



ACTIVITIES &
PRAYER GUIDES

calming your anxious child



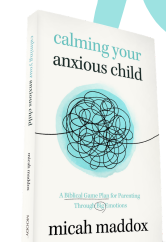
MicahMaddox.com



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This resource is to be used as an extra support alongside *Calming Your Anxious Child: A Biblical Game Plan for Parenting Through Big Emotions*. If you haven't purchased a copy, go to micahmaddox.com or scan the QR code before jumping into the activities.



activity one

Stop. Breath. Think.

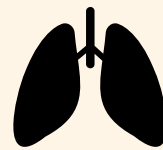
Name:

Date:

Instructions:

Read this poem to your child and talk about how to stop, breathe, and think. Use the steps in chapter 1 of *Calming Your Anxious Child* to discuss what it means to stop, breathe, and think and then practice.

Hand Motions:



Hold your hand out in front of your shoulder for stop. Put your hand on your chest for breathe. And point to your brain for think.

"Stop. Breathe. and Think." Poem

The world moves fast
Things pass by
Trees and grass
Clouds and sky

But I can stop in all the rush
I can tell my brain to hush

Breathe in
Breathe out
Slow and steady
I can breathe until I'm ready

All is still and calm right now
I can think
I know how

Stopping
Breathing
Thinking too
This game is fun to play with you

Parent Tip: While you practice this poem with your child, have them breathe in when the poem says, "breathe in" and breath out when the poem says, "breathe out"

When you say, "I can think" point to your brain. For the ending - use your hand motions for "Stopping, breathing, thinking too." Take the time to make this enjoyable. Smile. Laugh. Relax. And connect with your child.

activity two

Magnetic Words

Name:

Date:

Instructions:

Go through the steps below with your child. Then practice connecting through:

1. I see you.
2. I hear you.
3. I'm with you.

Reminders:



Practice saying, I see you. I hear you. I'm with you. Repeat it multiple times until you & your child can say it without much thought.

Start Here:

1. Go outside and look around.
2. Choose something you see that you like. Talk about it.
3. Now listen.
4. Ask: What do you hear?
5. Ask: Who is with you?
6. Take a few minutes to walk around outside together looking for different things you can see and hear.
7. Go inside and both parent and child draw a picture of what you saw and heard together.
8. Talk about no matter where we go, even if you can't be together, God is always with us.

Parent Tip: Make this easy and fun. Don't stress yourself or your child out more by trying to do the activity. Do as much as is fun for you and your child. Use the next two pages to draw what you saw and heard together.

Child's Drawing for Magnetic Words

Name:

Date:

"Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.
Isaiah 41:10

I see you. I hear you. I'm with you.

Parent's Drawing for Magnetic Words

Name:

Date:

"Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.
Isaiah 41:10

I see you. I hear you. I'm with you.

Send your drawings to Micah & Ray via
Instagram DM @MrsMicah!

activity three

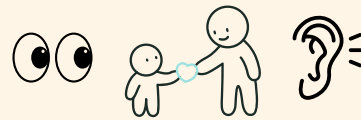
Building Connection

Name:

Date:

Instructions:

Read this poem to your child.
Talk about each body part
and how we can use them
properly. Use the questions in
Chapter 3 of *Calming Your
Anxious Child* to prompt the
conversation.



Reminders:

As you work toward eyes, hands, and
ears, don't get discouraged too
quickly. Each step might be a new
skill for you and your child. Take your
time and remember to breathe.

Eyes, Hands, Ears

I use my eyes every day
They help me work
They help me play
I see the stars in dark of night
I see the birds in air in flight

I use my hands most all the time
I clap clap clap
Point, snap snap snap
My hands can draw and paint and
scribble
I can use my hands to dribble

I use my ears to hear birds sing
I hear music and the phone ring
Voices sound different
Some soft some loud
When I listen I feel proud

Parent Prompts:

- **Eyes.** What color are your eyes? What color are mine? Blink your eyes together. Try to wink. Have a staring contest.
- **Hands.** What can we use our hands for? Discuss how we can use them for work, and play, but not for hurting, hitting, or destroying things. Lean into this activity by focusing on the power of love God has given us and the ability we have to give hugs, hold hands, and encourage each other with a gentle pat on the back.
- **Ears.** Try speaking in different voices and volumes and make it a game. Whisper, squeak, speak low, speak high pitched. Have your child repeat your voice. The goal here is to continue connecting and letting your child learn to listen to your words while eyes and hands are connected to yours.

activity four

Moving Memories

Name:

Date:

Instructions:

Have your child make a list or draw five activities they like to do that involve movement. The activities are not limited to outdoors. It can be an activity that moves the body.

