



Moving Forward Virtual Summit

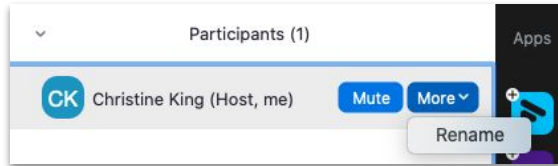
Addressing Anxiety in Our Classrooms

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11:00 AM - 11:45 AM

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Welcome & Reminders



**Change Name on Zoom &
Make Sure You are Registered**



**Please post questions in the chat.
Tag us in your social media**

**FB: CKingED
IG: ckinged
LinkedIn: CKingEducation
#MFVS2024**

Why anxiety?



EnRoute Education:

School consulting services focusing on the following:

→ **Instructional
Content**

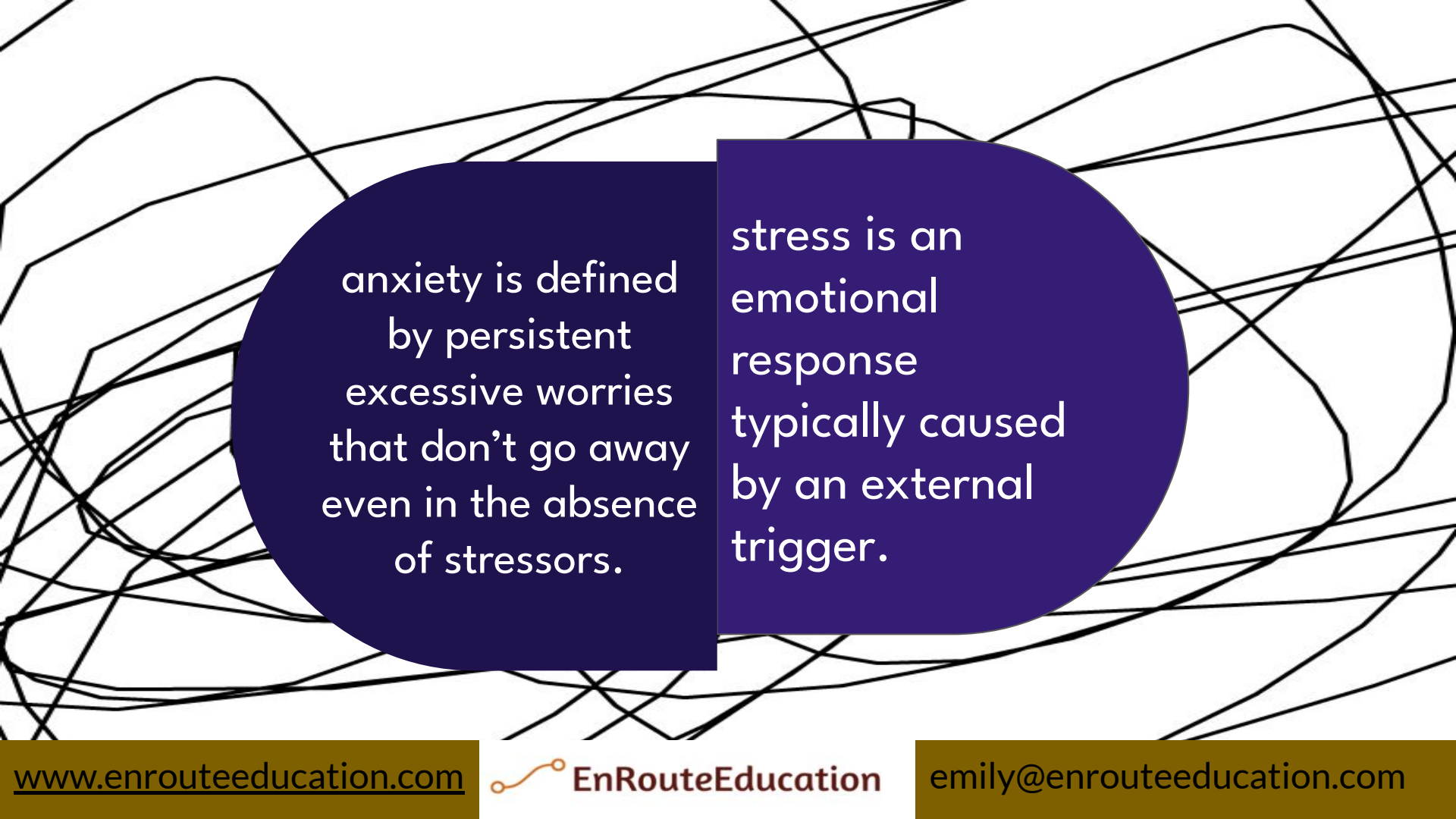
→ **The Learning
Process**

→ **Interactions & the
Environment**

agenda

- introduction: welcome, reminders & bio
- identifying anxiety in our own lives
- overview of data/ anxiety's effect on learning
- physical symptoms of anxiety
- planning ahead to address anxiety in our classrooms
- closing & questions





anxiety is defined
by persistent
excessive worries
that don't go away
even in the absence
of stressors.

