

# 504 ACCOMMODATION IDEAS FOR ANXIETY

Not to remove the anxiety but to help support the child while dealing with it

Remember the goal of a 504 for anxiety

All of these can be put in place in the beginning, but remember, the goal is to teach the child the skills needed to manage the anxiety so they no longer need these accommodations.

- **Provide a break pass to use as needed**
- **Clearly state classroom expectations**
- **Daily schedule should be clearly posted**
- **Break down assignments into chunks**
- **Offer directions in written and oral format**
- **Identify a safe person in the school to visit**
- **Alternatives to the cafeteria where other kids can eat as well- not isolation**
- **Provide seating with low distractions**
- **Check-ins for understanding by the teacher**
- **Separate location for testing**
- **Opportunities to use self-coping skills**

<https://goodbyeanxietyhellojoy.com>