Reminders:

The activity does not have to be extreme. The only requirement is movement of the body in some way.

Ideas for Activities

- Running
- Skipping
- Jumping jacks
- Push ups
- Making an obstacle course
- Hop scotch
- Patty cake
- Swinging
- Skating
- Scooter
- Swimming
- Dribbling a basketball
- Kicking a soccer ball
- Playing Catch
- Jumping on a trampoline
- Dancing
- Working with a parent—anything that involves movement. It could be as simple as baking and as intense as chopping wood.
- Working out with a parent
- Playdough
- Building legos or blocks
- Coloring
- Painting
- Sidewalk Chalk
- Chasing bubbles
- Practicing a musical instrument

Parent Tip: Have your child use the next page to help them decide on a few activities they would like to try.



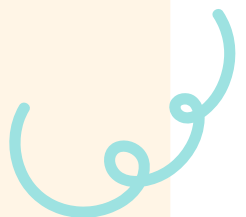
Moving Memories



Use the boxes below to write or draw your favorite activities that help you get moving.

Name:

Date:



weekly prayer guide for the body from head to toe

Prayers written by Ray Maddox

Sunday - My Brain

Dear God, I need your help today.
Please help me to tell myself the truth
about myself and about others.
Help me to think good thoughts
about what is happening.
In Jesus' name, amen

Monday - My Eyes

Dear God, I need your help today.
Please help me to look away from
things that will fill my mind with sin
and shame. Help me to see your
goodness in all I do.
In Jesus' name, amen

Tuesday - My Ears

Dear God, I need your help today.
Please help me to listen to You, Lord.
Help me to remember to listen to my
parents. In Jesus' name, amen

Wednesday - My Mouth

Dear God, I need your help today.
Please help me to stop and think
before I speak. Help me to learn to
control my mouth.
In Jesus' name, amen

Thursday - My Heart

Dear God, I need your help today.
Please help me to love you with my
whole heart. Help me to think of
others and care about how I make
them feel. In Jesus' name, amen

Friday - My Hands

Dear God, I need your help today.
Please help me to use my hands
to honor You today. Help me to
work hard and to love well with
high fives and hugs.
In Jesus' name, amen

Saturday - My Feet

Dear God, I need your help today.
Please help me to live and walk like Jesus.
In Jesus' name, amen

activity five

Practicing What Is True

Name:

Date:

Instructions:

Together with your child come up with three “what if” questions that are used in your family regularly.

Something to think about:

These will usually come out in moments of fear or anxiety so listen carefully to your child’s words and watch their actions for hesitation. They might be thinking, “What if...”

Example “what if” statements:

- What if I lose?
- What if I can’t do it?
- What if they don’t like me?

Work together to replace those what if questions with what is statements.

Example “what is” statements:

- My team is doing their best. I am doing my best. That is what matters most.
- My mind is strong and I can try. If I don’t do it right away, I can practice and get better.
- Unkindness is usually not about me but about something going on with them.

Parent Tip: Work on this in calm moments so when the “what if” questions arise it is not a surprise to your child to consider “what is” true.

activity six

Practicing Gratitude 1

Name:

Date:

Instructions:

Use the space below to help your child make a Gratitude List. Write or draw 10 things you are thankful for.

Parent Tip:

Help your child think about different areas of life.

Examples:

- home
- school
- church
- community

My Gratitude List



Gratitude Guide

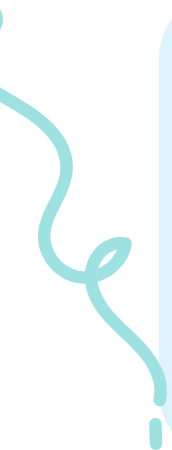


Use the boxes below to write or draw things you are thankful for.

Parent Tip: Print multiple copies of this page for daily use.

Name:

Date:



activity six

Practicing Gratitude 2

Name:

Date:

Instructions:

Purchase or create cards of gratitude. Think of 3 people you and your child can write notes of gratitude to.

- 1.
- 2.
- 3.

Parent Tip:

Consider these things when coming up with the people:

- Who has spoken a kind word?
- Who has noticed you doing something good?
- Who did something kind for you?
- Who serves at your school, church, or in your community?
- Who needs a word of appreciation?