stress is an
emotional
response
typically caused
by an external
trigger.

Have you ever
experienced
stress/ anxiety?
If so, in what
situation(s) did
you experience
this?



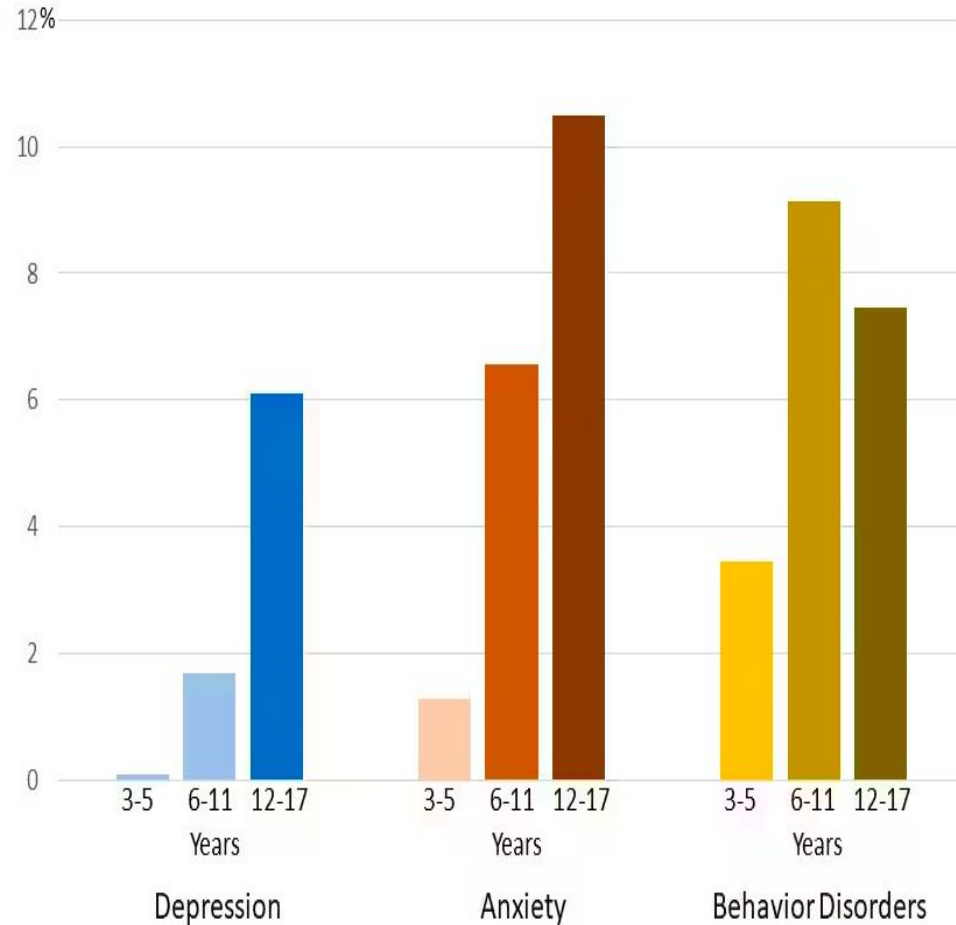
Anxiety is Prevalent in the U.S.

