



**Parents' workshop:  
dealing with anxiety and stress  
in primary school pupils.**

[lizneale11@gmail.com](mailto:lizneale11@gmail.com)

07793033998

[Sue.calveley@edsential.co.uk](mailto:Sue.calveley@edsential.co.uk)

07710706173

- ❖ What causes anxiety and stress in our primary age pupils?
- ❖ Signs of stress in children.
- ❖ Strategies and resources to support our children.



# The Facts

NSPCC figures show that mental health referral for under 11s have risen by a third in just three years. This equates to 183 referrals every school day.

It is normal for children to feel worried or anxious from time to time, but for some anxiety affects their behaviour and thoughts every day and interferes with their school, home and social life.

According to Youth UK, young people spend 6 hours a day feeling stressed or worried.

○ 1:3 people experience Mental Health issues.





**STRESS**

# Activity 1

What's on your child's mind?



# Common causes of anxiety

Classroom	Wider Community
<ul style="list-style-type: none"><li>• Homework and perceived consequences of 'getting it wrong'.</li><li>• Friendships.</li><li>• Collective punishment – when the teacher keeps everyone behind.</li><li>• Teacher volume – when the teacher shouts to reprimand, and more generally their everyday delivery voice.</li><li>• Getting changed for PE.</li><li>• Transition – Y6/Y7.</li></ul>	<ul style="list-style-type: none"><li>• Fallout from conflicts on <b>social media</b> – often 'banter' that goes to far.</li><li>• Changeover – pushing etc. and noise on the corridors.</li><li>• 'Being judged' over appearance, sexuality, family background etc.</li><li>• Eating in front of other students.</li><li>• Using school toilets.</li></ul>




scared  
chest pain  
phobia  
tense  
panic attacks  
trembling  
tension  
angst  
jumpy

headache  
stress  
fear  
sweating  
feelings  
worry  
restlessness  
symptoms  
emotional  
border  
mood

noisier  
tension  
desperate

**ANXIETY**

A hand with a light skin tone is pointing its index finger towards the word "ANXIETY" in the center of the word cloud. The background is a solid blue color.

# Anxiety

Anxiety

Sleeplessness

Bouts of fatigue

Medium Term

Restlessness /  
hyperactivity – the ‘fake  
shift’

Diarrhoea

Increased blood pressure

Constipation

Lack of appetite

Dizzy / Light-headed

Headaches

Stomach  
aches

Distractedness –  
‘skirty’ eye  
movement

Fixed / glazed look  
– tunnel vision

Excessive eating

Blushing

Grimacing – ‘Smirking’

Dry mouth

Short Term

Sweating

Heart pounding

Fidgety

Muscle tension -





# Types of Anxiety

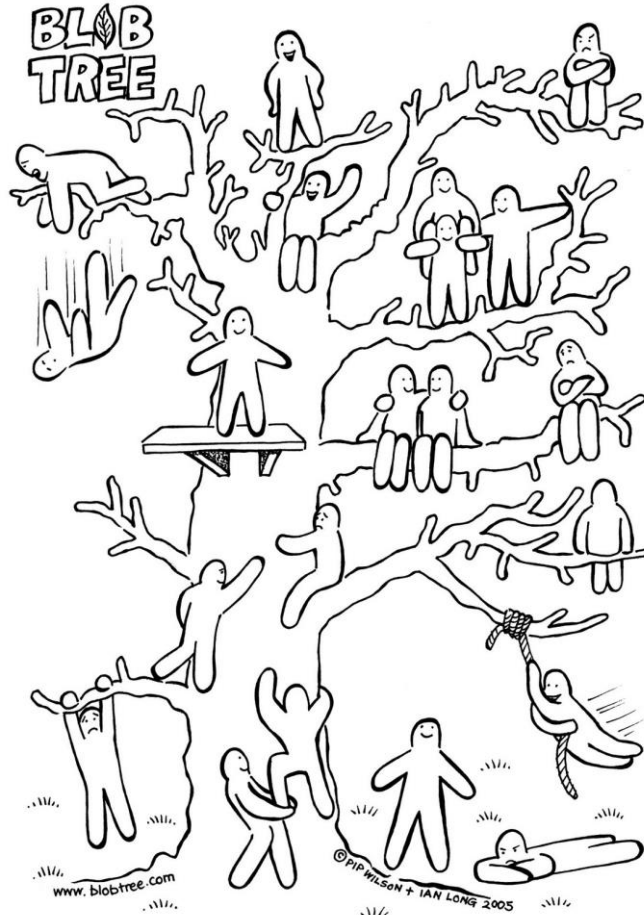
- Anxiety is the most common emotional problem in children. Kids can develop crippling worries about many things, from germs to vomiting to their parents dying. Some anxious kids are painfully shy, and avoid things that other kids enjoy, Some have tantrums and meltdowns, and others develop elaborate rituals, like compulsive hand washing, aimed at diminishing the fear
- <https://childmind.org/topics/concerns/anxiety/>



