

Supporting children with anxiety around coming to school

Some children find it hard to attend school regularly due to anxiety. It is a common problem that, if we 'feed' by allowing them to avoid situations, we don't give them the chance to realise that the thing that scares them is actually safe.

[The conversation](#) website provides some useful tips on how to overcome social anxiety that I have summarised below –

1. Use calming strategies like breathing exercises or mindfulness activities. Helpful apps include Breathing Bubbles.
2. Allow opportunities to have small social successes by encouraging children to answer the question of a peer – so they can learn to feel safe in these situations.
3. Start with small experiences to build their courage.
4. Encourage children to face the fears that cause anxiety.
5. Remind children that we all experience negative social experiences and that this is normal.
6. Remind children that it is a perception that something is a threat – not a reality.

Please contact me if you would like any further information on supporting children with anxiety.

Mel Lucas ~ Student Wellbeing Coordinator