 Week Group Presented By Andover Wellness and Counseling

THURSDAYS | 5-6PM FROM MARCH 1ST – MARCH 29TH
853 TURNPIKE STREET 2ND FLOOR NORTH ANDOVER, MA 01845

Overview: Children will explore and learn about anxiety and self-esteem in a child friendly environment, they will learn skills to reduce symptoms of anxiety and promote positive self-esteem, learn creative and fun ways to incorporate gratitude and mindfulness into their daily lives, learn social skills for anxious children.

Cost: \$250.00 *includes all materials, snacks, water

*this is not a therapy based group so insurance will not be billed

*Group must have at least 4 participants with a maximum of 10 participants

*Questionnaire must be filled out before group begins to ensure a good fit

CURRICULUM

Week 1

Introductions and Ice Breakers

Wilma Jean the Worry Machine

What to Do When You Worry Too Much: Are you growing worries?

Worry Hats

Calming skills (EFT Tapping, how to breathe, quick body scans)

Closing song/activity

Week 2

Mindful Check-in activity/yoga

What to Do When You Worry Too Much: What is worry? How do worries get started?

My brain activity

Practicing calming skills

Closing song/activity

Week 3

Mindful Check-in activity/yoga

What to Do When You Worry Too Much: Making worries go away, Spending less time on worries

Mindfulness activity/meditation stories

Making meditation pillows

Practicing calming skills

Closing Song/Activity

Week 4

Mindful Check-in/yoga

What to Do When You Worry Too Much: Talking back to worries, Re-setting your system

Worry bullies activity

Guided Imagery for relaxing/yoga for relaxation

Practicing calming skills

Closing Song/Activity

Week 5

Mindful Check-in/yoga

What to do When You Worry Too Much: Keeping worries away, You can do it!

Healthy body, Healthy Brain activity

Teaching my family my skills

Closing song/ Activity

*some activities may be subject to change based on the needs of the group

*each participant will receive a workbook to use during group and take home

*expressive arts activities will be done and all supplies will be provided

*this is not a therapeutic group, if your child is working with a therapist currently they will need to continue their treatment plan with their therapist in addition to building on the skills they learn in group

*If your child has experience trauma that they have not had treatment or is currently causing distress this group will likely not be a good fit at this time

