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EPHE 311: Special Topics in PHE Annotated Bibliography
Mental Health: Anxiety

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>

This webpage includes 10 books that can be used to teach students about anxiety for all grade levels. Teaching students about anxiety through story books is a great way to talk openly to your students about anxiety and show them strategies to help them face anxious thoughts. Not only will reading books about anxiety help those students that are struggling, but they can also help your entire class learn about how to manage anxiety in the future. These can be implemented in your classroom during a read-aloud to teach this important topic to students in an engaging way!

Anxiety Canada. (2020, October 29). Retrieved March 05, 2021, from

<https://www.anxietycanada.com/>

Anxiety Canada is a registered charity and non-profit organization that provides evidence-based resources on anxiety and self-help online. Their website contains information about and strategies to manage anxiety in children, youth, and adults. It also addresses educators directly in a section devoted to educating educators about anxiety and passing that information onto students.

Canadian Mental Health Association. Children, youth, and anxiety. (2018, December 06).

Retrieved March 05, 2021, from <https://cmha.ca/documents/children-youth-and-anxiety>

Information and data presented by the Canadian Mental Health Association. This webpage differentiates anxiety itself and anxiety disorders. Posted in 2018, this

information is fairly up to date. It provides statistics about the mental health of children that are useful for realizing how regularly this content will affect us in our teaching careers. This is a Canadian resource, making it all the more relevant to our understanding of what anxiety will look like in our classrooms.

Christine, O. (2020, March 26). *8 effective emotional regulation techniques for kids*. Yo Re Mi Kids. <https://www.yoremikids.com/news/emotional-regulation-activities-for-kids>

For students with or without anxiety, mindfulness is a great way to regulate emotions. This resource includes 8 emotional regulation skills that can be used in the classroom, or a PE setting. Some of these strategies include yoga poses, breathing exercises, and positive affirmation. Incorporating these mindfulness practices can help students develop strong emotional regulation skills and can help those struggling with anxiety learn how to manage it.

Duvall, A., & Roddy, C. (2020). *Managing anxiety in school settings: Creating a survival toolkit for students*. Routledge.

This book is a well-rounded resource on the topic of anxiety from a teacher's perspective. It is separated into chapters and covers everything from what anxiety is, to how it affects learning, to some helpful techniques for helping students cope with anxiety. Published in 2020, this book provides an up to date perspective on these topics. For this project, this resource was used mainly to differentiate the differences between anxiety, stress, and anxiety disorders.

Ehmke, R. *Anxiety in the classroom*. Child Mind Institute.

<https://childmind.org/article/classroom-anxiety-in-children/>.

This website talks about different forms of anxiety and what children may struggle with, as well as tips for recognizing anxiety in children at school. Anxiety can be hard to detect in students because there are so many different kinds and so many different ways it may be presented, but one thing they all have in common is that “anxiety tends to lock up the brain”, which makes school very difficult for anxious kids. Some ways that anxiety may be presented in students is through inattention and restlessness, disruptive behavior, trouble answering questions in class, not turning in homework, and avoiding socializing or group work.

McKibben, S. (2017, August). *Helping ease student anxiety*. ASCD.

<http://www.ascd.org/publications/newsletters/education-update/aug17/vol59/num08/Helping-Ease-Student-Anxiety.aspx>.

This website discusses ways to help ease anxiety in students, because telling children with anxiety to “calm down” does not work when they do not have the skills to do so. One common area that causes anxiety for students is transitions, and teachers can help with this by starting classes with mediation in order to help these students “reset”.

Another way teachers can help their anxious students is by making accommodations and providing them with work or questions in advance, so they have time to prepare for what they will be doing later.

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/>

This resource includes 10 tips to help students with anxiety. It includes ways of discussing anxiety with the class, such as storybooks, and classroom practices that can be incorporated to help manage anxieties. Some of these strategies include gratitude, deep

breathing, and incorporating movement throughout the day. It explains that if a teacher recognizes one student in the class who may be struggling with anxiety, they can take the whole class through emotional regulation exercises to help that specific student, but also the class as a whole. To be most effective, these tips can be incorporated as daily routines to help students become familiar with these regulation strategies and learn how to incorporate them on their own to manage anxiety outside the classroom.

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>

This resource explains the importance of teaching students strategies to manage and understand anxiety, such as ways to communicate with students who may be experiencing anxiety, things to remember about anxiety, and how to approach it in the classroom. Anxiety tends to be a topic we avoid talking about; however, it must be discussed in the classroom to teach students how to manage everyday anxieties. As a teacher, these tips can be incorporated into your practice to help approach anxiety in the classroom.

Tornio, S. (n.d.). *Encourage creative movement in the classroom with free wellness way*

printable. We Are Teachers. <https://www.weareteachers.com/wellness-way/>

This resource includes a free, downloadable teaching resource that can be incorporated into the classroom (specifically the PE classroom). It is called the Wellness Way, and it includes task cards that can help students manage anxiety and regulate their emotions. The red cards get kids moving (i.e., jumping jacks or high knees), the blue cards involve ways to get the students recharged and ready to learn (i.e., yoga poses), and the purple

cards promote positive affirmations and mindfulness. A fun way to use these cards in a PE classroom would be to tape them on the walls around the gym and have students visit each coloured card to try the activity (to help regulate their emotions and manage anxieties). They can also be placed around a classroom to encourage students to have a movement break when they may feel anxious throughout the day.