



"Tunnel Vision"

Jocelyn, 16

## Anxiety Management Toolbox Materials/Shopping List

The items listed below were used to create an Anxiety Management Toolbox. The toolbox was presented by members of the WATCH coalition to those in attendance at the Axles of Anxiety: Who, What, Why WATCH Wellness Workshop on November 9, 2018. Additional workshop materials can be found at [WATCHdenton.org](http://WATCHdenton.org) under the Professionals tab at the top of the page.

Questions about the toolbox can be directed to Alisa Quimby at [alisa.quimby@cookchildrens.org](mailto:alisa.quimby@cookchildrens.org).

Anxiety Management Toolkit Card Name	Item	Link
N/A	Cardstock	<a href="https://www.officedepot.com/a/products/423545/Astro-brights-Color-Card-Stock-8-12/#/">https://www.officedepot.com/a/products/423545/Astro-brights-Color-Card-Stock-8-12/#/</a>
	Anxiety Management Toolkit Card Set	<a href="http://www.watchdenton.org/wp-content/uploads/2018/11/anxiety-mgmt-cards-anxiety-mgmt-toolkit.pdf">http://www.watchdenton.org/wp-content/uploads/2018/11/anxiety-mgmt-cards-anxiety-mgmt-toolkit.pdf</a>
N/A	Plastic Dry Erase Storage Bin with Handles	<a href="https://smile.amazon.com/Stackable-Classroom-Organization-Containers-Organizing/dp/B07G5W4LLX/ref=sr_1_1?ie=UTF8&amp;qid=1539608287&amp;sr=8-1&amp;keywords=locker+bins+with+handles">https://smile.amazon.com/Stackable-Classroom-Organization-Containers-Organizing/dp/B07G5W4LLX/ref=sr_1_1?ie=UTF8&amp;qid=1539608287&amp;sr=8-1&amp;keywords=locker+bins+with+handles</a>
N/A	Rings	<a href="https://smile.amazon.com/Bazic-Metal-Book-Rings-Silver/dp/B00KY45I8Q/ref=sr_1_12?s=office-products&amp;ie=UTF8&amp;qid=1539616903&amp;sr=1-12&amp;keywords=book+rings+one+inch&amp;refinements=p_72%3A1248945011#customerReviews">https://smile.amazon.com/Bazic-Metal-Book-Rings-Silver/dp/B00KY45I8Q/ref=sr_1_12?s=office-products&amp;ie=UTF8&amp;qid=1539616903&amp;sr=1-12&amp;keywords=book+rings+one+inch&amp;refinements=p_72%3A1248945011#customerReviews</a>
Microscope Test	Eyes Ring	<a href="https://smile.amazon.com/dp/B0772TC6V6/ref=sxbs_sxwds-stvpv2_3?pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=6375e697-f226-4dbd-a63a-5ec697811ee1&amp;pd_rd_wg=C6guS&amp;pf_rd_r=7MAJME5XY31QAAWRT364&amp;pf_rd_s=desktop-sx-bottom-slot&amp;pf_rd_t=301&amp;pd_rd_i=B003FHM27O&amp;pd_rd_w=Cadol&amp;pf_rd_i=monster%2Bfinger%2Bpuppets&amp;pd_rd_r=d0ea34f4-e934-482f-8a75-a9cd4019e202&amp;ie=UTF8&amp;qid=1539610664&amp;sr=3&amp;th=1">https://smile.amazon.com/dp/B0772TC6V6/ref=sxbs_sxwds-stvpv2_3?pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=6375e697-f226-4dbd-a63a-5ec697811ee1&amp;pd_rd_wg=C6guS&amp;pf_rd_r=7MAJME5XY31QAAWRT364&amp;pf_rd_s=desktop-sx-bottom-slot&amp;pf_rd_t=301&amp;pd_rd_i=B003FHM27O&amp;pd_rd_w=Cadol&amp;pf_rd_i=monster%2Bfinger%2Bpuppets&amp;pd_rd_r=d0ea34f4-e934-482f-8a75-a9cd4019e202&amp;ie=UTF8&amp;qid=1539610664&amp;sr=3&amp;th=1</a>
Bubble (Deep) Breathing	Bubbles	<a href="https://smile.amazon.com/Filled-Miracle-Activity-Assorted-Plastic/dp/B06X6LDDS9/ref=sr_1_4_acs_ac_1?s=toys-and-games&amp;ie=UTF8&amp;qid=1539609125&amp;sr=1-4_acs&amp;keywords=bubbles&amp;th=1">https://smile.amazon.com/Filled-Miracle-Activity-Assorted-Plastic/dp/B06X6LDDS9/ref=sr_1_4_acs_ac_1?s=toys-and-games&amp;ie=UTF8&amp;qid=1539609125&amp;sr=1-4_acs&amp;keywords=bubbles&amp;th=1</a>
Chill Charm	Stone with Word	<a href="https://smile.amazon.com/Fun-Express-Faith-Stones-Novelty/dp/B0074CENE6/ref=sr_1_1?s=toys-and-games&amp;ie=UTF8&amp;qid=1539609344&amp;sr=1-1&amp;keywords=stones+with+words">https://smile.amazon.com/Fun-Express-Faith-Stones-Novelty/dp/B0074CENE6/ref=sr_1_1?s=toys-and-games&amp;ie=UTF8&amp;qid=1539609344&amp;sr=1-1&amp;keywords=stones+with+words</a>
Stones and Spaghetti	N/A	N/A
Mr. Busy & the 5 Sensations	Glove	<a href="https://smile.amazon.com/dp/B07CZRM8X2/ref=twister_B07CZRV62H?_encoding=UTF8&amp;psc=1">https://smile.amazon.com/dp/B07CZRM8X2/ref=twister_B07CZRV62H?_encoding=UTF8&amp;psc=1</a>
Catching Wrong Thoughts	Thinking Errors Card Set	<a href="http://www.watchdenton.org/wp-content/uploads/2018/11/anxiety-mgmt-cards-thinking-errors.pdf">http://www.watchdenton.org/wp-content/uploads/2018/11/anxiety-mgmt-cards-thinking-errors.pdf</a>
Catching Wrong Thoughts	Sticky Hand	<a href="https://smile.amazon.com/dp/B07F1B2C53/ref=sspa_dk_detail_8?psc=1&amp;pd_rd_i=B07F1B2C53">https://smile.amazon.com/dp/B07F1B2C53/ref=sspa_dk_detail_8?psc=1&amp;pd_rd_i=B07F1B2C53</a>

