

# Alpaca

## Resource Guide

Alpaca's stories were developed with the intention to promote anxiety reduction and stress relief. Through these stories, children learn the coping skills of articulating their feelings and sharing their worries with trusted adults, so they do not have to carry them alone.

### Key Themes

#### Anxiety Management

Helping our mind and body feel calmer when we are worried or anxious

#### Stress Relief

Helping ourselves feel calmer when we feel stressed with worry or feeling uncomfortable

#### Coping Skills

We can learn ways to get through hard times and big feelings

#### Resilience

Our strength, deep inside, that helps us get through hard times

#### Emotional Expression

Noticing and sharing our own feelings

### Discussion Questions

What do you do to help calm your body and mind when you feel worried?

*Take deep breaths, read books, talk to a caregiver, etc.*

Who can help you carry our worries?

*Alpaca can help carry our worries. Our caregivers can also help if we share our feelings with them.*

### Activity

Everyone has worries. Having a safe place to put our worries can help us feel more calm and relaxed. Ask your child to name some of their worries. Write or draw them on pieces of paper and tuck them away into a safe place for Alpaca to carry (ie. a bag or box).

*Tip: If your child is not able to think of any worries at the moment, ask them what "other kids" might worry about. This can open up a discussion about worries and stress.*

### Affirmation

**I am strong and supported.**