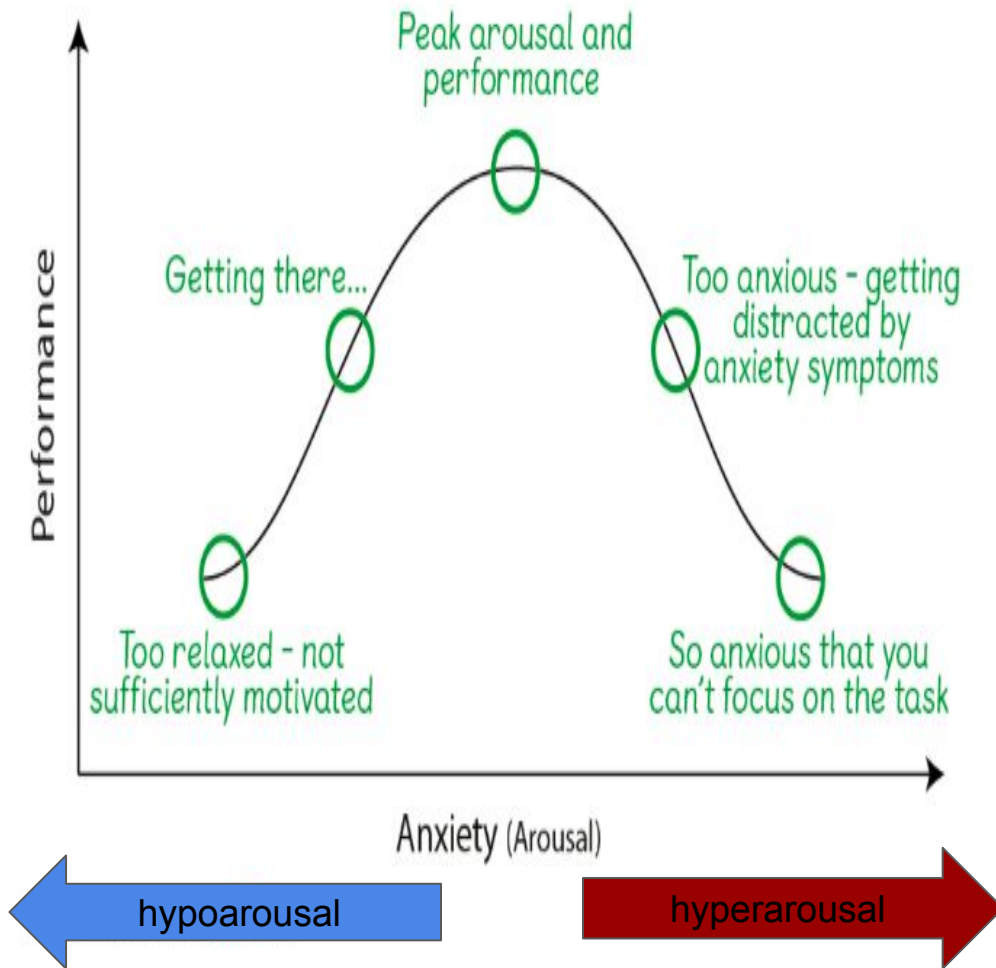
- Nearly 20% of children and young people ages 3-17 in the United States have a mental, emotional, developmental, or behavioral disorder.
- These trends were exacerbated during the COVID-19 pandemic.
- Childhood anxiety disorders are very common, affecting one in eight children
- Anxiety disorders in childhood can follow an impairing course leading to additional psychopathology and often interfere with social, emotional, and academic development
- According to the latest data from the National Institute of Mental Health, 31% of Americans will experience an anxiety disorder during their lifetimes.



CDC graph of mental health disorders amongst children of different ages. How does the prevalence of anxiety relate to other mental health disorders?

