

# SIGNS OF ANXIETY IN SCHOOL



THE SOCIAL CONNECT MODEL



## SOME TELL TALE SIGNS

### FREQUENT TANTRUMS BEFORE SCHOOL

If you find that your child is more often than not resisting getting ready for, or going to school, stop and question why?

### FREQUENT ILLNESSES

If you are called to the school to collect your child frequently due to reported illnesses (often stomach pains or headaches), or if your child resists going to school due to illness. These may be physiological symptoms of anxiety

### STUDENT WHO AVOIDS CLASS WITH FREQUENT TRIPS TO THE TOILET

While there may be other explanations for frequent lavatory visits, anxiety cannot be ruled out. Children may "hide" in the toilet during subjects they find difficult or stressful

## CREATING AN APPEARANCE OF CALM WHILE IN SCHOOL, MELTDOWN BEGINS AT HOME

This is frequently reported by parents and teachers often find it extremely hard to believe. The child may be extremely quiet, studious, capable and obedient while in school, but may present with extreme behaviour when they return to the safety of their home setting. School is often considered a high demand setting, while the home setting is perceived as low demand. The energy it takes to control their anxiety in the high demand setting is only exhibited when they return to the low demand safe space.



THE SOCIAL CONNECT MODEL <sup>TM</sup>



THE SOCIAL CONNECT MODEL™



## **THE MORE SCHOOL A CHILD MISSES, THE HARDER IT MAY BE TO GET THEM TO RETURN TO SCHOOL**

If there are frequent absences or early exit from class due to reported illness, it may become harder and harder to get the child to go to, or stay in school. Parents often report that their child's behaviour can become more difficult at this time, as they want to avoid the school setting at all cost.

## **COMPLETE SCHOOL REFUSAL IS OFTEN THE RESULT AT THIS POINT**

The child removes themselves from the environment which is too overwhelming, demanding or stressful, in favour of staying in the safety of their low demand home setting.



## **IF YOU FEEL THAT YOUR CHILD MAY BE EXHIBITING THE EARLY SIGNS OF SCHOOL ANXIETY, SEEK ADVICE AS QUICKLY AS POSSIBLE**



THE SOCIAL CONNECT MODEL™