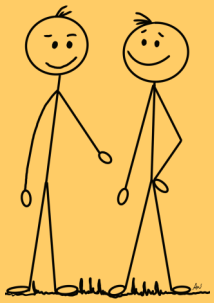
Top Tips For supporting children with anxiety. Strategies for Teachers

Anxiety is a common issue today facing many children & young people. As many as 1:6 children & young people are struggling with mental health related challenges, anxiety is one of the most

1 Build a positive relationship with child.

Building a positive relationship can help them feel more connected. When CYP feel more connected,

Listened too they feel more contained & are more able to share how they think & feel. Really get to know the young people you teach.



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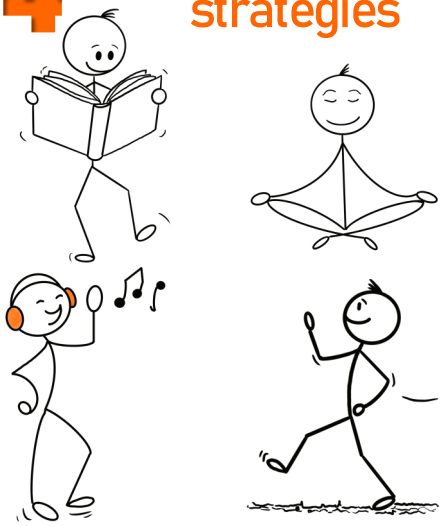
As a teacher it is essential to teach children coping strategies that can then help with anxiety. CYP who straggle with anxiety can benefit from learning variety of relaxation techniques.

4 Teach coping strategies



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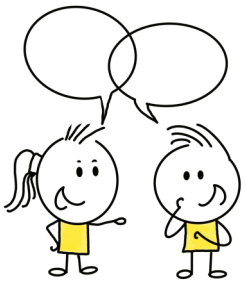
2 Help CYP build positive relationships with peers.

Being supported by friends and peers can be one of the best ways to help children manage their anxiety.

A welcoming smile, can help children feel safe and belong, both of which reduce anxiety.



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5 Encourage Time in nature.

Teaching children problem-solving helps them navigate challenges, build confidence, and develop adaptability in difficult situations. When they overcome the challenges they faced this

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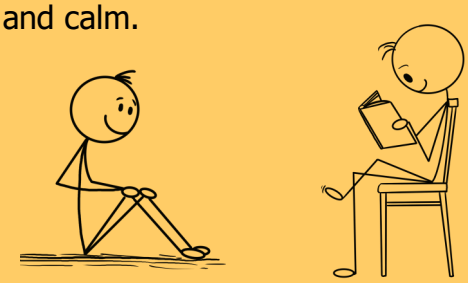
3 Create a safe calm and predictable learning environment.

Anxiety can make concentration and participation in class a challenge. You can create a special 'regulation station' to help children have a place to regulate and calm.



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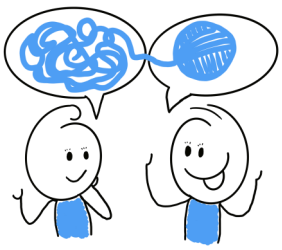

6 Encourage self expression

Encouraging CYP to share their thoughts and feelings is crucial in helping them understand that all people feel anxiety, some strategies they can use and that by talking and sharing what and how they feel things can get better.

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