# How am I feeling?

3. Think about how you tend to feel physically when you get anxious. Highlight or colour in any of the following that apply to you.

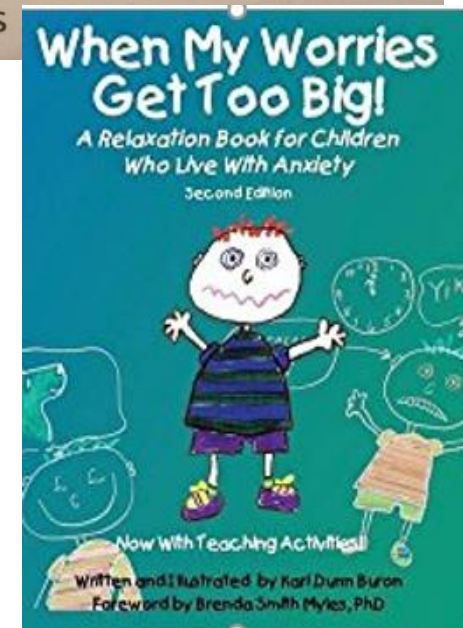
TINGLING OR NUMB LIPS HEADACHES HAIR LOSS DIZZINESS  
 RED FACE CHOKING SENSATION DRY MOUTH LUMP IN THROAT  
 RINGING IN EARS GRINDING TEETH HEART RACING OR PALPITATIONS  
 RAPID OR SHALLOW BREATHING CHEST TIGHTNESS OR PAIN  
 SHORTNESS OF BREATH OR CAN'T CATCH BREATH STOMACH ACHE OR BUTTERFLIES  
 NAUSEA SKIN PROBLEMS  
 WEIGHT LOSS OR GAIN BOWEL PROBLEMS LACK OF APPETITE FREQUENT URINATION  
 HOT SHAKING OR TREMORS TIREDNESS COLD  
 SLEEP DISTURBANCE JELLY LEGS FAINTING  
 SWEATING TWITCHES OR TICS MUSCLE PAIN, ACHE OR TENSION NUMBNESS OR TINGLING IN LIMBS



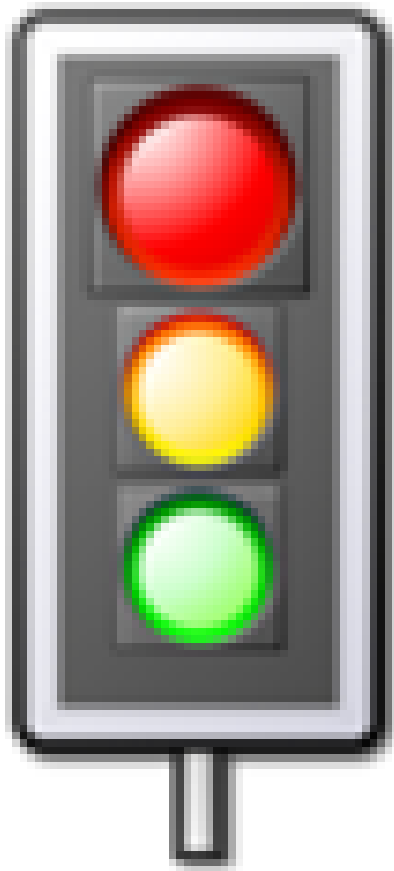
## CHECK IN

5	
4	
3	
2	
1	

**The 5-Point Scale and Anxiety Curve Poster**  
Kari Dunn Buron, MS, and Mitzi Curtis



# The Worry Shelf- prioritize your worries





# Track your mood

Most days you'll probably feel more than one thing, but colour in the mood you feel the MOST that day.


