



SEN information sheet

Anxiety

What is it?

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. Anxiety is the main symptom of several conditions including panic disorder, phobias, post traumatic stress, social anxiety disorder, OCD and general anxiety disorder.

How does it affect the learner?

Children can struggle with separation anxiety at all ages, so they struggle in the mornings or when coming back after holidays. Children with social anxiety will be excessively self conscious which makes it hard for them to interact with their peers. They can have selective mutism, which makes it hard for them to speak in certain settings. All aspects of anxiety can impact on attentiveness, attendance, behaviour (an anxious child can become aggressive – fight or flight response). They can struggle to answer questions in class. Anxiety can also manifest itself in a frequent need to go to the toilet.

How can a teacher/teaching assistant support in the classroom?

- Allow to sit in place where they are comfortable
- Allow to use time out card
- Encourage student to use self calming techniques
- Break work into short chunks
- Provide a signal before calling on the student for an answer and a signal for them to opt out
- Check in on them for emotional temperature
- Clear classroom expectations and consequences
- Give extended time on tests and/or alternative location if necessary
- Be compassionate

**Information for parents**

If you are concerned that anxiety is affecting your child's ability to learn, please contact Mrs Beasley. We will discuss how your child can be supported in school and will prepare a learning profile to share with staff that work with them.