

Extra Resources and links for supporting children with anxiety

Anna Colton BBC Bitesize anxiety link

https://www.bbc.co.uk/bitesize/articles/zfnhxbk?utm_source=google&utm_medium=cpc&utm_campaign=anxiety

Open University Course Free eight sessions:

<https://www.open.edu/openlearn/education-development/supporting-childrens-mental-health-and-wellbeing/content-section-overview?active-tab=description-tab>

Neurosequential model:

<https://beaconhouse.org.uk/wp-content/uploads/2023/02/The-Three-Rs.pdf>

Co-regulation:

<https://www.thesendcast.com/the-what-and-why-of-compassionate-co-regulation/>

L. Alan Sroufe 1995, The Dyadic Regulation of Emotion:

https://assets.cambridge.org/97805216/29928/frontmatter/9780521629928_frontmatter.pdf

Tara Brach RAIN Meditation:

<https://www.tarabrach.com/rain-practice-radical-compassion/>

RAIN for kids:

<https://blissfulkids.com/mindfulness-for-children-rain-for-emotional-regulation/>

Controlling behaviour: Allowing Control and Contained Control:

<https://thechildpsychologyservice.co.uk/advice-strategy/controlling-behaviour/>