My Gratitude Notes

**If your child needs help, have them use this template to write the gratitude note or create their own.*

Dear *(insert name of person)*,
I wanted to thank you for *(insert what you want to thank them for)*.
Your kindness has impacted me because *(explain why you are thankful for what they did or do)*. I appreciate you and wanted you to know how thankful I am for you. *(Complete the note with your own words.)*

Sincerely,
(Insert your name)

Parent Tip: Have your child use the next page to write a note of gratitude.



*Thank you
so much!*

"Oh give thanks to the Lord, for he is good,
for his steadfast love endures forever!" Psalm 107:1

activity seven

Practicing Good Thoughts

Name:

Date:

Step 1

Use the chart provided in *Calming Your Anxious Child* Chapter 7 to identify two big feelings you or your child have felt this week.

Step 2

Use the verses provided in the chart to combat that thought daily this week. If your child is able to, have them write it down or type it out and print it. Let your child color or paint or design it. Put it somewhere visible in the house where you both will see it. Review it daily.

Step 3

Together, create a one-sentence truth statement about what they can do and about what God can do that summarizes the truth of the verse. Keep it simple and short and use each one regularly. Use the ones provided in the chart in *Calming Your Anxious Child* for quick reference.

Parent Tip: When your child has an emotion that is strong and hard to manage, use the internet to search for verses that pertain to that emotion. Check for context and encourage your child with truth.

weekly prayer guide for my mind

Prayers written by Ray Maddox

Sunday - True Thoughts

Dear God, I need your help today.
Help me think on things that are
true about You and
about myself and others.
In Jesus' name, amen

Monday - Pure Thoughts

Dear God, I need your help today.
Guide my mind to think
on things that are pure and holy.
When I begin to think negative thoughts,
help me to stop and think about You.
In Jesus' name, amen

Tuesday - Lovely Thoughts

Dear God, I need your help today.
Help me think about loving others
and caring about them. Help me to
remember that You love me too.
In Jesus' name, amen

Wednesday - Good Report Thoughts

Dear God, I need your help today.
Please help me to not listen to rumors
or lies about others or myself. Help
me to focus on Your truth. In Jesus'
name, amen

Thursday - Excellent Thoughts

Dear God, I need your help today.
Help me to think wisely before
I act or react.
In Jesus' name, amen

Friday - Praiseworthy Thoughts

Dear God, I need your help today.
Help me to praise You even when it's
not easy. Help me to be agreeable
not argue with my parents, teachers,
or friends. In Jesus' name, amen

Saturday - Gratitude Thoughts

Dear God, I need your help today.
Thank you for helping me every day!
In Jesus' name, amen

activity eight

The Soul's Source of Calm

Name:

Date:

Instructions:

Think about an activity or situation that is hard for your child.

Note: For this activity you simply need intentional time and attention. No other supplies needed.

Write it here:

Write a truth about God here:

Parent Ideas:

Ideas for possible problem areas:

- Getting ready
- Cleaning up after themselves
- Encountering certain people
- Encountering certain animals
- Interacting with friends
- Taking a test
- Trying something new
- Going to bed

The goal is to lead your child to the realization that you are not going to help them, but God can. Begin a conversation about how God is with them even when you can't be.

See Chapter 8 in *Calming Your Anxious Child* for specific scripts and ideas to help if this area is a struggle.

activity nine

The Soul's Process of Calm

Name:

Date:

Instructions:

Talk about what anxiety is and how they can overcome it.

Parent Starting Point:

This activity is all about intentional conversation. It will take a more advanced child to be able to engage in this activity.

Parent Ideas:

- 1. Ask your child direct questions.**
- 2. Talk about anxiety.**
- 3. Tell them the truth. God's truth**

The soul's process of calm is just that, a process. It is going to take intentional conversations about the reality of what is happening and what God can do in and through your child. This is a great opportunity for parents to make a commitment to talk about Jesus regularly with their child. Make the commitment and use the scripts included in the book. For a full script on what to say, see *Calming Your Anxious Child* Chapter 9.

activity ten

The Soul's Control of Calm 1

Name:

Date:

Instructions:

Read the poem to your child.
Talk about each area they are in
charge of.

- Body
- Mind
- Words
- Soul

Parent Starting Point:

Don't jump into the poem
without first talking through
what it means to have Soul
Control.