If you use "not sure" a lot, have a look at the emotions map on page 8-9 to see if any of those words help you put your finger on what you feel.

## MOOD GRID


Pick colours for each of the moods below. Then colour in the first box in the grid on the right, depending on how you're feeling. Come back to this page once a day, filling in one more box each time.

This is about looking inside and seeing how you are - recognizing emotions, and LETTING YOURSELF feel them.

You could use the shades suggested on page 27, or choose the colours these emotions feel like to YOU.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Happy Sad Worried Tired Excited Not sure



Helping myself



Getting help  
from others





# Balloon activity

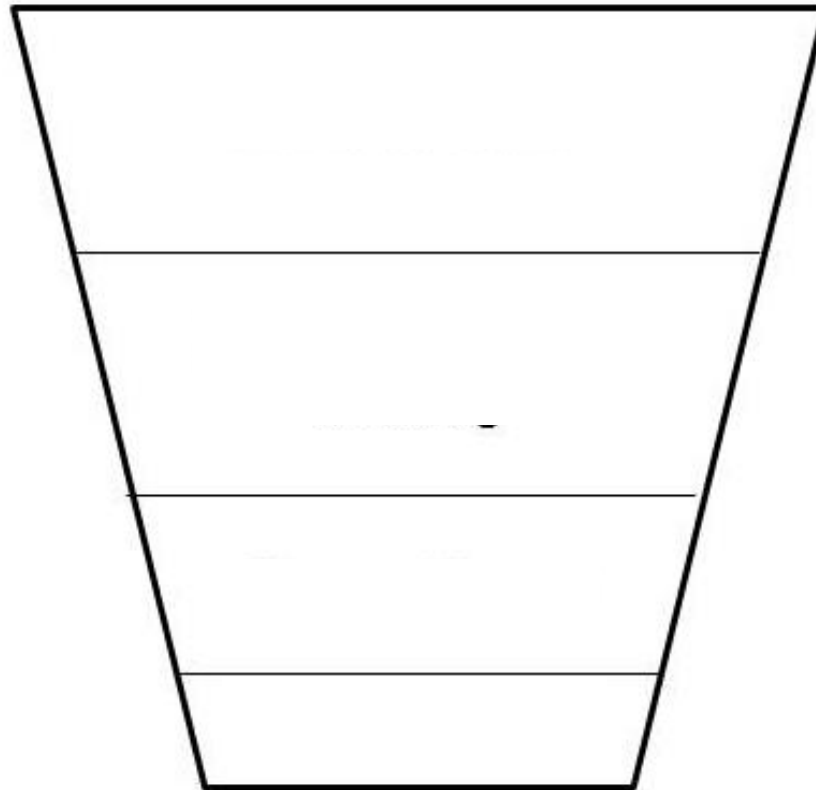


Share your child's worries.

Write them on a balloon and set those worries free.

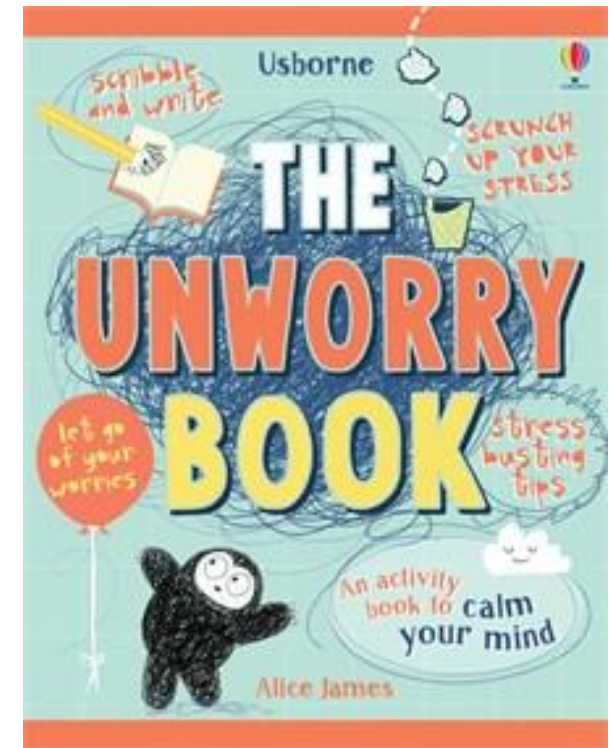
This physical activity sometimes releases the child's anxiety and stress.

