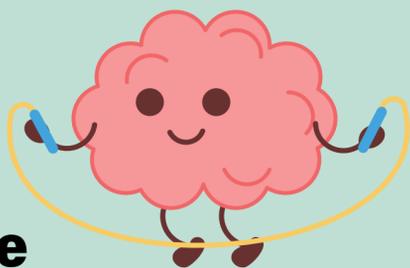


Six ways to reduce school-related anxiety

2



Arrange playdates with friends

Playdates can reduce school related stress by helping your child build their social skills, their confidence, and create long lasting friendships.

5

Using relaxation techniques



Relaxation or meditation techniques can help reduce school related stress by regulating one's heart rate and reducing muscle tension. Relaxation techniques can help your child bring awareness to how to control their breathing, heart rate and blood pressure to obtain a calmer state.

1

Setting a bedtime



Setting an early enough bedtime for adequate sleep can lower school related stress. Getting proper sleep will improve your child's ability to focus, remember information, and better regulate their emotions at school!

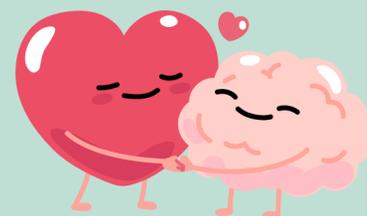
3



Joining a club or activity

Joining an after school club or activity can reduce school related stress by offering a social outlet for your child. Clubs can be fun and engaging and something your child can enjoy. After school clubs are also a way for them to take a break from the pressure of school work.

4



Getting support

Reaching out for help can reduce school related stress. Seek support from teachers, members of the Child Study Team, our Administration, and other Green Parents!

6

Validate feelings



Validating your child's feelings can help reduce school related stress by making them feel heard and accepted. Validating feelings helps to boost self-esteem and builds better coping strategies.



common feelings of anxiety

signs to look for!



**Feeling restless,
wound-up or on edge**

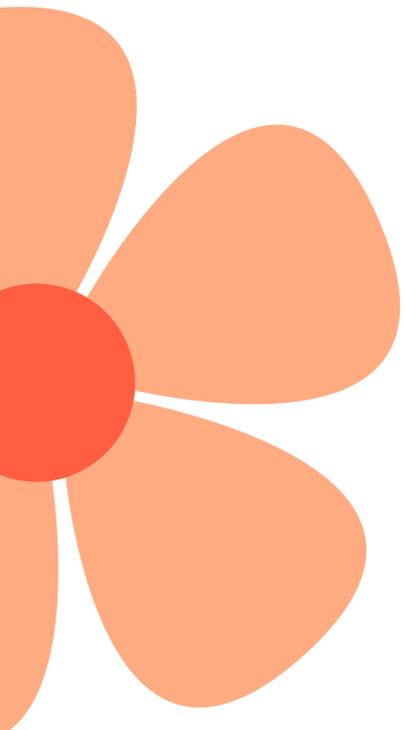
Irritability

**Difficulty
concentrating**

**Headaches, muscle aches,
stomachaches, or
unexplained pains**

**Difficulty controlling
feelings of worry**

Sleep problems



Coping Strategies for Anxiety



Listen to calming music.

Drink ice cold water.

Choose a breathing technique that works for you.

Write down your thoughts in a private journal.

Share your worries with a trusted adult or friend.

Distract yourself by going for a walk or draw your happy place.

Play with a fidget.

Think of something positive.



The School Approach to Addressing Feelings of Anxiety!



Allow the student to stand, sit, or pace the room while talking.



Offer fidgets or coloring while student is talking.



Validate students' feelings & offer support.



Empowering their independence by reminding student of coping strategies they already know!



Add more strategies to their tool box.

