




SYMPTOMS/BEHAVIOURS

- Frequent absences and isolating behaviour
- Refusal to join in social activities
- Many physical complaints, such as upset stomach, tense muscles, headache, etc.
- Excessive worrying (e.g. homework, grades, social situations, etc.)
- Frequent bouts of tears
- Fear of new situations
- Drug and/or alcohol abuse

EDUCATIONAL IMPLICATIONS

Students with anxiety are easily frustrated and may have difficulty completing assignments. Others suffer from perfectionism and may take longer to complete their work. Some may refuse to begin tasks afraid they are unable to do them correctly. Fears of inadequacy, embarrassment, humiliation or failure may result in missed classes. Falling behind in school due to numerous absences often creates a cycle of fear resulting in increased anxiety and avoidance, leading to more absences. Children are less likely to identify anxious feelings, making it difficult for educators to fully understand the reason behind their poor academic performance.

SERIES ON MENTAL HEALTH AND WELL-BEING

	Anxiety
	Attention Deficit Hyperactivity Disorder
	Asperger's Syndrome
	Autism Spectrum Disorder
	Conduct Disorder
	Depression
	Eating Disorders
	Fetal Alcohol Spectrum Disorder
	Obsessive Compulsive Disorder
	Oppositional Defiant Disorder
	Reactive Attachment Disorder
	Tourette Syndrome



ANXIETY

TO LEARN MORE, PLEASE CONTACT:

Rainbow District School Board
Gord Ewin Centre for Education
275 Loach's Road
Sudbury, ON P3E 2P8
Phone: 705.523.3308
rainbowschools.ca

This series on mental health and well-being is a
Rainbow District School Board Parent Involvement Committee project
funded by the Ministry of Education Parent Engagement Office.

ABOUT ANXIETY

At times, all children feel anxious. Many feel stressed, for instance, when they are separated from parents or when in the dark. Some experience so much anxiety that it interferes with their daily activities. Anxious students may be left out of social situations, lose friendships, and experience academic failure and low self-esteem. Signs are often missed, as anxious students are generally quiet and compliant.

Anxiety is the most common illness to affect children and youth today. According to the Canadian Mental Health Association, approximately six per cent of children experience anxiety. Anxiety can cause children to be extremely afraid of situations or things to the point that it interferes with their daily life. The cause is unknown, however, studies suggest that children are at greater risk if their parents experienced anxiety.

INSTRUCTIONAL ACCOMMODATIONS AND CLASSROOM STRATEGIES

- Allow students to develop a flexible deadline for worrisome assignments.
- Have the student check with his/her teacher and vice versa to ensure assignments have been recorded correctly. For instance, teachers can initial an assignment notebook to indicate that information is correct.
- Consider modifying or adapting the curriculum to better suit the student's learning style to help lessen his/her anxiety.
- Post a legible daily schedule so students know what is expected.
- Encourage completion of assignments or tasks but also be flexible on deadlines.
- Reduce assignment workload and homework when necessary.
- Maintain the student's regular schedule whenever possible.
- Encourage attendance to prevent absences by modifying his/her schedule or reduce the time spent in the classroom.
- Talk to parents/guardians to see what works best at home.
- Consider the use of technology.

SOURCES:
Canadian Mental
Health Association

