Anxiety Puppet Program 3-4 (Pilot)

What to expect:
Natalie doesn’t like how her body feels when she is worried. Adam explains that worry is normal, but sometimes it can become a problem. They talk to Natalie’s worry, who takes the form of a Red Octopus, and encourage the audience to participate. They try out tools to deal with worry including: Busy Mind, Calm Breaths, Talk to a Grown-up, and Exercise My Body and encourage students to find the right tool that works for them. Students then have an opportunity to take what they learned in the puppet show and try it with small puppets.

Maximum of 50 students, 50 minutes.

Key Program Points:
• Worry is normal, everyone experiences it
• Our bodies have built-in alarm systems that tell us when there is a problem. Our pre-frontal cortex in our brain signals our amygdala to get our heart pumping and make our breathing fast. Our alarm system is useful.
• Sometimes our alarm system goes off too often or when it is not necessary. That’s what happens when worry becomes a problem. We can feel it in our body and our brain and it starts to get in the way of what we need to or want to do.
• When Worry becomes a problem, there are lots of ways we can help to make it smaller, manageable, and not get in the way. It will never go away completely because it is a normal part of life.
• Worry tries to boss us around, but we can boss worry back and be empowered!
• There are many tools we can use when Worry feels big. It is good to have many tools, because some work better for some people, others for other people. Some tools work better on some days, and different tools work better on other days. The tools we will talk about are: Busy Mind, Calm Breath, Talk to a Grow-up, Exercise my Body. You may come up with ideas of tools that work for you!

Resources:
https://childmind.org/topics/concerns/anxiety/
https://adaa.org/
https://anxietycanada.com/

For more information about our programs or ways we support families, please visit www.VermontFamilyNetwork.org or call (800) 800-4005