

ANXIETY ALLEVIATORS

EDUCATOR'S GUIDE TO REDUCING ANXIETY IN THE CLASSROOM

Teach students simple breathing and mindfulness techniques. Encourage them to practice these exercises when they feel anxious to help calm their minds and bodies.

Incorporate regular movement breaks into the daily schedule to help students release tension and energy.

Establish predictable schedules and routines in the classroom and communicate changes in advance. Structure can help reduce anxiety.

Create a space in the classroom where students can go to relax when they feel anxious. Add items like stress balls, fidget toys, weighted blankets, or sensory tools that provide comfort and promote relaxation.