

# Anxiety

Olivia Anacleto, Raquel Levy, Sarah Tedford





Photo by [Usman Yousaf](#) on [Unsplash](#)



# What is Anxiety?

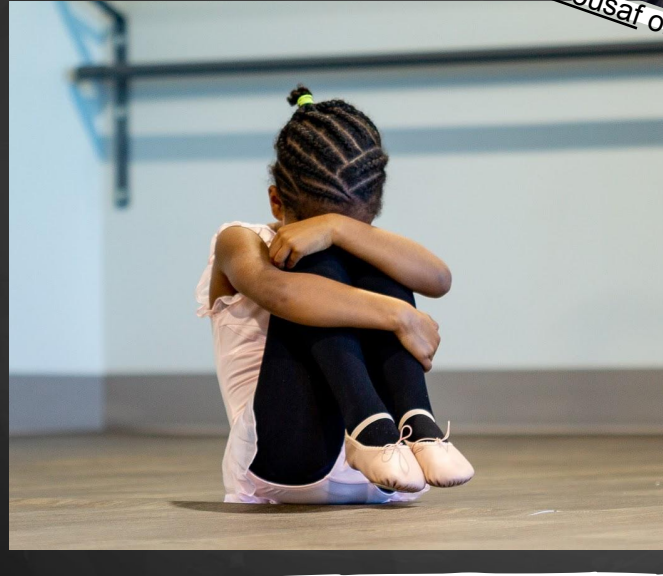


Photo by [Solen Feyissa](#) on [Unsplash](#)

Let's play a game!

What percent of Canadian children do you think experience anxiety?





# Shocked?

You were probably thinking of an anxiety disorder!

# 3 terms to understand when talking about anxiety



Stress

A physical, emotional or mental state of tension. Stress is a **feeling** that is a normal part of life. (Duvall & Roddy 2021)

Anxiety

Constant stress and excessive worry about real and/or imagined circumstances. Students with anxiety are consumed with perceived future threats. (Duvall & Roddy 2021)



Anxiety Disorders

Anxiety disorders are a group of mental illnesses involving excessive anxiety. (CMHA 2018)

# A list of Common Anxiety Disorders:

Generalized  
anxiety disorder

Panic disorder

Agoraphobia

Phobias

Social phobia or  
social anxiety  
disorder

Selective  
mutism

Separation  
anxiety disorder

With that said...

What percent of Canadian children do you think experience an anxiety disorder?



?

However, this statistic only represents students diagnosed with anxiety disorders...

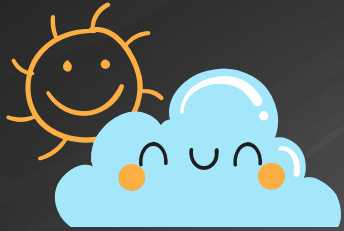
(Canadian Mental Health Association 2018)



Realistically...

Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of **20%** of children and adolescents over the lifespan.





# How to Recognize Anxiety in Students





How many of us have  
taught a student with  
anxiety?



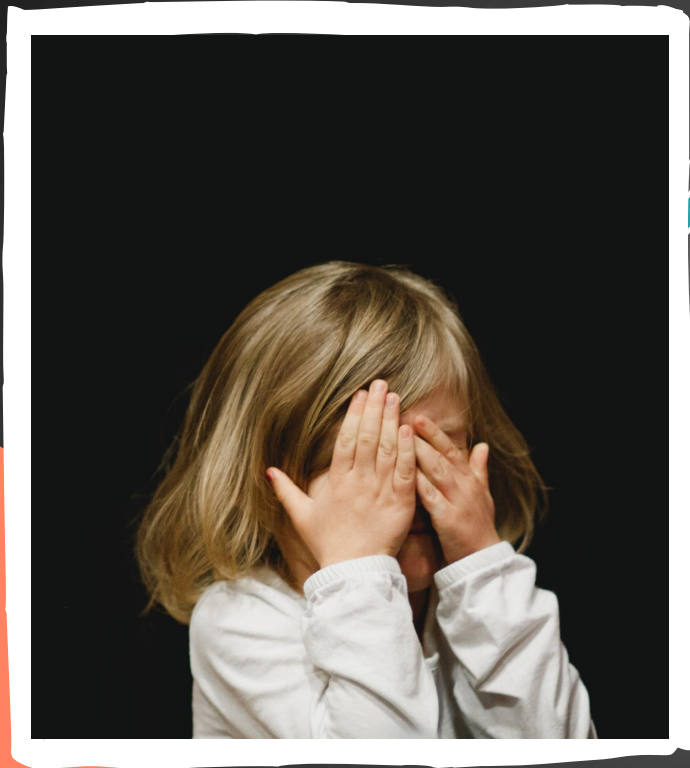


Photo by Caleb Woods on Unsplash

## Signs of Anxiety

- Difficulties in school
- Attendance problems
- Physical complaints
- Avoidance of certain things

