aspire psychological

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.

Learn how our team **partners with schools**

Need a Trusted Referral? We're Here to Help.

If a child's anxiety is interfering with daily life, or if parents feel stuck, call our team. No waitlist, and a free 10-minute call to see if we're a fit.



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