SEVENOAKS PREPARATORY SCHOOL

Support for Anxiety

STARTING POINTS

- Focus on building social connections - find a person to whom the child is most comfortable talking.
- Strengthen relationships within the class/form (tribal classroom), create a shared sense of purpose with team building activities.
- Micro moments, going out of your way to check in meaningfully with the child and build on that personal connection.
- Allow for moments of stillness to help build children's capacity for controlling their own emotions and as a tool kit for stressful situations. (e.g. Mindfulness, meditation, exercise, time spent outside in nature and listening to calming music).
- Address any existing negativity bias (promote Growth Mindset), use more What Went Well activities, promote random acts of kindness. Lead by example - don't be hard on ourselves!

BUILDING A CONVERSATION

- Ask open questions to encourage descriptive answers from the child.
- Reassure the child that they are safe.
- Do NOT promise confidentiality.
- Write down their worries and concerns into 3 boxes: 'What I can control myself', 'Things I can change but need help/support with' and 'Things I have no control over'. (See Chimp Paradox.)
- Asking twice - 'How are you really though?'.
- Use silence to allow the child to work out what they want to say.
- Use art or music if it suits the child to help them express their thoughts through another outlet.
- Use a scale of 1 – 10 to place their feelings and emotions in a tangible way.
- Use emojis or pictures to help them visually identify their emotions.
- Change your physical position to be sat beside them, (direct eye contact can be intimidating).