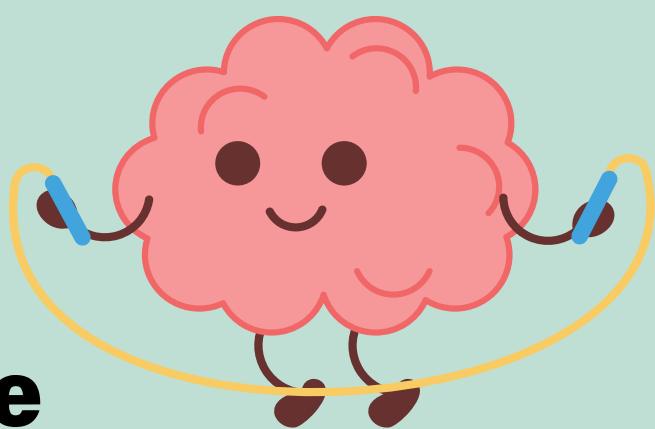


# Six ways to reduce school-related anxiety

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.



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

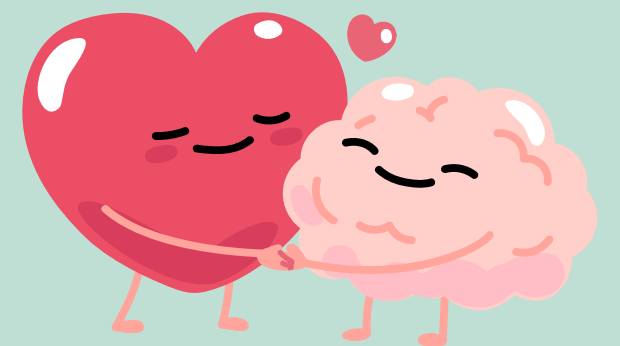
Joining an after school club or activity can reduce school related stress by offering a social outlet for your child. Clubs can be fun and engaging and something your child can enjoy. After school clubs are also a way for them to take a break from the pressure of school work.



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!



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.



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.

