



Welcome & Session Aims



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- Aims:
 - Understand what anxiety is and how it shows in children
 - Learn practical strategies to support your child at home and at school
 - Know how and when to access additional support

What is Anxiety?

- Normal reaction to stress or change
- Becomes a problem when it affects daily life or school attendance
- Can show up as behaviour, emotions, or physical symptoms



Recognising Anxiety



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- Common signs:
 - Complaints of tummy aches, headaches, or feeling unwell
 - Avoiding school, activities, or social situations
 - Emotional outbursts, withdrawal, or clinginess
 - Changes in sleep, appetite, or concentration



Understanding Triggers



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- Possible triggers include:
 - Transitions (morning routine, class changes)
 - Social situations (friendships, playground, assemblies)
 - Academic pressure or new challenges
 - Tip: Observing patterns helps you support your child effectively

Strategies at Home



- Daily Routine:
- Keep mornings calm and predictable
- Use visual schedules or checklists
- Emotional Support:
- Label feelings: “I can see you feel worried”
- Encourage small steps and celebrate progress
- Avoid enabling avoidance

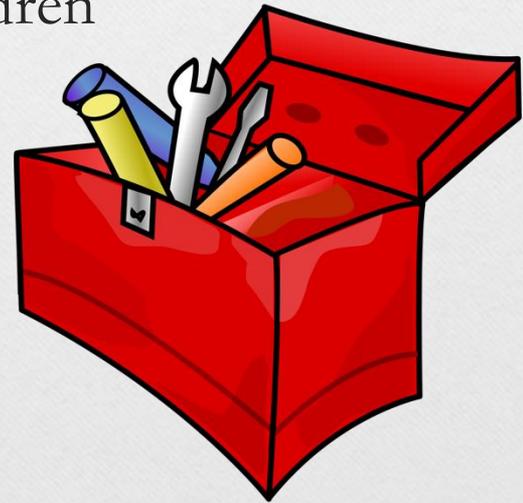
Working with School



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- Communicate regularly with teachers and SENCO
 - Ask about personalised support plans
 - Use check-ins, buddy systems, or graduated exposure
 - Collaborate to maintain consistency between home and school
 - Keep positive

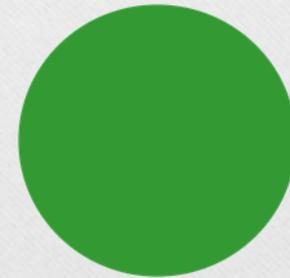
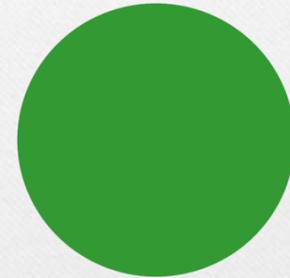
Anxiety Toolkit

- Deep breathing or grounding exercises
- Quiet corner or “safe space” at home
- Worry box or journal for older children
- Mindfulness or calming apps



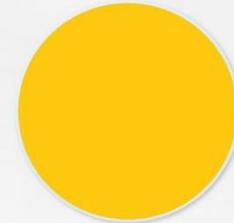
Linked to Zones of Regulation

- Green Zone (Calm / Ready to Learn)
- Goal: Maintain calm, alert, and focused.
- Toolkit Ideas:
 - Deep breathing exercises (balloon breath, 4-4-4)
 - Mindful colouring or drawing
 - Quiet reading corner
 - Listening to calm music or nature sounds
 - Fidget tools (stress ball, putty)
 - Positive self-talk prompts (“I can do this”)

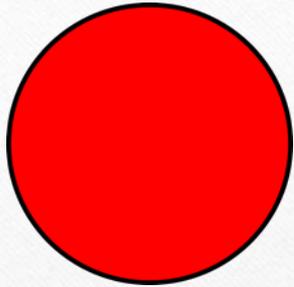




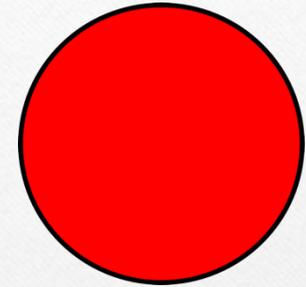
Zones continued...



