

Let's Talk About Worries!

Sample Social Media Posts

Facebook

1. When your little one is feeling worried, take a pause together and spend a few minutes outside. Look around and name one thing that relates to each of your five senses (touch, taste, scent, sight, sound). For example, say things like "I see a tall tree, I hear birds singing, I smell fresh cut grass, I can feel this crunchy leaf, and I can taste a raindrop that lands on my tongue!" This simple activity helps redirect your child's attention and being outdoors is a natural stress reliever! #TalkingIsTeaching

2. Studies show that being surrounded by the color green lowers your stress hormone level, which is one reason spending time outdoors helps to naturally reduce your worries! Go on a nature walk with your child and play "I-Spy something GREEN!" How many green things did you spot on your walk? #TalkingIsTeaching

3. Practice making "Feelings Faces" in the mirror with your child. "Show me a happy face! Show me a worried face! Show me a sad face!" Play a guessing game and have your child guess how you are feeling based on the faces you make. Recognizing the relation between facial expressions and emotions improves your child's social-emotional skills and helps them to identify how other people are feeling. #TalkingIsTeaching

Instagram

1. Is something worrying your little one? Play Worry Detective and work together to solve the mystery. Investigate by asking questions to better understand what your child is worried about. Then, talk over all the possible outcomes and solutions together. Offer some silly suggestions to help your child giggle their worries away!

2. Create a peaceful space in your home where your child can spend time when they feel anxious or worried. You can set up in any quiet corner and add things like a soft pillow to sit on, a basket with a few calming books, and squishy balls. When your child needs to calm their worries, spend some time together in your family's "peace space." #TalkingIsTeaching

Twitter

1. Saying positive affirmations with your child is a great way to help them through their worries. When your little one is worried about preschool, you can repeat together, "I am growing and learning. Preschool will be a fun challenge! I am safe. I am loved." #TalkingIsTeaching

2. Blowing bubbles is a fun way to teach young children to take slow, deep, calming breaths. The next time you or your child are feeling worried or overwhelmed, take a bubble break together. Then, pretend your worries are bubbles and POP them! #TalkingIsTeaching