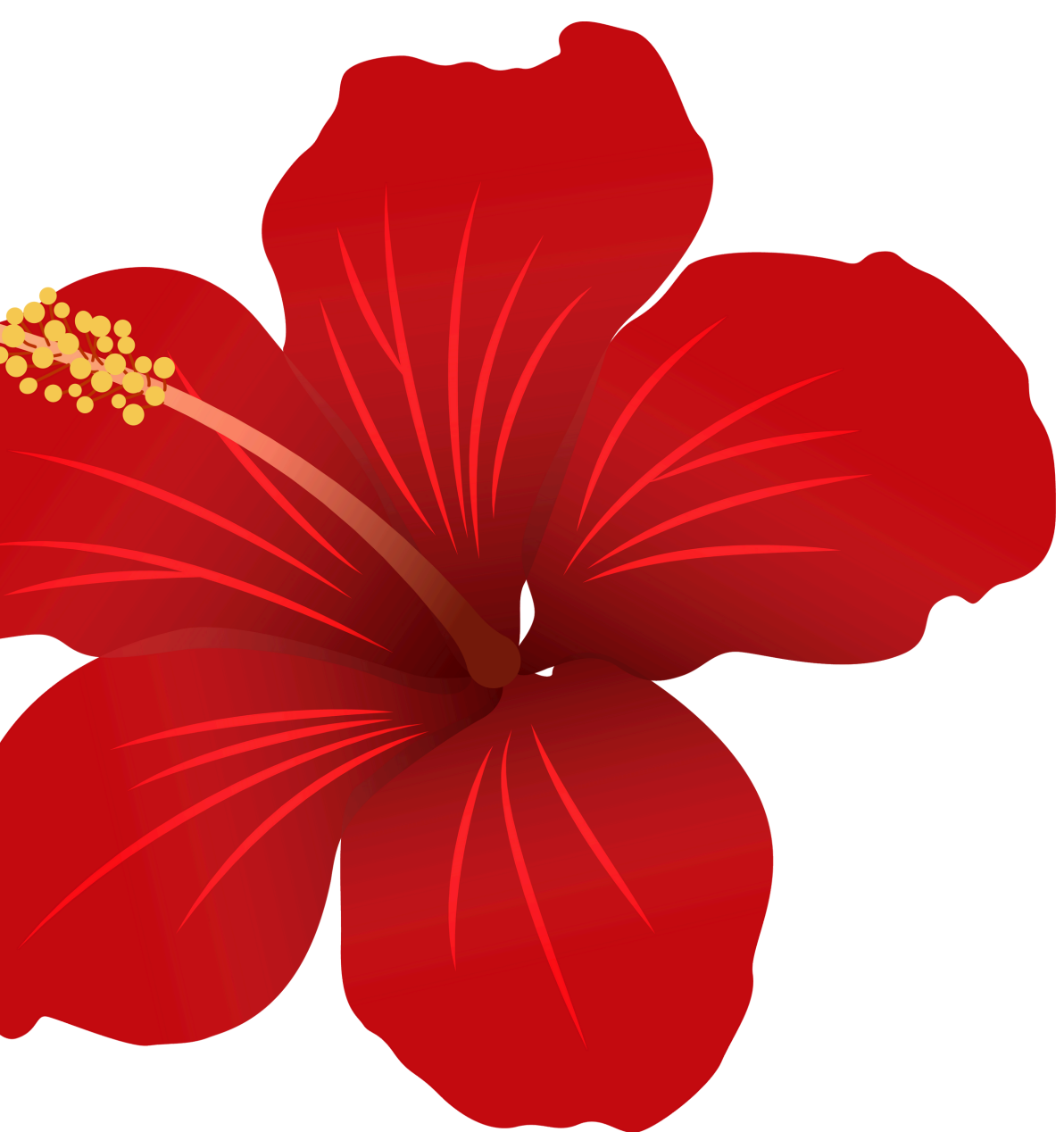






# common feelings of anxiety

## signs to look for!



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

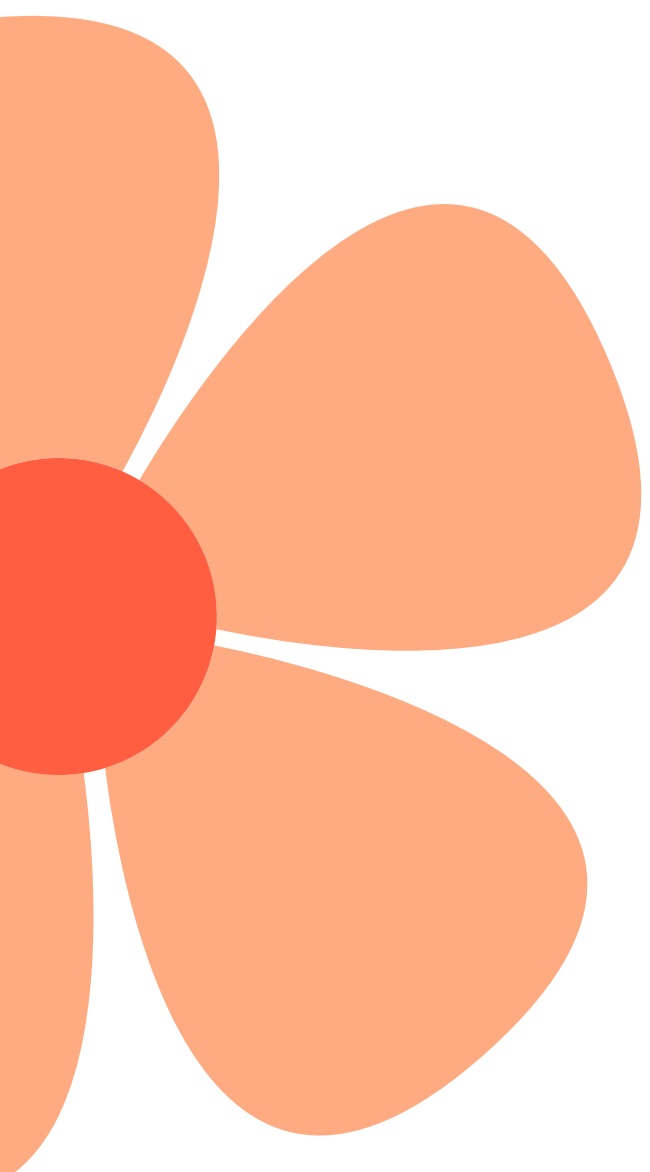
**Irritability**

**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.





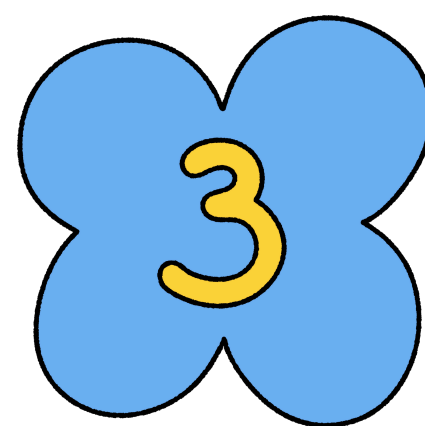
# The School Approach to Addressing Feelings of Anxiety!



