TOOLED UP®
BECAUSE EVIDENCE MATTERS

Newsletter, 04.11.2026

Whether it's distressing world events, climate change or everyday school pressures, children can feel anxious and overwhelmed by things beyond their control.

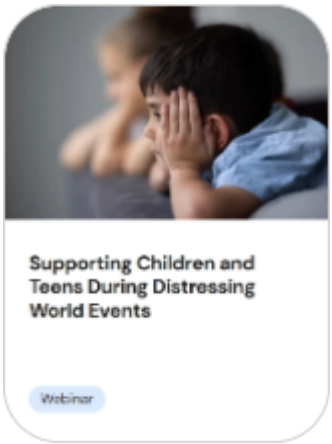
Although we can't eliminate every worry, we can help them feel heard, build skills to manage their emotions and recognise where they can make a positive difference.

Tooled Up has a range of expert-led resources that equip parents and carers with practical skills and strategies to help families navigate uncertainty, manage worries and feel more prepared to face life's challenges together.

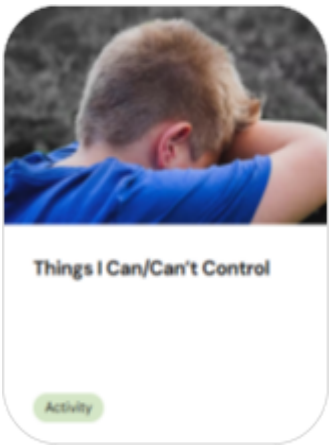
How can we talk to children about unsettling world events without adding to their worries? Our **Supporting Children and Teens During Distressing World Events** webinar **offers guidance on** having **sensitive, age appropriate** conversations that **acknowledge feelings**, and provide **reassurance** and **emotional safety**.

Children and teenagers may feel anxious, frustrated or helpless about climate change and the future. Our article, **Helping Young People Navigate Eco-Distress in Uncertain Times**, **explains how eco distress can manifest in different ways** depending on a child's experiences, and how parents and carers can **validate these feelings** while encouraging **constructive action**.

Sometimes, a simple activity can help put worries into perspective. Our **Things I Can/Can't Control** exercise encourages children to distinguish between **what they can't control**, such as world events or other people's behaviour, and **what they can influence**, such as their responses, choices and daily habits. It's a useful tool for building confidence and a greater sense of control over their own lives.







Remember to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on Facebook, Instagram and LinkedIn.