



ANXIETY CHEAT SHEET



Common Signs of Anxiety

Physical/Visible

- Crying
- Aggression (e.g. fighting/ hitting)
- Anger
- Appear tired
- Isolation
- Changes in appetite or eating habits
- Irritability
- Restlessness/nervousness
- Behavior changes
- Nervous ticks (e.g. nail biting)
- Headaches or stomach aches - requests to go to the nurse or call home

Emotional/Internalized

- Withdrawn
- Head down
- Refusal to engage
- Decreased eye contact
- Decreased socialization
- Trouble concentrating - "Zoning out"
- Fear
- Anger

Sample Coping Ideas for Kids

- Take 3 deep breaths
- Practice grounding techniques like "5-4-3-2-1 Grounding" (<https://youtu.be/8lM8pgMgjEs>)
- Ask to step outside or walk with a trusted adult
- Use a sensory object (e.g. stress ball or fidget spinner)
- Talk to a friend or teacher
- Write in a journal or write a letter to someone (write about your feelings)
- Talk to a teacher about creating a safe space in the room where you can feel better
- Practice positive self-talk (e.g. "I'm ok", "My classroom is safe", "My teacher likes me—she'll help")
- Chair yoga – stretch in your seat