

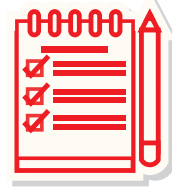
10 Classroom Strategies for Anxious Students

01



Check in with the student daily!

02



Use clear, brief and explicit instructions.
Provide guidelines for assignments ahead of time.

04



Model calm behaviour.

03



Encourage exercise and relaxation!

05



Use humour!

06



Recognize and celebrate improvements
(no matter how small) with the student.

08



Model and instill a growth mindset
(e.g., seeing mistakes as part of learning).

07



Give advance warnings.

09



Provide options for learning
(e.g., learning activity and flexible grouping).

10



Allow breaks from others, but set an established time
(e.g., 5–10 minutes).