

Helping Children with Challenges Inc.

Karen Levine, Ph.D.

Psychologist

110 Hartwell Avenue, Lexington, MA 02421

781-799-4348; Fax-781-862-5747

Karen@DrKarenLevine.com

Some Anxiety Resources

Apps

Headspace: A meditation app. Very simple, easy to use, straightforward. Has cute simple videos on meditation. Special series “singles” for specific situations. There is also a Children’s version There are many meditation apps. I haven’t used them all enough to compare! Sometimes children resonate with or do not like a specific voice or accent so it is worth trying a few if your child does not like one of them! I also like **Smiling Mind** and **Stop, Breath and Think** (new younger kid version, and teen version)

Moodkit: A Cognitive Behavioral Therapy oriented app, packed full of information. I find the ThoughtChecker portion especially useful and well designed and can be used as stand-alone. Requires strong language and metacognitive skills.

iMoodJournal: An easy mood tracking app. Useful especially for kids who dread activities including school, but are OK once they are there. Photo/journaling option a plus. Can be used with kids who have limited language and metacognitive skills.

Youtube has many going-to-sleep guided meditations some with various sounds (music; nature sounds) and with a range of voices. You may want to explore them with your child during the day to see if one resonates to try at night. In general teaching relaxation and sampling guided meditations during the day is key for ultimate nighttime use!

Books (there are loads of helpful books on anxiety!)

Up and Down the Worry Hill by Aureen Wagner

Great explanation of anxiety and gradual exposure for elementary reading level

Attacking Anxiety A Step-by-Step Guide to an Engaging Approach to Treating Anxiety and Phobias in Children with Autism and Other Developmental Disabilities (2016)

Karen Levine and Naomi Chedd

Tools

Incredible Five Point Scale Dunn Buron While this is written as an anger/frustration scale you can relate the colors as worried or anxious and use it as part of CBT or as a standalone tool to help children relay their degree of distress before, during, after anxiety triggers. Once children have internalized the colors or numbers as a scale it is a handy shortcut to use on the spot as children begin to worry about upcoming events.

Social-Affective Diet concept article for IEPs, available free on Karen’s website.

Handouts

Gradual Exposure and Humor

We have summarized our book/gradual exposure combined with co-regulating and humor in our handout available free on my website, <http://drkarenlevine.com>