# My Stress Bucket

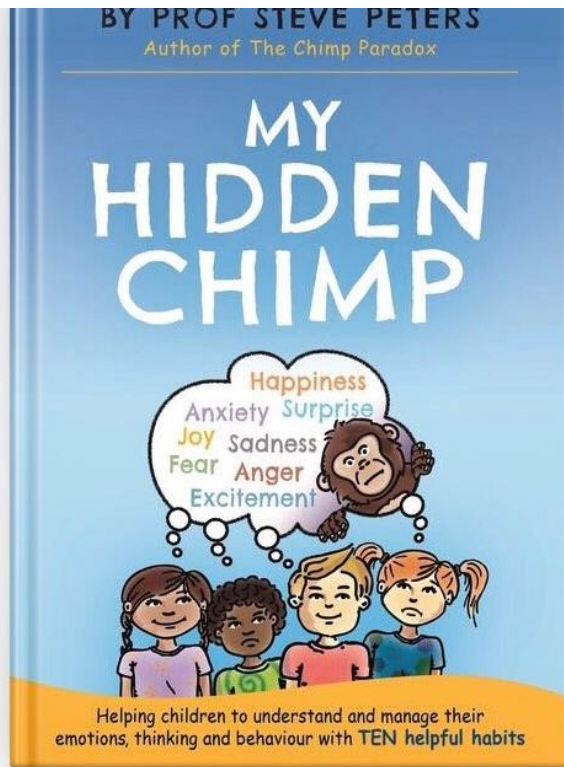


My favourite resource/  
a workbook for you to  
share or your child to dip into.

