



Tips to Help Anxious Children at School

<https://goodbyeanxietyhellojoy.com>

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