Worry Monster/Bullies	Monster Finger Puppet	<a href="https://www.target.com/p/monster-finger-puppets-kipper/-/A-75513658">https://www.target.com/p/monster-finger-puppets-kipper/-/A-75513658</a>
Put on Your Detective Cap	Magnifying Glass	<a href="https://smile.amazon.com/Magnifying-Glasses-Great-Party-fillers/dp/B00I3ILMO4/ref=sr_1_5?s=toys-and-games&amp;ie=UTF8&amp;qid=1539611250&amp;sr=1-5&amp;keywords=magnifying+glass">https://smile.amazon.com/Magnifying-Glasses-Great-Party-fillers/dp/B00I3ILMO4/ref=sr_1_5?s=toys-and-games&amp;ie=UTF8&amp;qid=1539611250&amp;sr=1-5&amp;keywords=magnifying+glass</a>
Worry Time	N/A	N/A
Back Talk	N/A	N/A
Tension-Busting Tunes	N/A	N/A
Highs and Lows Journaling	Journal	Item provided by The Center for Children's Health led by Cook Children's
Highs and Lows Journaling	Pencil	Item provided by The Center for Children's Health led by Cook Children's
Soothing Senses Set	Brain Shaped Stress Reliever	Item provided by The Center for Children's Health led by Cook Children's
Soothing Senses Set	Play-doh	<a href="https://www.target.com/p/play-doh-party-bag/-/A-14782683">https://www.target.com/p/play-doh-party-bag/-/A-14782683</a>
Soothing Senses Set	Lolly Pops	<a href="https://www.target.com/p/dum-dum-original-assorted-flavors-lollipops-13oz/-/A-12931362">https://www.target.com/p/dum-dum-original-assorted-flavors-lollipops-13oz/-/A-12931362</a>
Soothing Senses Set	Glitter Wand	<a href="https://smile.amazon.com/Toysmith-Spiral-Glitter-Inches-Complete/dp/B01CQ06ZCS/ref=sr_1_2?s=toys-and-games&amp;ie=UTF8&amp;qid=1539611784&amp;sr=1-2&amp;keywords=glitter+wands">https://smile.amazon.com/Toysmith-Spiral-Glitter-Inches-Complete/dp/B01CQ06ZCS/ref=sr_1_2?s=toys-and-games&amp;ie=UTF8&amp;qid=1539611784&amp;sr=1-2&amp;keywords=glitter+wands</a>
Soothing Senses Set	Scratch & Sniff Stickers	<a href="https://www.amazon.com/enterprises-Scents-Stinky-Stickers-Variety/dp/B004E2RGJ8/ref=pd_sim_229_6?encoding=UTF8&amp;pd_rd_i=B004E2RGJ8&amp;pd_rd_r=e7d733a1-d088-11e8-9a8b-017d633f01ef&amp;pd_rd_w=M0s7m&amp;pd_rd_wg=BG733&amp;pf_rd_i=desktop-dp-sims&amp;pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&amp;pf_rd_r=DTCR0YN7MS0TF6G0Q4PB&amp;pf_rd_s=desktop-dp-sims&amp;pf_rd_t=40701&amp;pvc=1&amp;refRID=DTCR0YN7MS0TF6G0Q4PB&amp;pldnSite=1">https://www.amazon.com/enterprises-Scents-Stinky-Stickers-Variety/dp/B004E2RGJ8/ref=pd_sim_229_6?encoding=UTF8&amp;pd_rd_i=B004E2RGJ8&amp;pd_rd_r=e7d733a1-d088-11e8-9a8b-017d633f01ef&amp;pd_rd_w=M0s7m&amp;pd_rd_wg=BG733&amp;pf_rd_i=desktop-dp-sims&amp;pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&amp;pf_rd_r=DTCR0YN7MS0TF6G0Q4PB&amp;pf_rd_s=desktop-dp-sims&amp;pf_rd_t=40701&amp;pvc=1&amp;refRID=DTCR0YN7MS0TF6G0Q4PB&amp;pldnSite=1</a>
Soothing Senses Set	Egg Shaker	<a href="https://smile.amazon.com/dp/B07G71M92K/ref=sspa_dk_detail_1?psc=1&amp;pd_rd_i=B07G71M92K&amp;pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=f52e26da-1287-4616-824b-efc564ff75a4&amp;pf_rd_r=KVBAP24NHADJQVBWPNSV&amp;pd_rd_wg=pTfMs&amp;pf_rd_s=desktop-dp-sims&amp;pf_rd_t=40701&amp;pd_rd_w=uYgOK&amp;pf_rd_i=desktop-dp-sims&amp;pd_rd_r=8c99ec0a-d087-11e8-bdc5-8929d75e6129#customerReviews">https://smile.amazon.com/dp/B07G71M92K/ref=sspa_dk_detail_1?psc=1&amp;pd_rd_i=B07G71M92K&amp;pf_rd_m=ATVPDKIKX0DER&amp;pf_rd_p=f52e26da-1287-4616-824b-efc564ff75a4&amp;pf_rd_r=KVBAP24NHADJQVBWPNSV&amp;pd_rd_wg=pTfMs&amp;pf_rd_s=desktop-dp-sims&amp;pf_rd_t=40701&amp;pd_rd_w=uYgOK&amp;pf_rd_i=desktop-dp-sims&amp;pd_rd_r=8c99ec0a-d087-11e8-bdc5-8929d75e6129#customerReviews</a>

