Tips to Help Anxious Children at School

**Home to School Transitions**
- Adjust arrival time
- Trusted adult available at drop off
- Quiet room to transition before classroom

**In the Classroom**
- Extra adult support
- Organizational systems in place
- Visible schedule
- Assistive Technology
- Calm corner

**During Classwork**
- Home comforts or fidgets
- Structured breaks
- Safe place to go if needed
- Reward system for effort
- Extra time
- 504s or IEPs as needed

**Positive Relationships**
- Teachers, Administrators, Parents, outside Counselors and Doctors must work together as a team
- Allow opportunities for positive peer interaction

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