



50+ VISUAL ANXIETY CARDS

Sanya Pelini, Ph.D.

PLAY WITH A SENSORY BIN

PLAY THE SILENCE GAME

SKIP

TAKE A STRESS BALL

TAKE AN ANXIETY STONE

USE A BELL

DO A PUZZLE

GO TO MY ANXIETY KIT

HUM

DO A SCAVENGER HUNT

DRAW

READ A

TRY DOLL

AN APPLE

Suggestions for using these anxiety cards

- Choose the tips that best fit your child's needs and personality and print and laminate them if possible.
- Remember to go through each card at least once with your child and explain how each activity on the card works. For example, if your child picks the card with the anxiety stone, she needs to know that she should rub the anxiety stone until she feels less anxious.
- Punch a hole into the cards and attach them (for example using a keyring) or place them in box.
- Place the anxiety cards where your child can access them easily.



RIDE A BIKE



EAT AN APPLE



BLOW BUBBLES



TAKE A WORRY DOLL



USE A BELL



GO TO MY ANXIETY KIT



READ A BOOK



MAKE A BRACELET



DO THE 5-4-3-2-1 ACTIVITY



GO TO MY CALM-DOWN SPOT



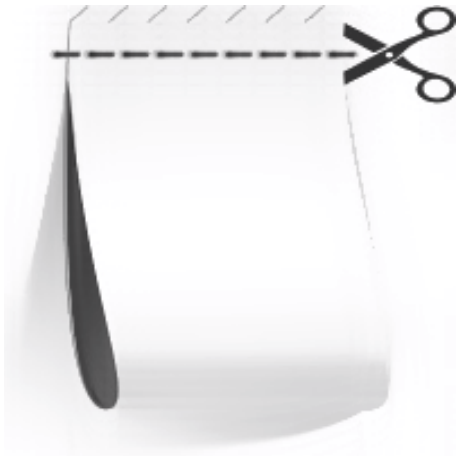
TAKE MY CALM-DOWN JAR



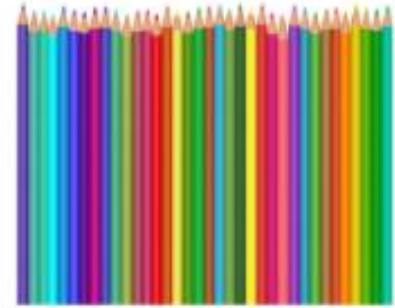
BLOW A CANDLE OUT



CHEW GUM



CUT FABRIC



DRAW