Depression, Anxiety, Behavior Disorders, by Age

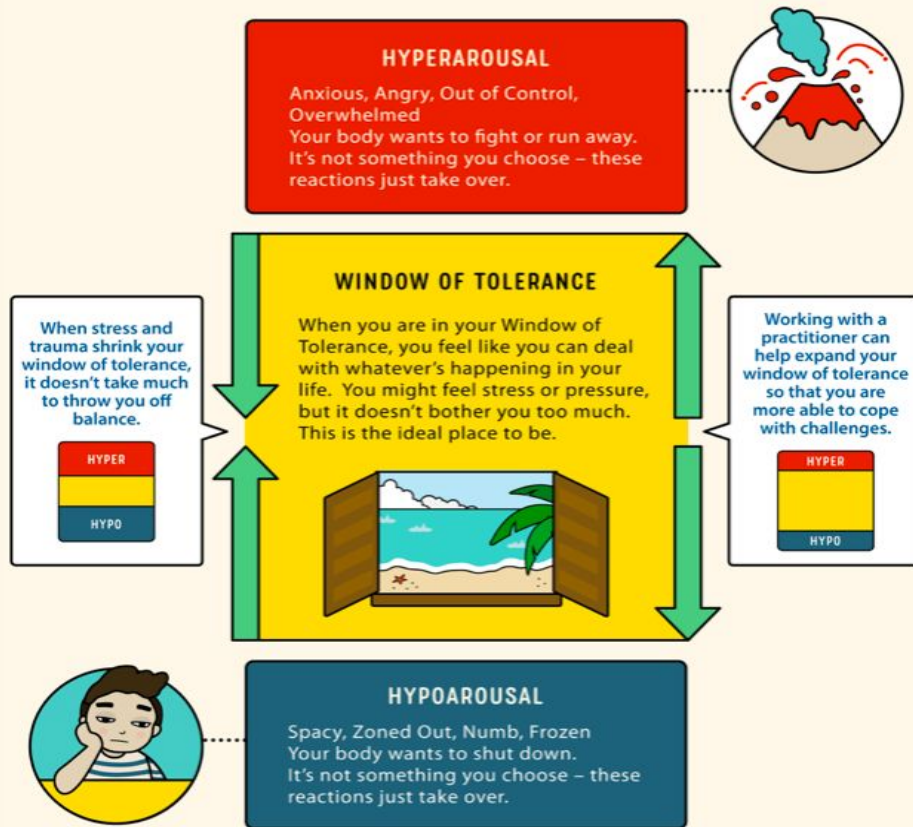


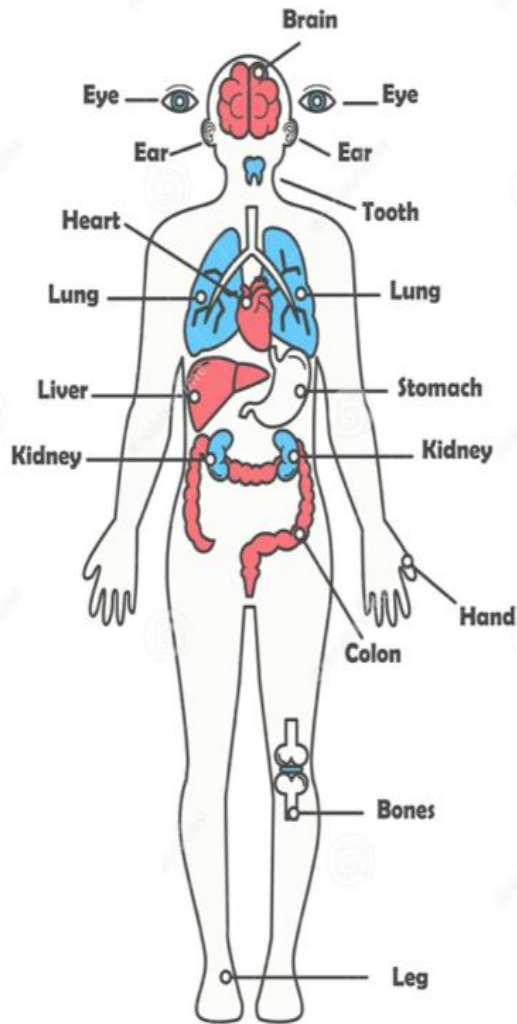


Research shows we don't function well when we are experiencing symptoms of anxiety

Window of Tolerance/ Peak Arousal is Ideal for Learning

How Trauma Can Affect Your Window Of Tolerance



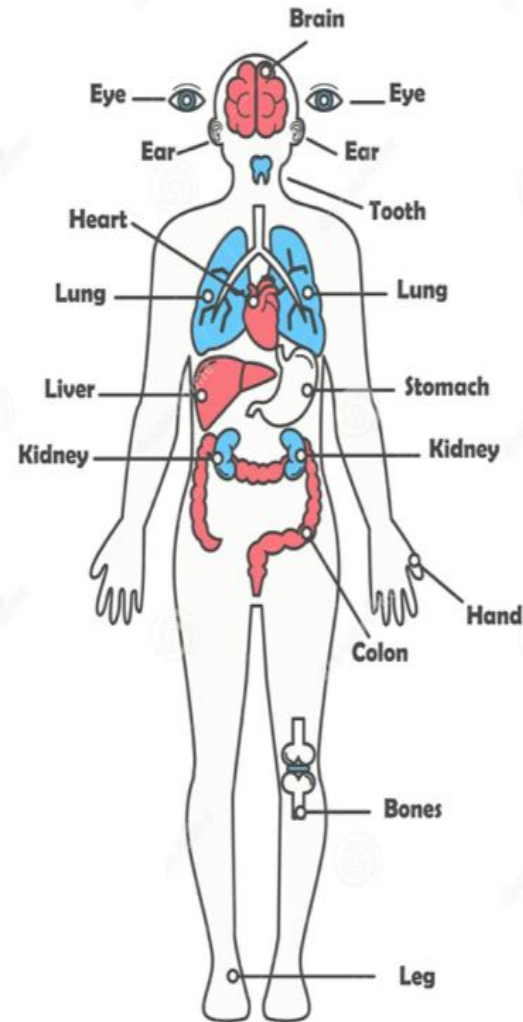


Where in your body have you experienced stress and/ or anxiety and what did it feel like?




