

Defiance and Misbehavior
refusal to comply to avoid anxiety inducing situation

Inattention
lack of focus, slipping grades, fidgeting, easily distracted

Need for Control
over planning, controlling situations, unwilling to compromise

Physical Symptoms
stomachaches, headaches, overly tired

Seeking Validation
feelings of neediness and insecurity



Anger and Frustration
constantly in a state of perceived danger

10 Not So Obvious Signs of Anxiety in Children

<https://goodbyeanxietyhellojoy.com>

Negative Nelly
sees the negative in all situations, exaggerates the negative, unable to see positive

Sleep Issues
trouble falling sleep, waking often, not wanting to sleep alone

Avoidance
not participating in events, school activities, sports, family outings

Excessive Question Asking
seeking reassurance and formulating a plan