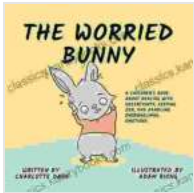


# Children and Uncertainty: Keeping Zen and Handling Overwhelm



## The Worried Bunny: A Children's Book About Dealing With Uncertainty, Keeping Zen, and Handling Overwhelming Emotions (Teach Me How! 9)

by Charlotte Dane

★★★★☆ 4.1 out of 5

Language : English

File size : 4325 KB

Screen Reader : Supported

Print length : 18 pages

Lending : Enabled



In a world that is constantly changing and unpredictable, it is more important than ever to help children develop the skills they need to cope with uncertainty.

When children are faced with uncertainty, they may experience a range of emotions, including fear, anxiety, and stress. These emotions can be overwhelming and can make it difficult for children to function effectively.

However, there are a number of things that parents and educators can do to help children cope with uncertainty and develop resilience.

**Here are a few tips:**

- **\*\*Talk to children about uncertainty.\*\*** Help them to understand that uncertainty is a normal part of life and that it is something that everyone experiences.
- **\*\*Help children to develop coping mechanisms.\*\*** Teach them healthy ways to manage their emotions and to cope with stress.
- **\*\*Encourage children to practice mindfulness.\*\*** Mindfulness can help children to stay present and to focus on the things that they can control.
- **\*\*Help children to develop a positive self-talk.\*\*** Teach them to talk to themselves in a positive and encouraging way.
- **\*\*Role-play different scenarios.\*\*** This can help children to practice coping with uncertainty and to develop strategies for handling different situations.

By following these tips, you can help children to develop the skills they need to cope with uncertainty and to thrive in a changing world.

### **Additional resources**

- American Psychological Association: Helping Children Cope with Uncertainty
- Edutopia: 5 Ways to Help Students Cope with Uncertainty
- National Institutes of Health: Mindfulness-Based Interventions for Children and Adolescents With Anxiety: A Systematic Review

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## Overwhelming Emotions (Teach Me How! 9)

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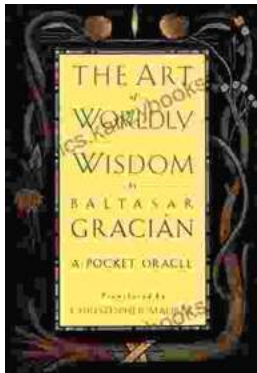
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