Trace the swirl
to calm down



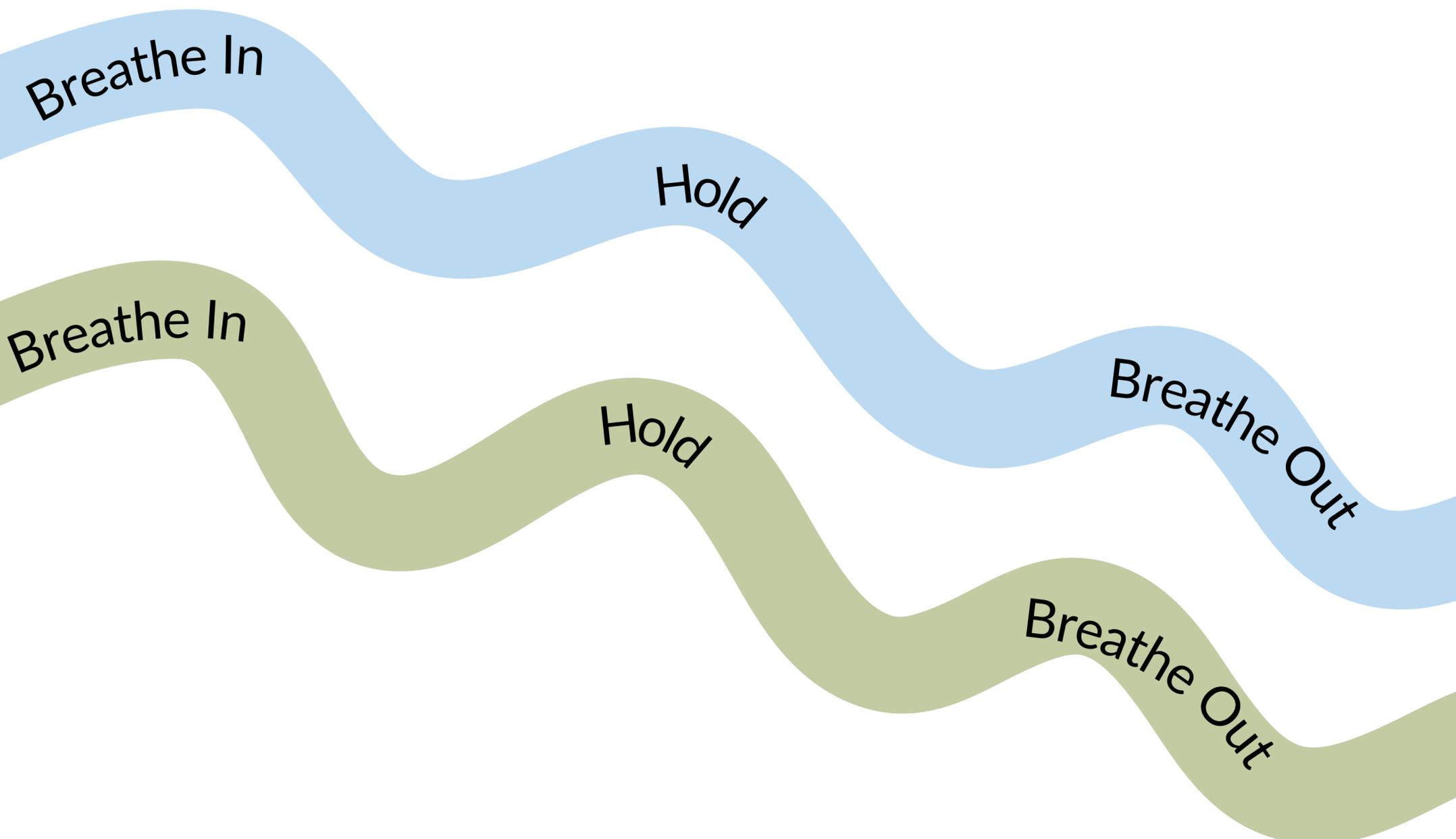
Breathing TECHNIQUE

Big deep breath in for 3 seconds