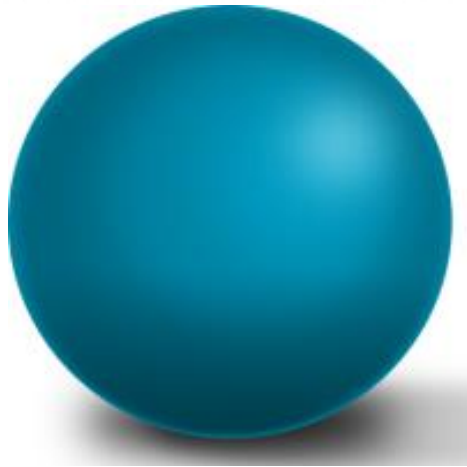
SHRED PAPER



CHEW CHEWY JEWELRY



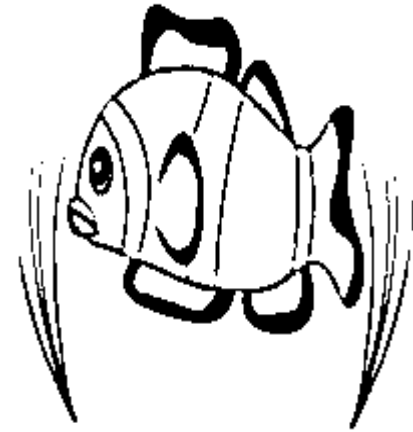
USE ESSENTIAL OILS



JUMP ON EXERCISE BALL



TAKE MY ANXIETY CRYSTAL



WATCH FISH



LOOK AT A FOUNTAIN



BLOW ON A FEATHER



SORT BEANS



FINGER PAINT



HUG A PILLOW



GO GET A HUG



KICK A BALL



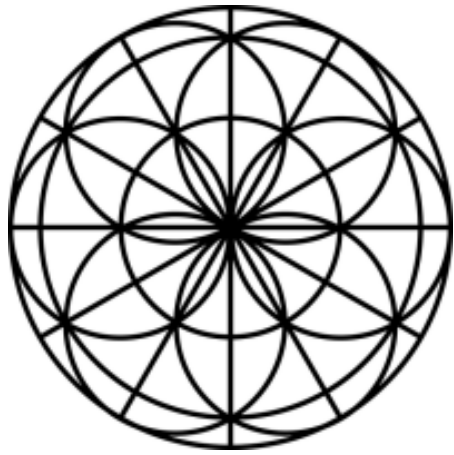
PLAY WITH KINETIC SAND



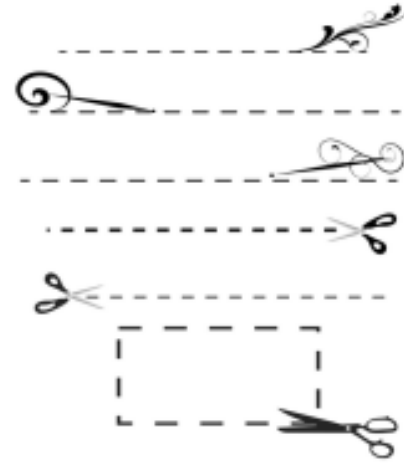
SORT LEGOS



LISTEN TO MUSIC



COLOR A MANDALA



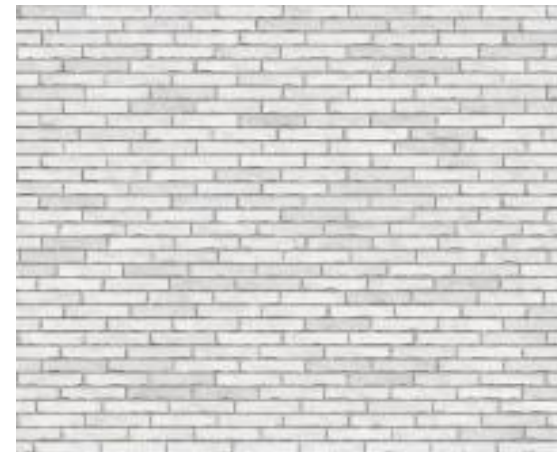
CUT ALONG A LINE



BREATHE USING A PINWHEEL



PLAY WITH PLAY-DOH



PUSH AGAINST A WALL



DO A PUZZLE



RUN AROUND THE HOUSE



DO A SCAVENGER HUNT



PLAY WITH A SENSORY BIN



PLAY THE SILENCE GAME



SKIP



SKIP



JUMP ON THE TRAMPOLINE



TAKE A STRESS BALL



PLAY A VIDEO GAME



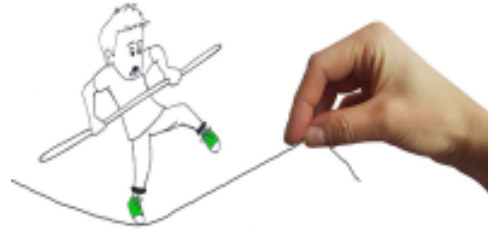
TAKE MY ANXIETY STONE



COVER MYSELF WITH A
WEIGHTED BLANKET



WALK ALONG A LINE

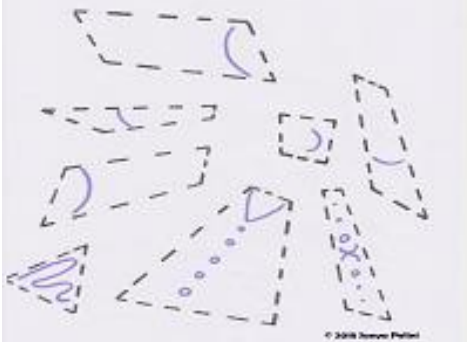


WALK ALONG A LINE



TAKE MY WORRY DOLL

**CUT AND GLUE EACH
SHAPE WHERE IT BELONGS**



DO A MATCHING ACTIVITY

All the images used are licensed under the Creative Commons
CCO licence and have primarily been obtained from pixabay.