

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)