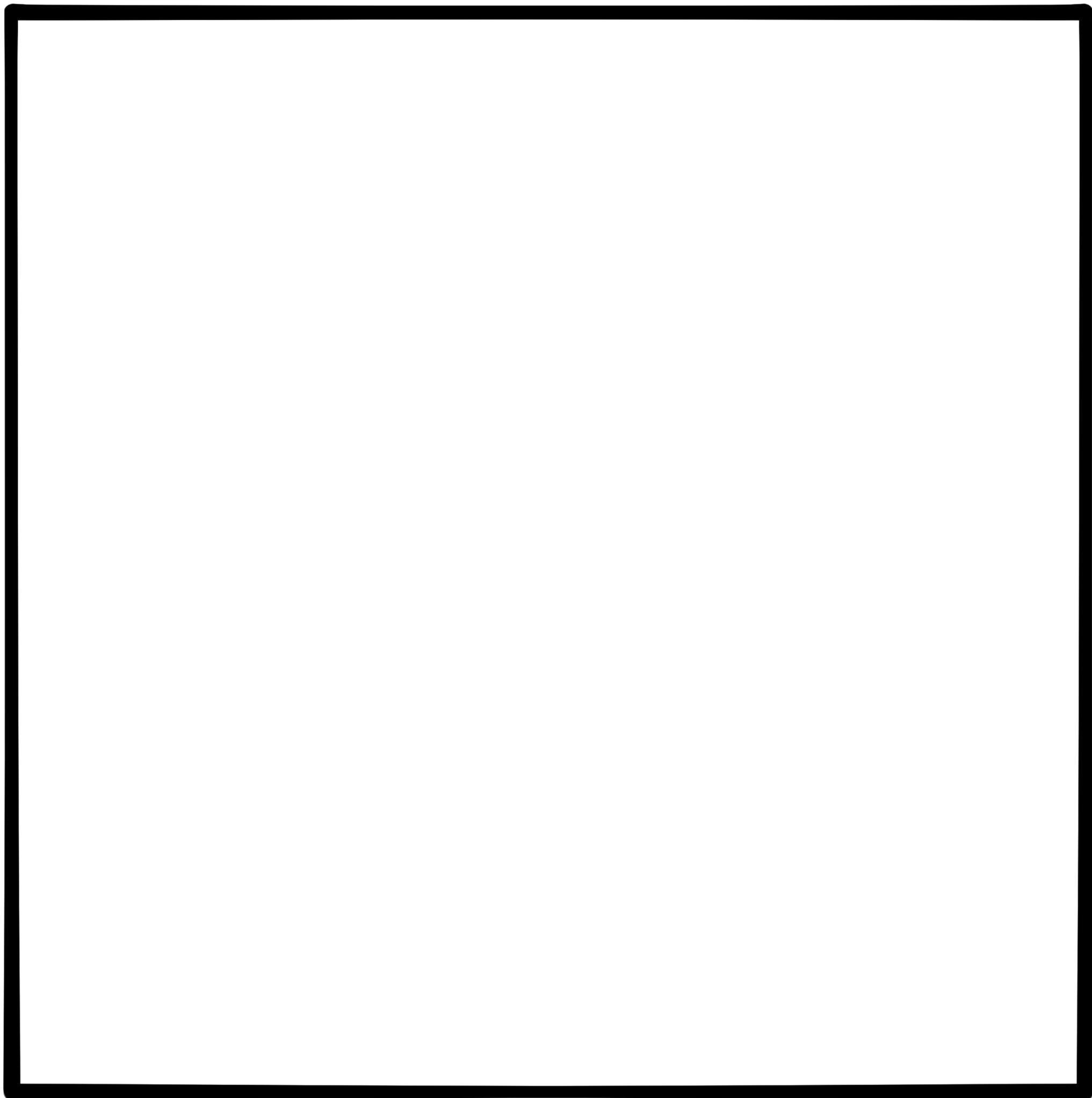
Hold breath for 2 seconds

Slow breath out for 5 seconds

Trace your finger across the line as you breathe!