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**





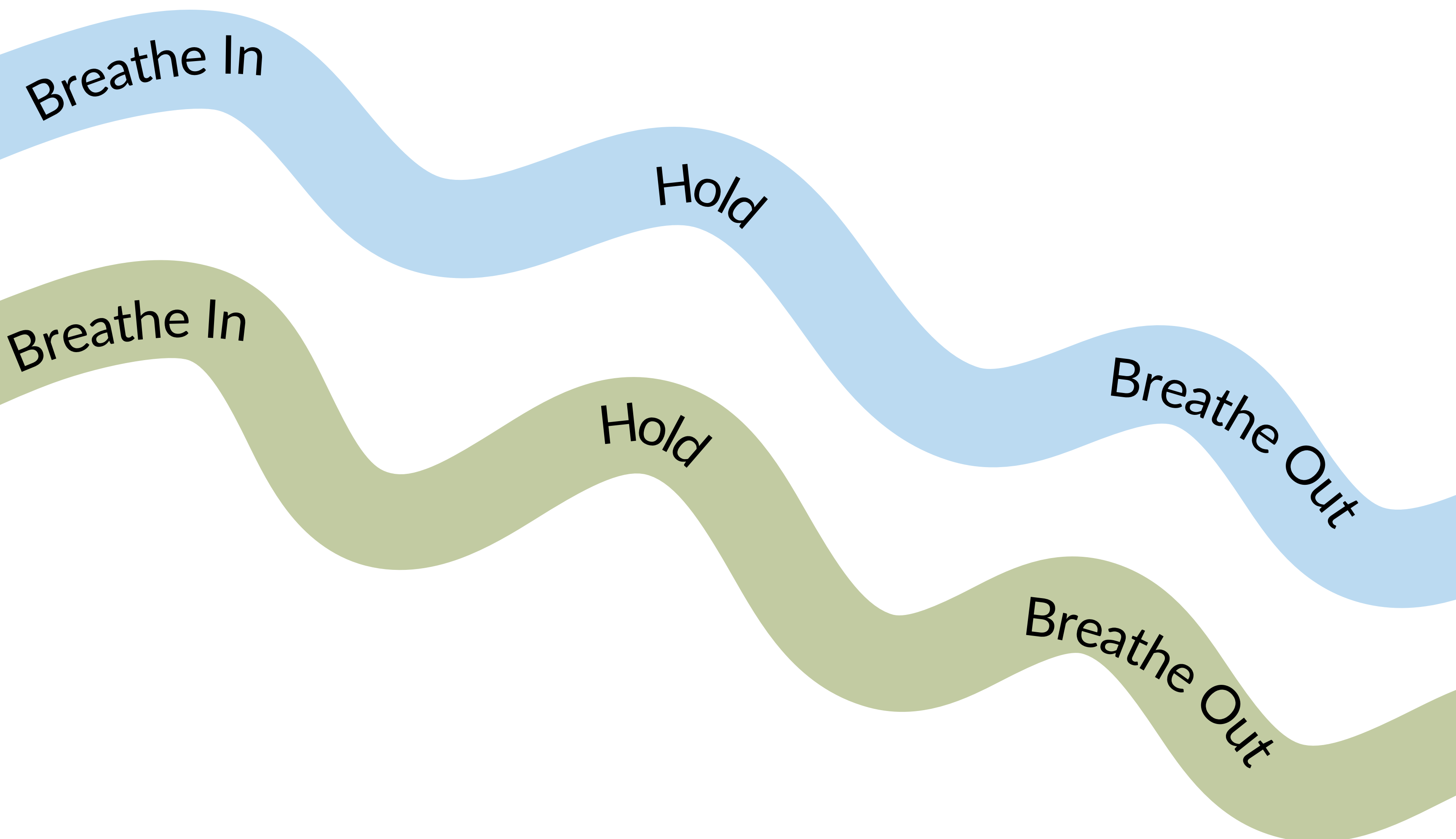
# Breathing TECHNIQUE

**Big deep breath in for 3 seconds**

**Hold breath for 2 