



Anxiety at School

SIGNS OF ANXIETY IN STUDENTS

Avoidance Behaviors

Refusing to participate in activities, group work, or specific classes.

Irritability

Becoming easily frustrated or upset during class activities or peer interactions.

Emotional Outbursts

Crying or having meltdowns, especially when faced with challenges or stress.

Escape Tactics

Frequently asking to use the bathroom to avoid stressful classroom situations.

Excessive Worry

Constantly fretting about upcoming tests, assignments, or changes in routine.

Physical Complaints

Recurring headaches, stomachaches, or feeling ill without clear medical cause.

Reassurance Seeking

Repeatedly asking teachers for validation of their work or performance.

Social Withdrawal

Avoiding group activities, recess, or peer interactions during breaks.

Concentration Issues

Difficulty focusing on lessons or tasks due to preoccupation with worries.

HOW TO SUPPORT THEM

Teach Relaxation

Introduce deep breathing, muscle relaxation, and guided imagery to help children self-calm.

Establish Routines

Create a structured environment with clear expectations and advance notice of changes.

Gradual Exposure

Support children in facing anxiety-provoking situations step-by-step, using positive reinforcement.

Problem-Solving Skills

Teach children to identify problems, brainstorm solutions, and evaluate outcomes.

Practice Coping

Incorporate mindfulness and grounding exercises into daily routines.

Clear Instructions

Break tasks into manageable steps and ensure children understand expectations.

Positive Reinforcement

Praise and reward brave behaviors to encourage facing fears and build resilience.

Create Safe Space

Designate a quiet, calming area for children to retreat and self-regulate when overwhelmed.

Encourage Peer Support

Foster positive social interactions through buddy systems or small group activities.

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