Happy Places	N/A	N/A
Stormy/Sunny Thoughts	N/A	N/A
Walk Away from the Buffet	Paper Plates	<a href="https://www.target.com/p/chinet-classic-white-paper-dinner-plates-32ct/-/A-13860115">https://www.target.com/p/chinet-classic-white-paper-dinner-plates-32ct/-/A-13860115</a>
Walk Away from the Buffet	Sticky Notes	<a href="https://smile.amazon.com/AmazonBasics-Sticky-Notes-Assorted-18-Pack/dp/B079X87CY1/ref=sr_1_4?ie=UTF8&amp;qid=1539615155&amp;sr=8-4&amp;keywords=post+it+notes+1+3%2F8+x+1+7%2F8">https://smile.amazon.com/AmazonBasics-Sticky-Notes-Assorted-18-Pack/dp/B079X87CY1/ref=sr_1_4?ie=UTF8&amp;qid=1539615155&amp;sr=8-4&amp;keywords=post+it+notes+1+3%2F8+x+1+7%2F8</a>
Move It or Lose It	N/A	N/A
Yogi Stories	Bendable Figure	<a href="https://smile.amazon.com/Goofy-Smiley-Face-Bendables-Bendable/dp/B01N7HI85M/ref=sr_1_4?ie=UTF8&amp;qid=1539615348&amp;sr=8-4&amp;keywords=bendable+figures">https://smile.amazon.com/Goofy-Smiley-Face-Bendables-Bendable/dp/B01N7HI85M/ref=sr_1_4?ie=UTF8&amp;qid=1539615348&amp;sr=8-4&amp;keywords=bendable+figures</a>
Practice Makes Perfect	N/A	N/A
Anxiety Meter	Thermometer	<a href="https://smile.amazon.com/ETA-hand2mind-Demonstration-Thermometers-Mercury-Free/dp/B01N6Y3TFC/ref=sr_1_4?ie=UTF8&amp;qid=1539615755&amp;sr=8-4&amp;keywords=teaching+thermometer">https://smile.amazon.com/ETA-hand2mind-Demonstration-Thermometers-Mercury-Free/dp/B01N6Y3TFC/ref=sr_1_4?ie=UTF8&amp;qid=1539615755&amp;sr=8-4&amp;keywords=teaching+thermometer</a>

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