seconds**

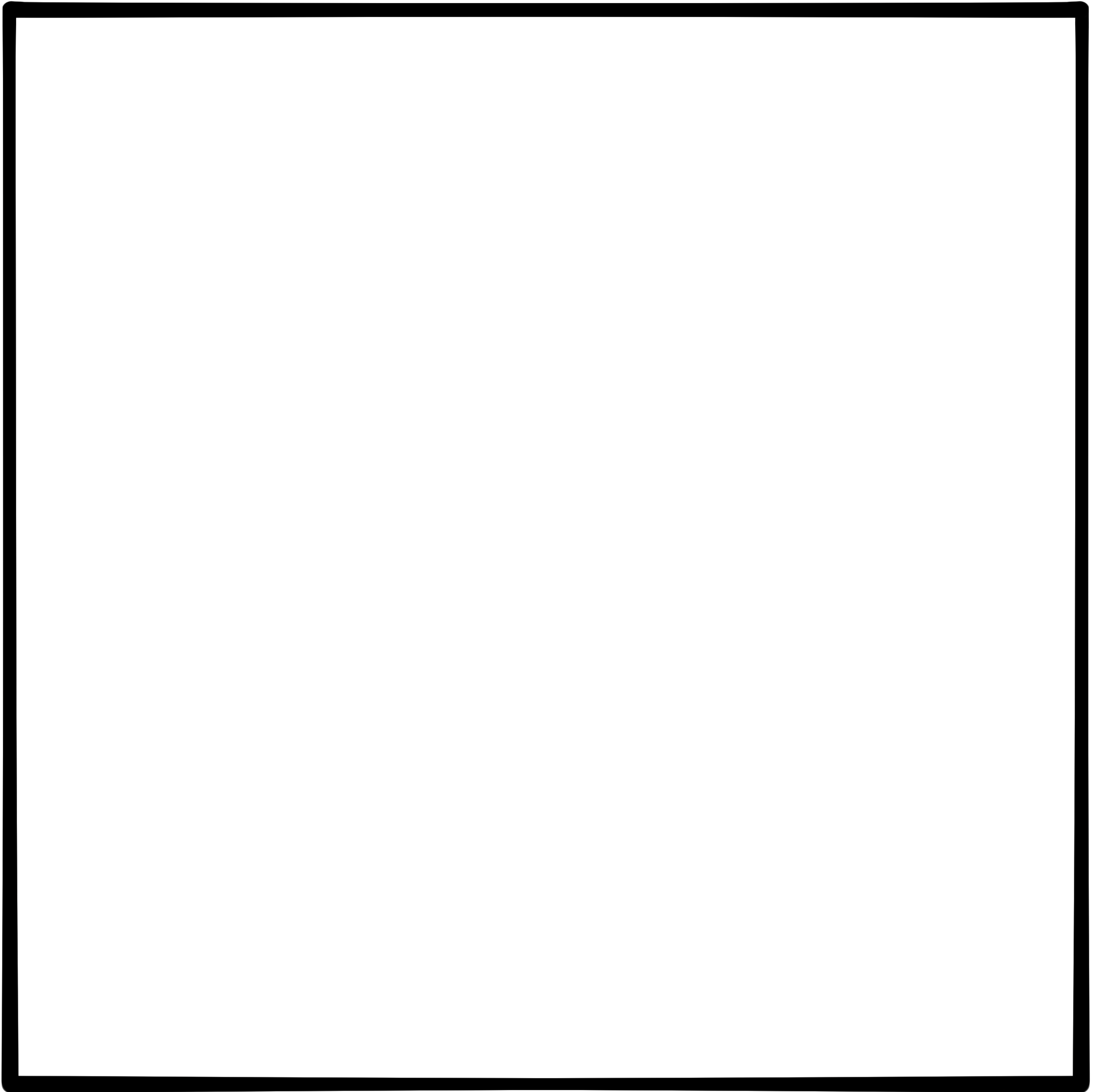
**Slow breath out for 5 seconds**

**Trace your finger across the line as you breathe!**





**Draw  
Your  
Happy  
Place ...**







