

Resources - Tools to Tackle Your Childs Anxiety

- Shelly Qualtieri – Counselling & Coaching & *Fiercely Fabulous Programs*:
www.shellyqualtieri.ca
C: 587.229.8529
E: hellosellyqualtieri@gmail.com
- Anxiety Canada: <https://www.anxietycanada.com/parenting/parent-child>
- Mindful Schools: <https://www.mindfulschools.org/>
- Teacher Starter: <https://www.teachstarter.com/blog/classroom-mindfulness-activities-for-children/>
- Calm: <https://www.calm.com/>
- Mindful Powers: <http://mindfulpowersforkids.com/>
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's*
- *Developing Mind*. By Daniel J. Siegel
- *Have You Filled a Bucket Today?* By: Carol McCloud
- *Visiting Feelings*. By: Lauren Rubenstein

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