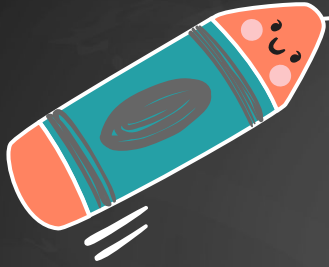
## More Signs

- Difficulty sleeping or eating
- Very concerned
- Frequent panic attacks
- Seek reassurance
- Upset over minor problems



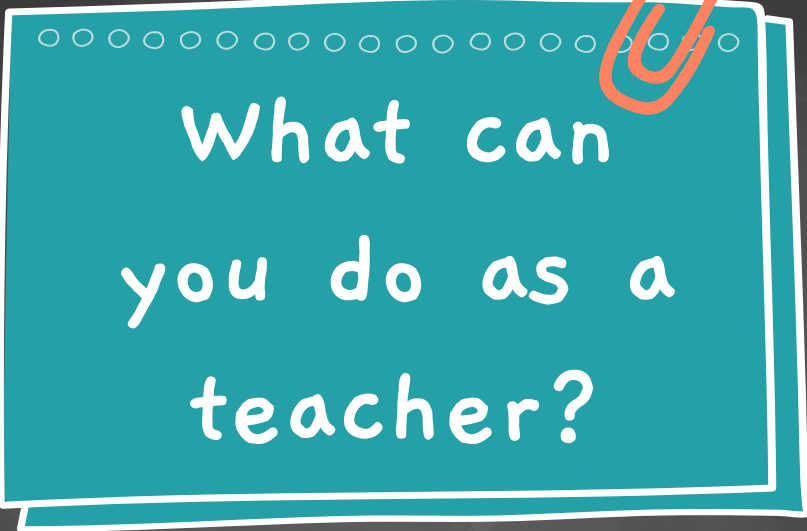
Photo by Janko Ferlič on Unsplash

Again...



Do you think you have taught a student with anxiety now that you know and are able to recognize the signs and how it is presented?

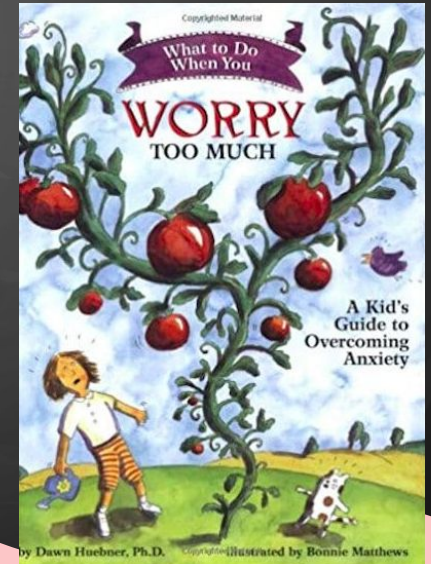
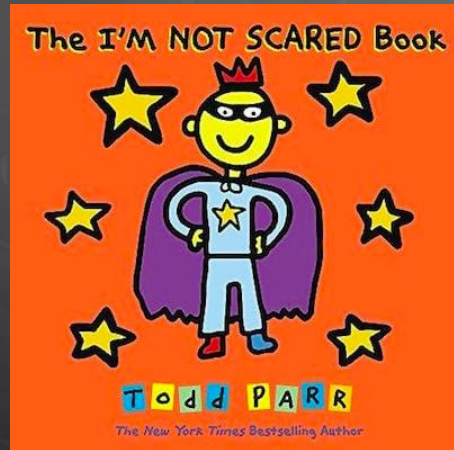
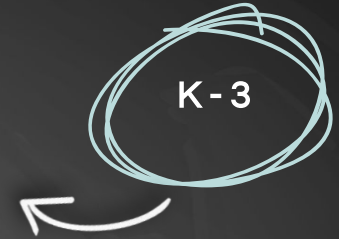
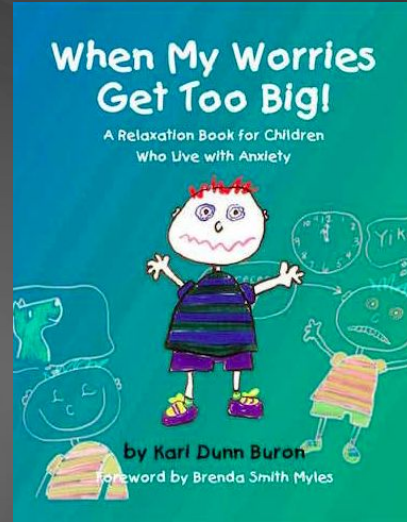
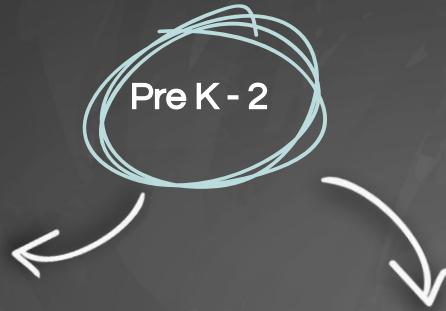
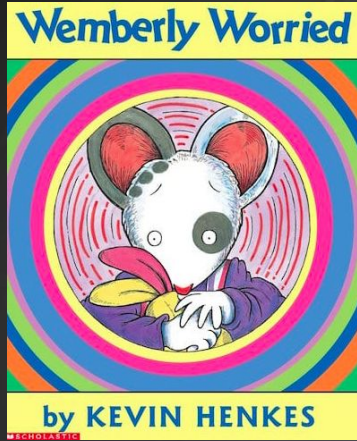