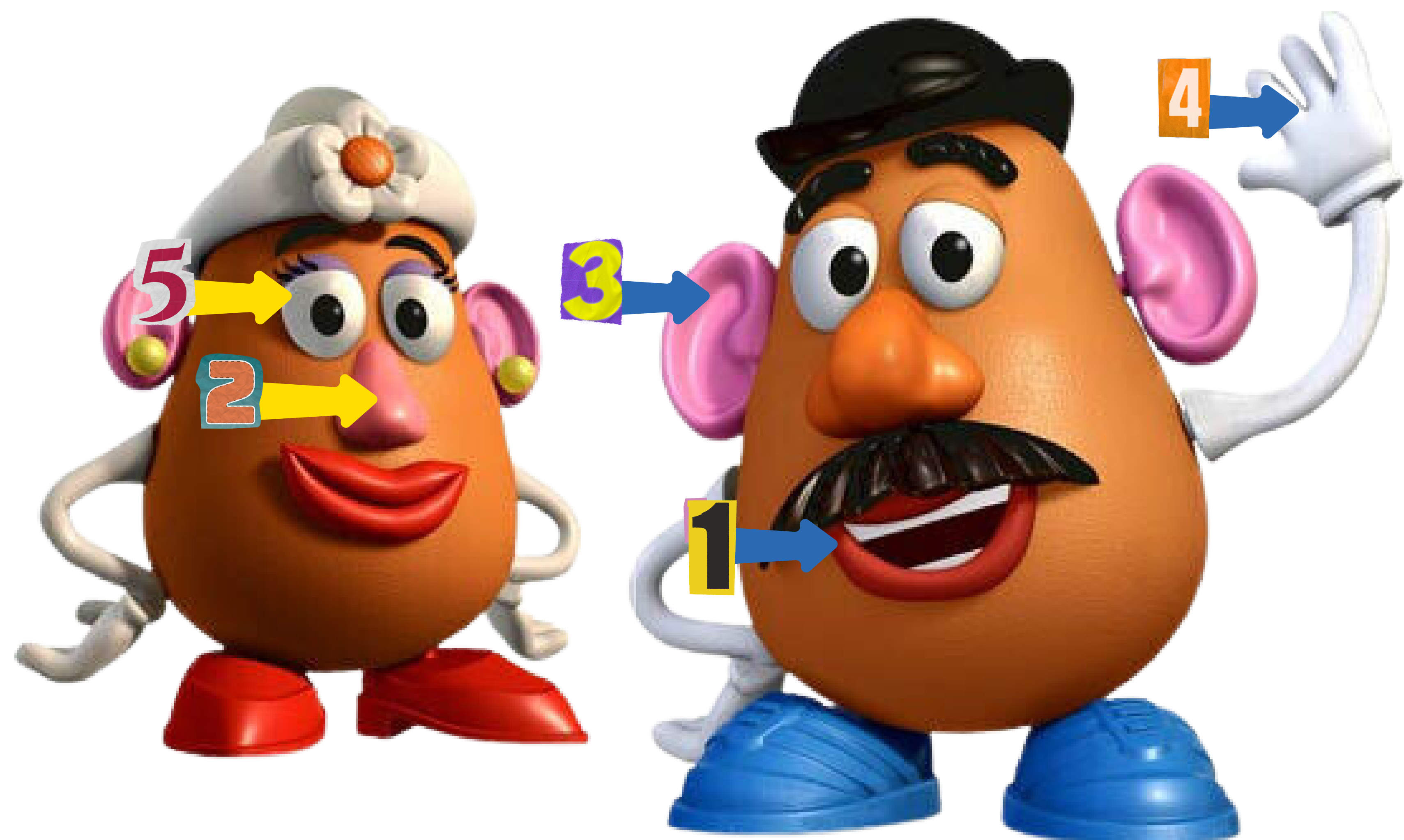
# Tell me a time when you felt worried and what you did to feel better ...

[illegible]



# 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* !