Soul Control Poem

I am in charge
I have control
I can move my body
Move fast
Move slow

I am in charge
I have control
I can think good
things
Happy thoughts
Be glad

I am in charge
I have control
I can say kind
words
Talk right
Not bad

I am in charge
I have control
I can believe God
Trust Him
And Know

Parent Tip: If your child can read, have
them read this out loud to you nightly.

activity ten

The Soul's Control of Calm 2

Name:

Date:

Instructions:

Let the child choose an activity.
Narrow the activities
by the categories below:

- Body
- Mind
- Words
- Soul

Parent Starting Point:

For this activity page we are
going to focus on the soul.

Activities for the Soul

Let your child choose one of these activities. Set a timer and then talk about what they chose and how they feel after the activity.

- Journaling or talking about what happened today
- Journaling or talking about what went well and what was difficult
- Drawing a picture of a favorite Bible character
- Reading the Bible
- Drawing comics of Bible stories
- Reading a devotion
- Listening to the Bible or a biblical podcast or audiobook
- Making a prayer list
- Writing a prayer
- Praying out loud
- Journaling prayers

Parent Tip: The goal is to help guide your child to a soul filling activity that helps them focus their heart and mind on God. Help guide them rather than leaving them to figure this one out. Ask thoughtful questions. Share what helps your soul.

Soul Check

Use this template to guide your child through a *soul check* each day.
Print multiple copies of this page to get the most of this activity.

Name:

Date:

What made you feel happy today?



What made you feel sad?



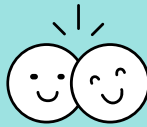
What made you feel anxious?



What did you do when you felt like that?



If you could change something about today, what would it be?



Name or draw one person you are thankful for today.



Name or draw one thing you are thankful for today.

activity eleven

The Soul's Protection of Calm 1

Name:

Date:

Instructions:

Have your child do as much of this activity on their own as possible.

This is a good opportunity for you to step back and empower them to take ownership if they are capable.

Parent Tip:

Use the coloring sheet on the next page to talk through each of the pieces of armor with your child.

Directions:

1. Print a photo of yourself.
2. Use the icons in *Calming Your Anxious Child* Chapter 11 to trace each piece of armor on white paper. Ask your parent where to find these.
3. Color or paint armor.
4. Cut out and glue each piece of armor on the child's photo.
5. With each piece of armor applied, talk about how each piece protects us and helps us defend against anxious ideas and fears.

The Full Armor of God

- The Belt of Truth
- The Breastplate of Righteousness
- The Shoes of the Gospel of Peace
- The Shield of Faith
- The Helmet of Salvation
- The Sword of the Spirit

Parent Tip:

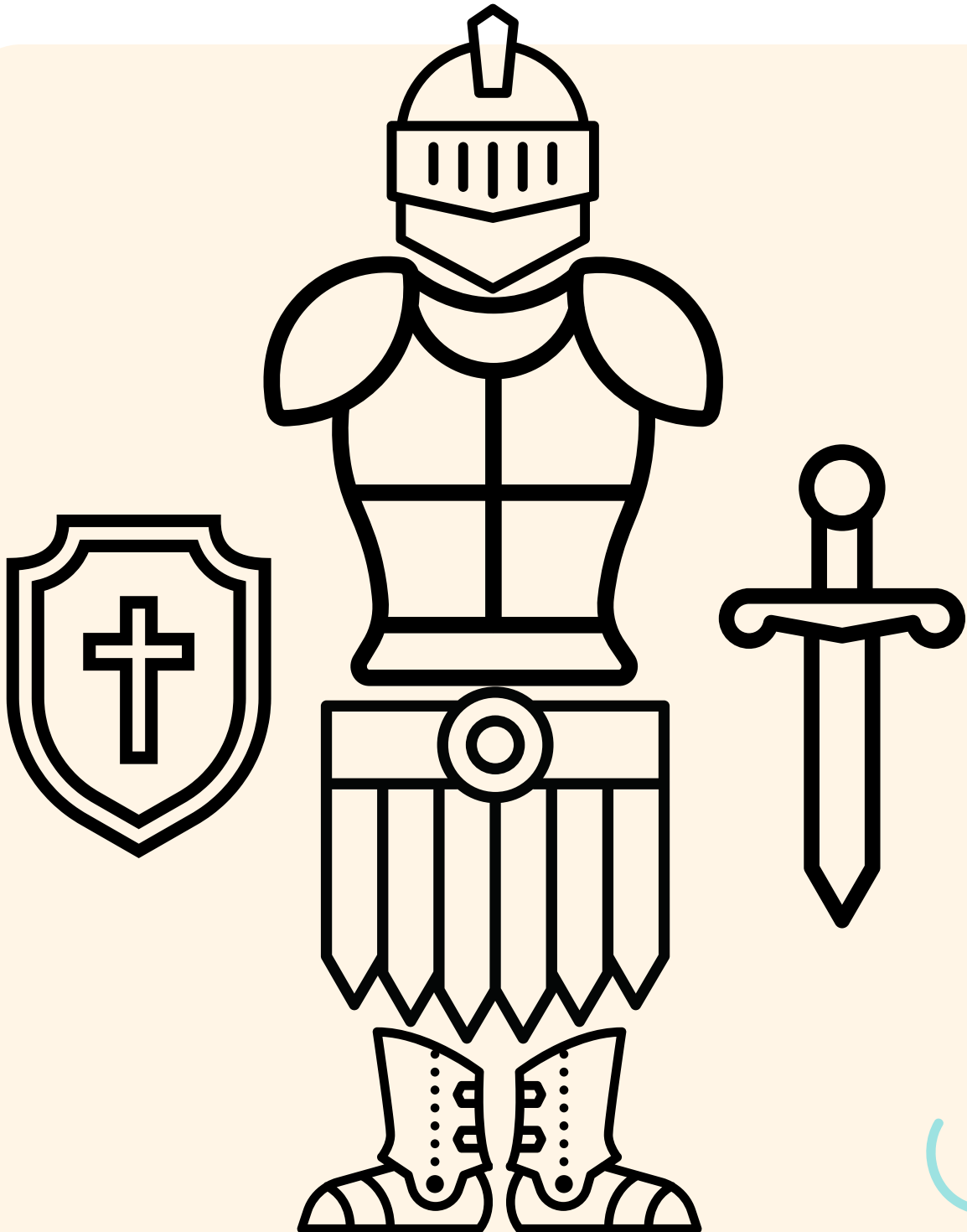
Talk about the Armor. Help as much as necessary, but give your child the opportunity to be creative. If the tracing, cutting and gluing is too much, simply color the provided sheet on the next page.

The Armor of God

The Soul's Protection of Calm

Name:

Date:



activity eleven

The Soul's Protection of Calm 2

Name:

Date:

Instructions:

Read the poem to your child and talk about the armor of God and how it prepares and protects them for the daily spiritual battles we all face.

Parent Tip:

Point to each piece of armor as you read the poem to your child.

Take time to generate conversation about how God can help you and your child defend against attacks of the enemy.

Armor of God Poem



I want to suit up for war
Put on the belt of truth
I want to soar



Guarded by the breastplate
Righteousness all over my heart
I want to get off to a good start



Walking in peace
Wearing Jesus' shoes
I want to be ready
to wisely choose



With a shield all around me.
Blocking attacks
I am choosing to not look back



My mind is steady
With salvation and joy
For each attack, I am ready



My weapon is stable
The Sword of the Spirit
With God's Truth,
I know I am able

weekly prayer guide for the soul

Prayers written by Ray Maddox

Sunday Full Armor of God

Dear God, I need your help today.
Help me put on the Armor of God so
when things get difficult I am ready
to respond like Jesus.

In Jesus' name, amen

Monday Belt of Truth

Dear God, I need your help today.
I want to put on the Belt of Truth so
that I can focus on Your Truth. Help
me notice when the devil is trying to
tell me lies.

In Jesus' name, amen

Tuesday Breastplate of Righteousness

Dear God, I need your help today.
I want to wear the breastplate of
righteousness so my heart is protected
from attacks of the enemy. Help me to
keep my heart focused on You.

In Jesus' name, amen

Wednesday Shoes of the Gospel of Peace

Dear God, I need your help today.
Help me to walk with Jesus with faith
and strength. When I am distracted,
help me to remember to take it one
step at a time with Your help.

In Jesus' name, amen

Thursday Shield of Faith

Dear God, I need your help today.
I want to hold the shield of faith with
courage. Help defend me from attack
and rest in Your protection.

In Jesus' name, amen

Friday Helmet of Salvation

Dear God, I need your help today.
I know Jesus died on the cross, rose from
the dead, and lives in heaven. Help me to
know Jesus personally and wear the
helmet of salvation with confidence.

In Jesus' name, amen

Saturday • Sword of the Spirit

Dear God, I need your help today.
I trust Your Word to protect and help me.

In Jesus' name, amen

6 I don't have to fear

Name:

Date:

"Whenever
I am afraid,
I will trust
in You."
Psalm 56:3