*The Unworry Book*  
£8.99  
*An activity book to  
calm your mind*



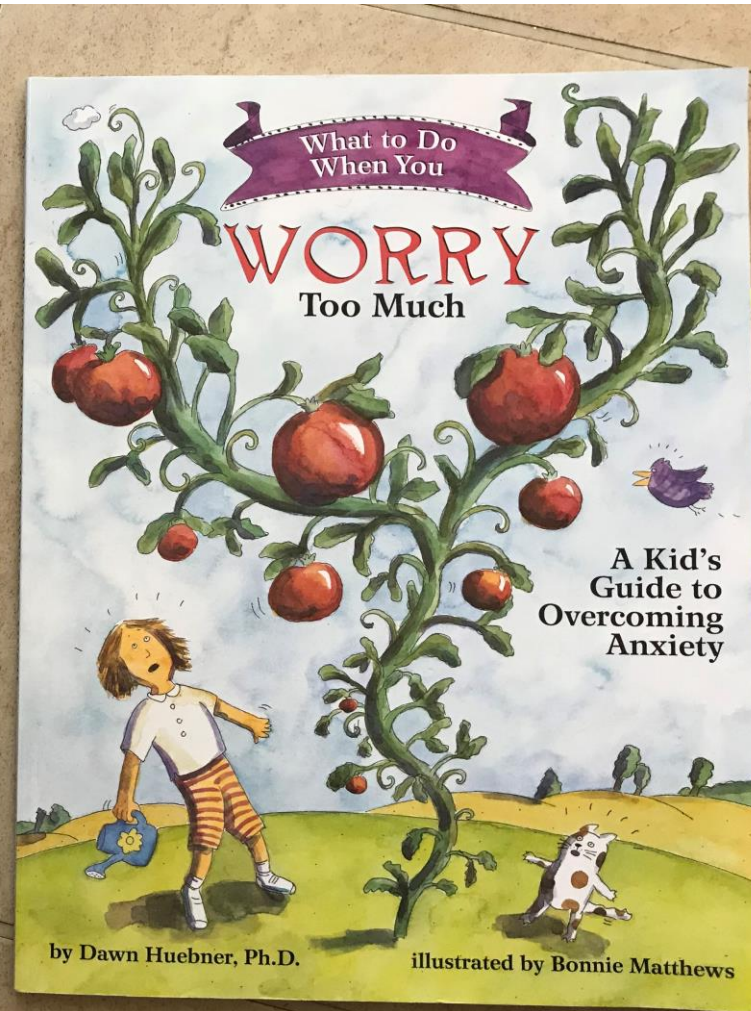
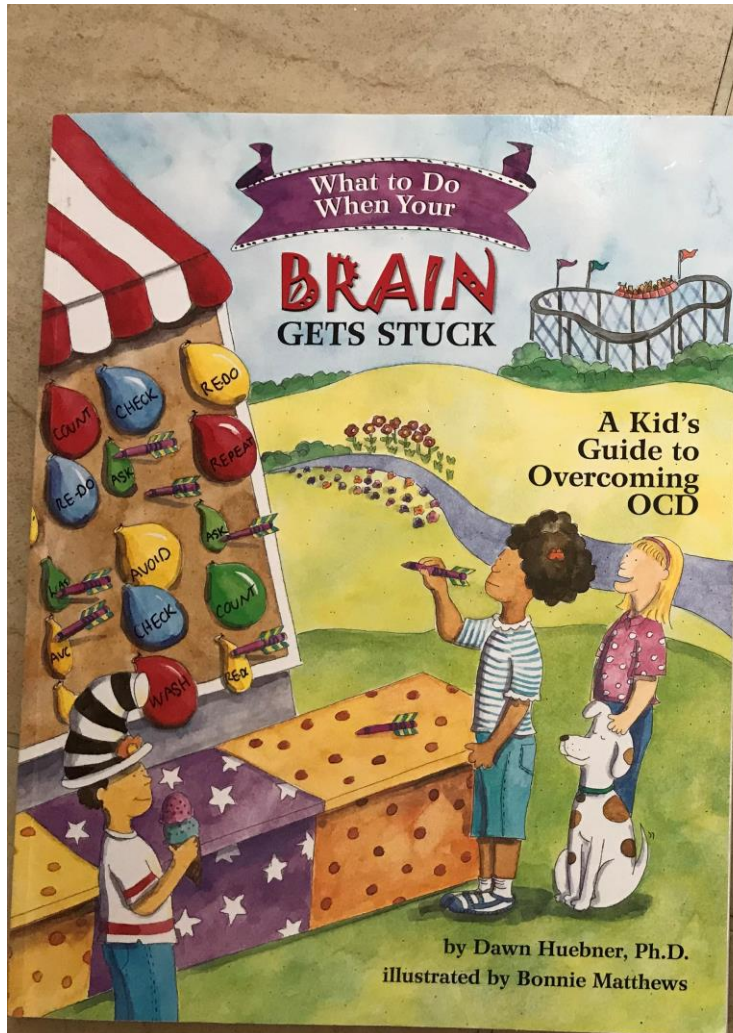
£8.99



*My Hidden Chimp- Steve Peters*  
*A child's guide to understanding  
your brain. £8.68 Amazon*



