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INTRODUCTION

Hello! My name is Kelly and my Girl Scout Gold Award project was making a toolkit for anxiety and holding a presentation where I gave families information about relieving anxiety and taught them how to make their own. I called this anxiety toolbox a “worry kit” because I was teaching elementary school kids. This presentation was specifically designed for kids in grade 4 to 5 because I first started experiencing anxiety around their age, and a worry kit improved my anxiety management skills. I believe these tools are most helpful early on because if they were older, their anxiety may be too advanced for a worry kit to help much.

HOW TO PUT ON A WORKSHOP

- Begin by making the kits. The instructions are after this section. Make sure you have enough (or more) for every child attending your presentation.
- Set a date for your workshop. My advisor (an elementary school counselor) and I arranged for a time and date before contacting families so we could get

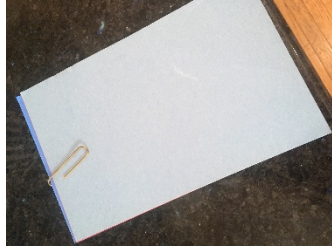
a general idea about which times worked for them. Make sure to schedule a backup day, too.

- Find a place for your workshop. I used the library of the elementary school I went to, and we were able to make a reservation to use the library after the school day.
- Find out who will attend your workshop. I received help from the elementary school I attended and the counselor that worked there. She invited a small group of children who she knew struggled with anxiety and whose parents were sure to come. Almost everyone she reached out to followed through.
- Make sure you have all of your materials. I will go into specific detail of the materials in the last section.
- Hold your presentation. See the last section for a script of mine.

HOW TO MAKE KITS

I bought all of these supplies for the worry kits off Amazon or from the dollar store. I will leave links for some items. The list of materials are as follows, and all of their purposes are in the next section. Each worry kit has:

- Plastic bins with lids to hold the items. <https://www.dollartree.com/plastic-storage-boxes-with-lids/163097>
- Ziploc bag of a dozen marbles. https://www.amazon.com/OIG-Brands-Glass-Marbles-Kids/dp/B07K1M6B4M/ref=asc_df_B07K1M6B4M/?tag=hyprod-20&linkCode=df0&hvadid=242041888015&hvpos=1o2&hvnetw=g&hvrand=11660851207822898141&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9007821&hvtargid=pla-638564693023&pssc=1
- One container of silly putty. https://www.amazon.com/Crayola-Silly-Putty-Original-Bundle/dp/B00XYY75VG/ref=sr_1_4?crid=2AICYSYW6HURQ&keywords=silly+putty&qid=1554159211&sr=1-4&s=toys-and-games&sprefix=silly+pu%2Ctoys-and-games%2C147&sr=1-4
- A few sheets of paper.



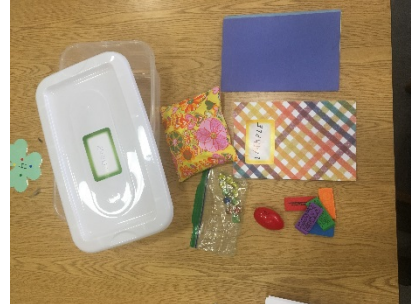
- A paper journal. To make it, fold 3 pieces of printer paper in half inside a piece of construction paper. Staple up and down the fold a few times to make sure it doesn't come apart. It should look like a little book. https://www.ehow.com/how_7780239_make-book-construction-paper-kids.html staple bound book instructions



- A rice bag. They do not need to be heated. <https://www.instructables.com/id/Warm-Rice-Bag/>

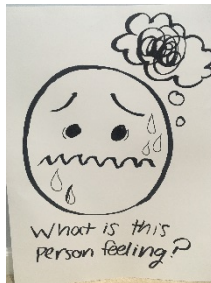


- One pack of scented erasers. <https://www.dollartree.com/inc-scented-erasers-5ct-packs/237635>



GIVING A WORKSHOP

As parents walked in the door, I gave them the pre survey to fill out until everyone was there. When all of them had arrived, I introduced myself. I told the families my name, grade, and where I went to school. I also told them some of the teachers I had at that school which made them feel more comfortable and gave us a bit more of a connection. I gave them a brief explanation of what a Gold Award is and why I chose this project. I basically just said that it was 80 hours of making a positive impact on my community. I then pointed to the poster of the anxious face and asked what they thought the person was feeling.



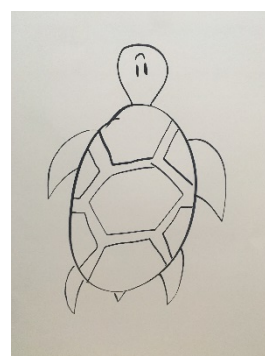
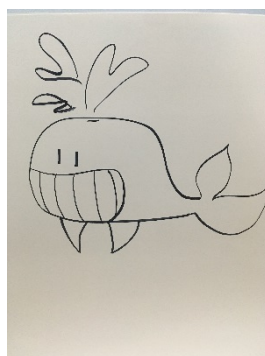
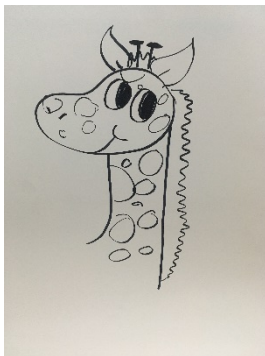
After I got the answer (worried or nervous), I also asked them to give examples of times they felt this way. I explained that I used to feel like that every single day at their age. I told them the things that made me nervous and how it got bad enough that my mom took me to a therapist (the kids were young, so I said ‘worry doctor’ to help them understand) and that she recommended a worry kit to me. I explained that I wanted to help kids like them work out their anxieties with a worry kit because it had helped me so much (it is important to clarify to the parents that the worry kit is just a starting point for most, and depending on the situation they may need to seek out further help).

Next, I gave them a proper definition of a worry kit. I said that it is a way to work out your worries and a bunch of tools to help you calm down. I told them that worry kits can be used before or after an anxiety-inducing situation. I then showed them the items inside and what I used them for (silly putty to play with, marbles to roll around, scented things for a sort of aromatherapy, rice bag for feeling, journal for drawing and writing, paper for ripping). Next, it was time for making the kits.

All of the elements of the kit were laid out in a sort of assembly line, and I had them take one thing from each station to put in their plastic bin. After they were all assembled, I gave the kids a few minutes to mess around with the kit because they were really excited. I would have done this either way, because they need to practice with the kit to find which tools work best for them.

After they got a bit of time to play, I restated the things I had said about using the worry kit earlier (practice when not worried, before or during a situation, etc) and I also mentioned my experience. When I was younger, I used the worry kit with my mom to help take the pressure off the situation. When I got so anxious I couldn't think rationally, I would use my tools to get to a point where I could reframe the worry. I also told them about the tools that worked best for me (silly putty for stretching, rice bags for throwing and catching, marbles for feeling) , as a transition to the drawing part.

I explained that drawing was my number one tool for calming down, because I enjoyed it and because the process was very relaxing. I had them take out the journals in the kit, passed out pencils and the step by step drawing guides, and demonstrated the drawings to have them follow along. I would stop after every step to make sure they understood. If they got discouraged, I emphasized that it's the process that works, not the result. I gave them a paper guide to follow too.



Lastly, I handed out the resources and post surveys. I thanked them several times for coming, saying how much it meant to me and how much I appreciated their help with my project. I stayed after for any questions, and collected the post surveys.

