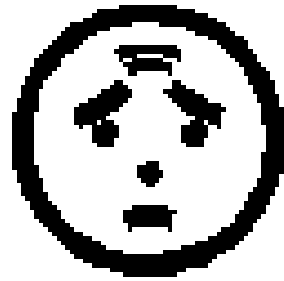


Supporting pupils in managing their anxiety.



anxious

There are a wide range of ways to support your child in managing their anxieties. The most important things however is to fully understand your child and work to identify the reasons behind the anxiety.



Visual Supports



Whole Class Timetable

Today is Tuesday 18th April 2017

Name	Bus number
Katelyn	35
Alix	14
Connor	24
Thomas	24
Halle	35
Emma	9
Ruby	32
Angel	19
Millie	22

Cara to be collected from school by her Dad.
Holly to be collected from school by her parents or brother.

Morning

This morning we are

- Music
- Maths
- Snack
- English
- Break
- PSHE

Choosing

Lunch

Afternoon

This afternoon we are

- Story
- Drink
- Assembly
- Choosing
- Bus

Individual Now and Next Boards



Activity Symbol Boards



Other strategies



We will walk down the road together.



We will look around the shop and see the Christmas decorations.



We walk into Homebase.



We will pay for our new Christmas decorations.



no

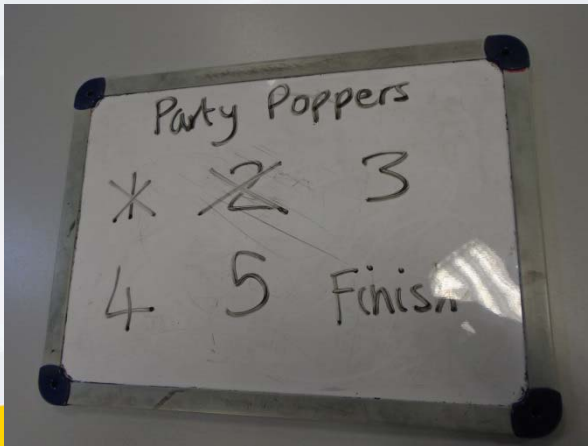


Photo Stories



We will walk down the road together.



We walk into Homebase.

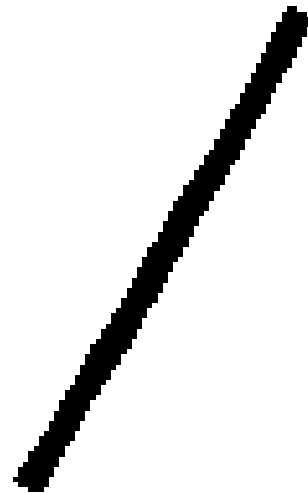


We will look around the shop and see the Christmas decorations.



We will pay for our new Christmas decorations.

It's ok to say "no".



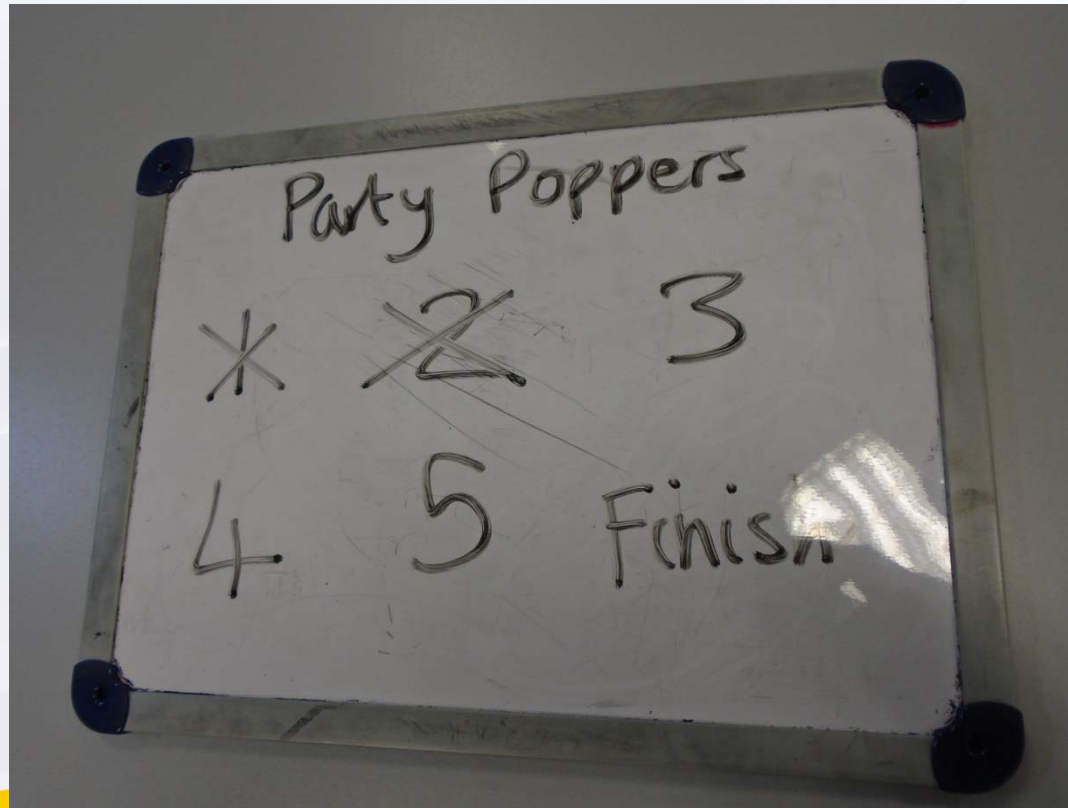
no



Teaching about emotions



Safe exposure to things that make them anxious



Any questions?

