IT CAN BE HELPFUL TO:

- Have an organized, predictable routine at home and school
- Prepare for transitions
- Provide accurate information to remove uncertainty and “unknowns”
- Help recall times they have successfully overcome their anxiety
- Use visual supports (e.g., feelings thermometer) and make things concrete
- Teach relaxation strategies (e.g., deep breathing)
- Coach in positive self-talk
- Support healthy habits (e.g., physical activity, sleep)

Adapted from Wagner, A. P. (2002)