# Two more favourites:

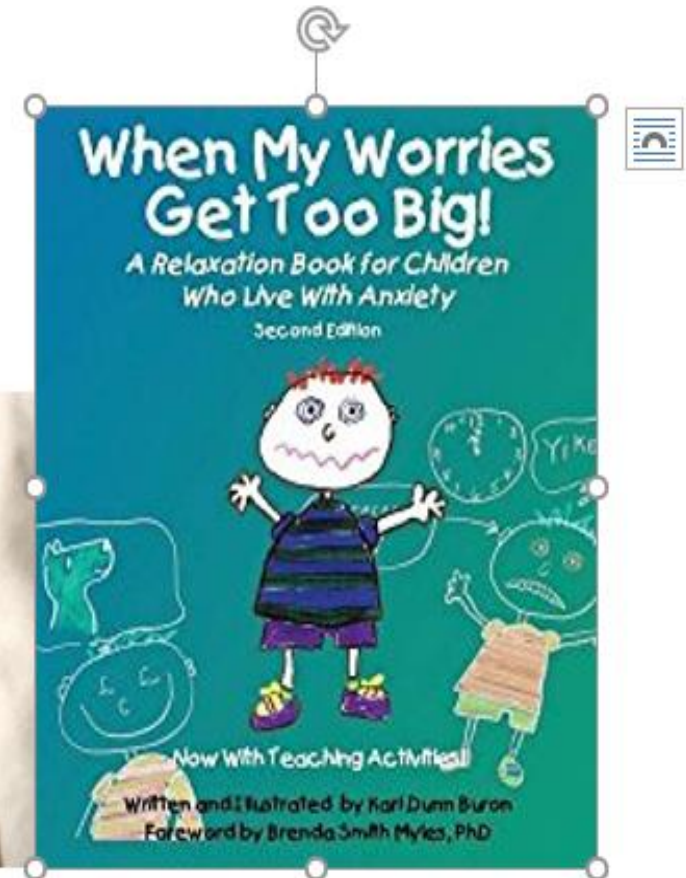




## Resources for SEMH



SE Calveley  
Edsential SEND Advisory





<http://www.moodjuice.scot.nhs.uk>



← → ↻ 🏠 [www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

# MOODJUICE

Anger? Panic? Assertiveness? Anxiety? Stress?  
Chronic Pain? Bereavement? Phobias? Depression?  
Post Traumatic Stress? Obsession & Compulsions?  
Sleep Problems? Shyness? Addiction? Carers Support?

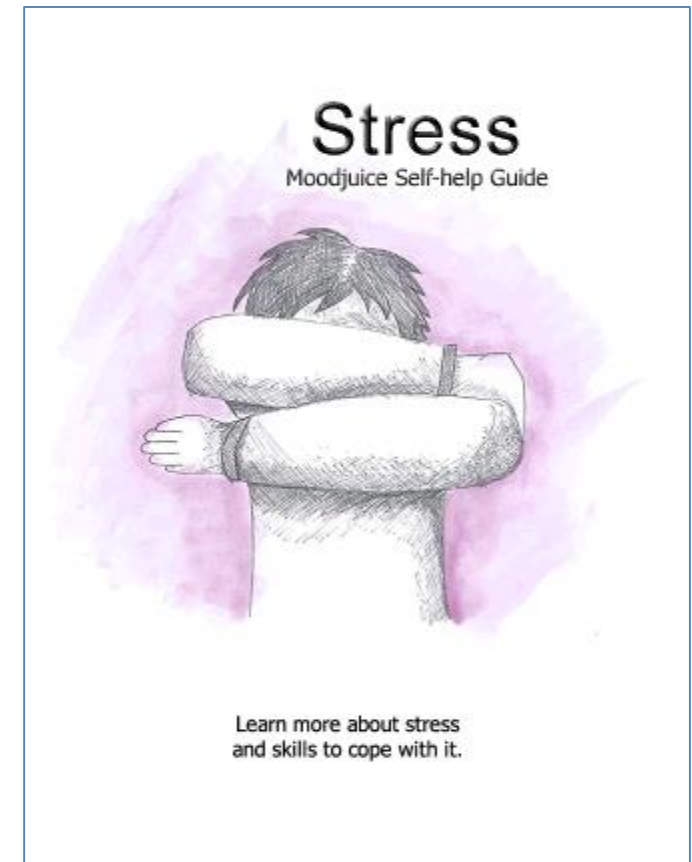
**Feel In Crisis?**

**Enter Moodjuice Here**

For fast and direct access to self-help resources, select the link below

**Professionals Area**

<http://www.moodjuice.scot.nhs.uk/mildmoderate/ObsessionsCompulsions.asp>



## Stress

Moodjuice Self-help Guide

Learn more about stress and skills to cope with it.



# WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

## HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

## RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

## INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/  
gambling is hard to control

## ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

Thank you for taking the trouble to attend today,  
please feel free to e mail any feedback to:

[lizneale11@gmail.com](mailto:lizneale11@gmail.com)

[sue.calveley@edsentential.co.uk](mailto:sue.calveley@edsentential.co.uk)

