

## Anxiety

**Brief Description:** Anxiety is a universal expression for several disorders that cause nervousness, fear, apprehension, and worrying.

**How it feels for elementary students:** This is a short video clip which depicts what people with anxiety may feel. [https://youtu.be/tNsTy-j\\_sQs](https://youtu.be/tNsTy-j_sQs)

**How it feels for middle and high school students:** This is a short video clip which depicts what people with anxiety may feel socially and academically. <https://youtu.be/ymTm7dJP5L4>

### Helpful Links:

- **The National Anxiety Foundation:** NAF is a national organization that offers free educational material written by experts in the field of psychology regarding anxiety disorders.  
<http://www.nationalanxietyfoundation.org/>
- **The Child Mind Institute:** This national nonprofit is dedicated to transforming the lives of children struggling with mental health and learning disorders.  
<https://childmind.org/>
- **Midwest Anxiety:** This local organization is located in Overland Park, KS and is a community based program for children, teens, and adults who struggle with anxiety, depression, and more generalized difficulties including negative thoughts, feelings, or behaviors.  
<https://www.midwestanxiety.com/>
- **The Kansas City Center for Anxiety Treatment:** KCCAT is a local organization that utilizes a team-based Cognitive Behavior Therapy/Exposure Response Prevention treatment, research, and training.  
<https://kcanxiety.com/>

### Resources Available At Our Center:

Sensory Break Dice

Instructional Practices That Maximize Student Achievement

Should I or Shouldn't I Game

Joshua Center Board Game

Programs that may lessen anxiety-

[Conscious Discipline Building Resilient Classrooms Expanded & Updated Edition](#) (breathing techniques)

## Strategies for Teaching students with Anxiety:

- **Way Ahead: Mental Health Association NSW**  
Strategies to Support Anxious Children in the Classroom  
<http://understandinganxiety.wayahead.org.au/download/strategies-to-support-anxious-children-in-the-classroom/?wpdmdl=1669>
- **Worry Wise Kids**  
Sample Accommodations for Anxious Kids  
<http://worrywisekids.org/node/40>
- **We Are Teachers**  
7 Ways to Help Students Who Struggle with Anxiety  
<https://www.weareteachers.com/7-ways-to-help-students-who-struggle-with-anxiety/>
- **Student First Project**  
School and Classroom Strategies: Anxiety  
<http://studentsfirstproject.org/wp-content/uploads/AnxietyQuickFactSheetStrategies.pdf>
- **KQED News: Mind/Shift How we will learn.**  
20 Tips to Help De-escalate Interactions with Anxious or Defiant Students  
<https://ww2.kqed.org/mindshift/2016/04/21/20-tips-to-help-de-escalate-interactions-with-anxious-or-defiant-students/>
- **TED Talks**  
A good TED Talk for teachers from a student with anxiety: <https://youtu.be/A1anXJhVamc>