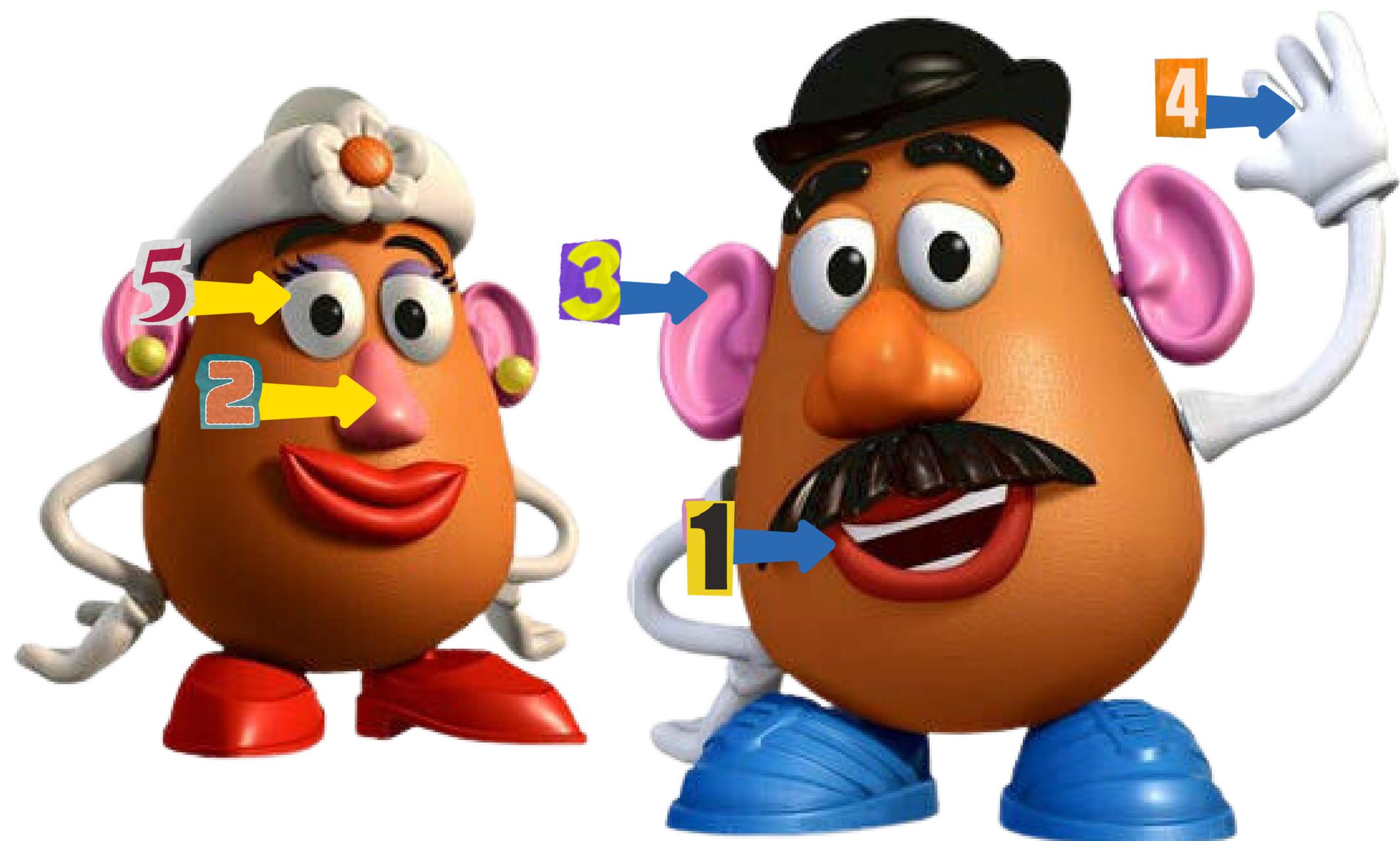


**Draw
Your
Happy
Place ...**



5 SENSES MEDITATION

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste



Calm Me Poster

When you feel upset, you can use coping strategies to help you feel better.
Write coping strategies inside the body to create a *Calm You*!