# What can you do as a teacher?

To help students who may  
be struggling with anxiety.

# Talk Openly About Anxiety With Your Students



Remember that responses to anxiety vary!

## What Zone Are You In?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control





# Emotional Regulation

Just a few tips to help  
children regulate anxiety.



# ☺ Rainbow Breaths ☺

Let's try some rainbow breaths together!



# Get Outside!

How many  
different kinds of  
trees do you  
see?



Photo by Mike Benna on Unsplash.

What sounds  
can you hear?

# Gratitude Journal

Encouraging students to think positive can sometimes shift their negative thoughts.

Have students keep a gratitude journal! If you notice they may be overwhelmed or may be feeling anxious, encourage them to re-read what they wrote for some positivity!

What is something you are thankful for? Add it to the chat!

# Get Kids Moving

**MOVE**

**HIGH KNEES**



(20 seconds)

**RECHARGE**

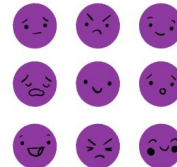
**TREE**



(Hold each side for 10 seconds)

**MOOD**

**CHANGE YOUR MOOD!**

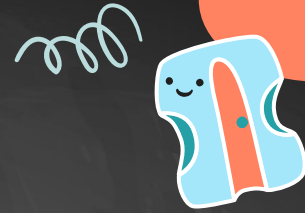


Point to the negative moods. Then turn around three times, and point to the positive moods. Think about how you might change your mood from negative to positive when you have a tough situation.

## Moving Forward...

Teachers are the trusted adult for children for about 25-30 hours a week. With that said, it is our responsibility to be understanding of anxiety disorders and other mental health problems that our students may need to manage.

The best way to help students with anxiety is to create a classroom environment that welcomes open conversation about mental health. Educate your students about these problems and make sure that they know that you are open to collaborating with them to discover what you can do to help them.



# References

- 10 best children books to help kids with anxiety*. (n.d.). Educate 2 Empower Publishing. Retrieved March 05, 2021, from <https://e2epublishing.info/blog/10-best-books-anxiety>
- Anxiety Canada. (2020, October 29). Retrieved March 05, 2021, from <https://www.anxietycanada.com/>
- Canadian Mental Health Association. Children, youth, and anxiety. (2018, December 06). Retrieved March 05, 2021, from <https://cmha.ca/documents/children-youth-and-anxiety>
- Cole, S. (2018, August 27). *15 books that may help students with anxiety*. We Are Teachers. <https://www.weareteachers.com/books-for-kids-with-anxiety/>
- Duvall, A., & Roddy, C. (2020). *Managing anxiety in school settings: Creating a survival toolkit for students*. Routledge.
- Ehmke, R. *Anxiety in the classroom*. Child Mind Institute. <https://childmind.org/article/classroom-anxiety-in-children/>.
- McKibben, S. (2017, August). *Helping ease student anxiety*. ASCD. <http://ascd.ascd.org/publications/newletters/education-update/asp/17/vol159/nim08/Helping-Ease-Student-Anxiety.aspx>.
- Nelson, K. (2019, October 01). *10 ways to help students who struggle with anxiety*. We Are Teachers. <https://www.weareteachers.com/help-students-with-anxiety/>
- Think Social Publishing. (2019, November 1). *14 tips to help all kids learn to manage anxiety*. Socially Thinking Articles. <https://www.socialthinking.com/Articles?name=14-tips-help-kids-manage-anxiety>
- Tornio, S. (n.d.). *Encourage creative movement in the classroom with free wellness way printable*. We Are Teachers. <https://www.weareteachers.com/wellness-way/>