

Follow Up Questions for Anxiety in The Schools (Parent)

1. Think about a time when your child had significant anxiety. How did they handle it-what did they do? How did you respond? Did it help?
2. After watching this video, what might you do differently?
3. After watching this video, how might you talk your child through anxiety in the future?
4. After watching this video, how might you work with the school differently?
5. After watching this video, how might you respond to your own anxiety differently?