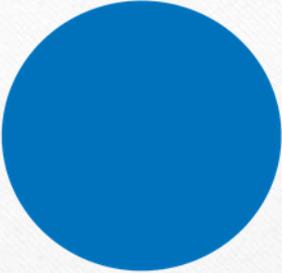
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- Yellow Zone (Frustrated / Worried / Anxious / Silly)
 - Goal: Recognize early signs of anxiety or frustration and start to regulate.
 - Toolkit Ideas:
 - Counting to 10 or 20 slowly
 - Worry box: write down worries and “park” them
 - Short movement breaks: stretching, jumping jacks, walk around the room
 - Visual cue cards: “Stop, Breathe, Think, Act”
 - Squeezing a stress ball or hand grips to release tension
 - Mindfulness apps or short guided meditations (1–2 minutes)



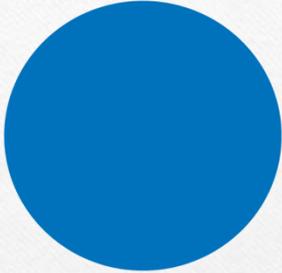
Zones continued...



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- Red Zone (Angry / Out of Control / High Anxiety)
 - Goal: Safety first, reduce intensity, regain control.
 - Toolkit Ideas:
 - Use a “safe space” or calm corner with soft lighting or beanbag
 - Deep pressure techniques: hug a cushion, wall push-ups
 - Slow breathing with visual aid (breath in – up hand, breath out – down hand)
 - Gentle movement: yoga poses, stretching, walking
 - Music or calming sounds with headphones
 - Adult support or check-in from trusted adult



Zones continued...



- Blue Zone (Sad / Tired / Low Energy)
- Goal: Lift mood, restore alertness.
- Toolkit Ideas:
 - Short, energizing activity (jumping, dance, star jumps)
 - Drinking water or healthy snack
 - Listen to upbeat music
 - Positive self-talk or gratitude exercises (“I am proud of...”)
 - Gentle encouragement to join peers in a low-pressure activity
 - Short outdoor time or sunlight exposure

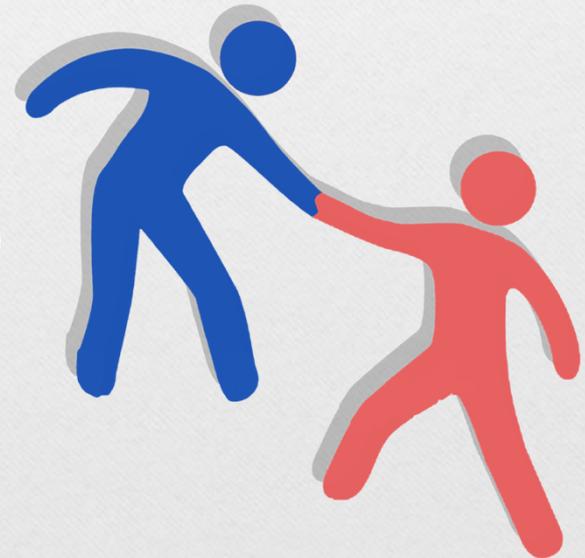
Supporting School Transitions

- Prepare your child in advance for changes
- Gradual introduction to new settings or routines
- Maintain consistent routines at home and school
- Work with school for attendance and transition support



When to Seek Extra Help

- Anxiety affects learning, friendships, sleep, or daily functioning
- Persistent physical complaints or school refusal
- Contact:
 - School SENCO or class teacher
 - Educational Psychologist / MHST
 - GP if needed





Resources & Support

- Useful Links & Contacts:
- Hertfordshire Local Offer – Mental Health Support
- Parent Helplines: YoungMinds, Place2Be
- Apps: Calm Kids, Headspace for Kids
- School Contact: SENCO- Donna Rolt
- drolt@layston.herts.sch.uk

Q&A / Discussion

- Questions and experiences
- Share strategies that work at home



Thank You!

A colorful, hand-drawn illustration of the words "Thank You!" in a playful, bubbly font. The letters are filled with various colors like yellow, orange, purple, green, and blue, and decorated with patterns like zig-zags, dots, and dashed lines. Several stylized flowers in blue, pink, and purple are scattered around the text. The entire illustration is set against a light blue background within a white border.