Physical Symptoms of Anxiety

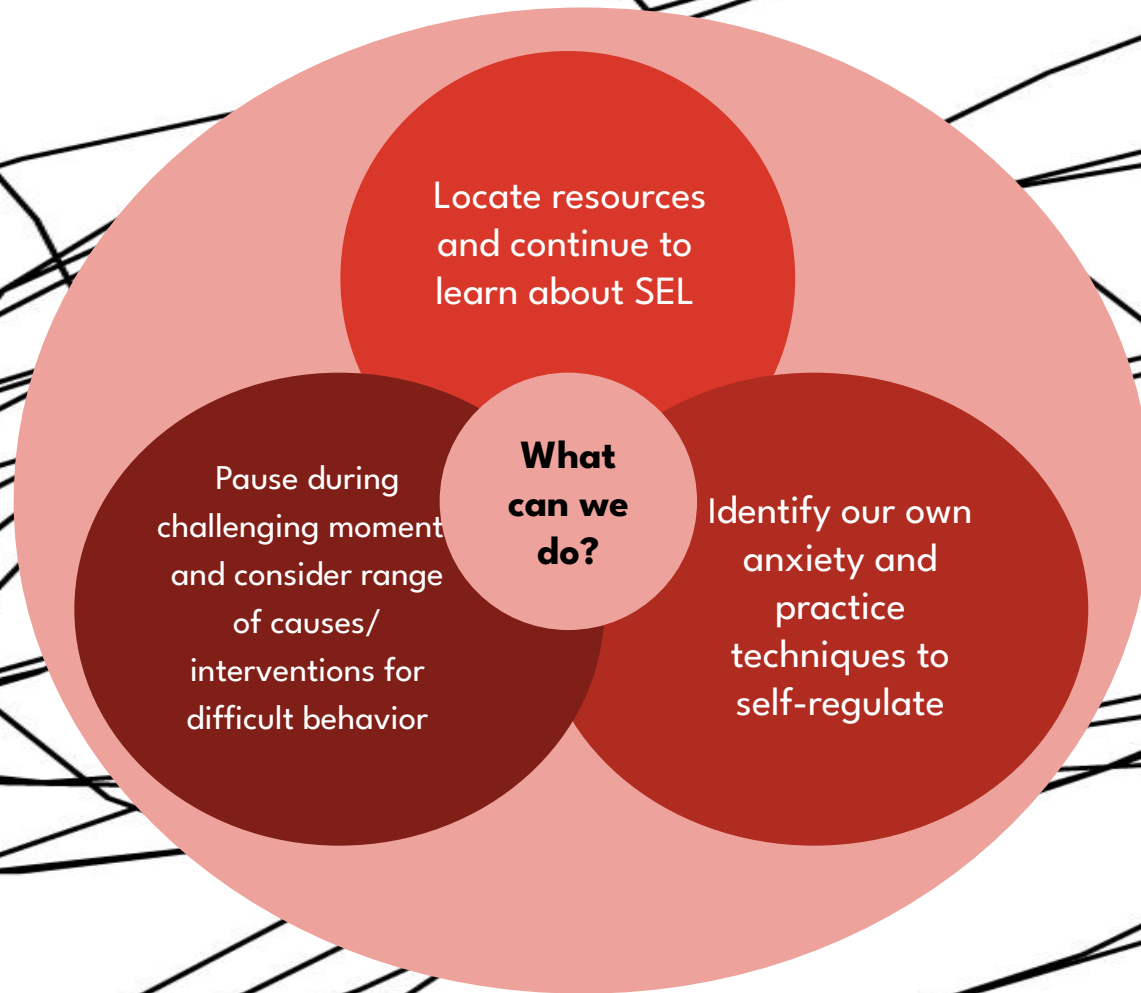
- Rapid breathing or heart rate
- Lightheadedness or dizziness
- Abdominal pain
- Indigestion
- Chest pain
- Fatigue
- Insomnia
- Headache
- Jaw tightness





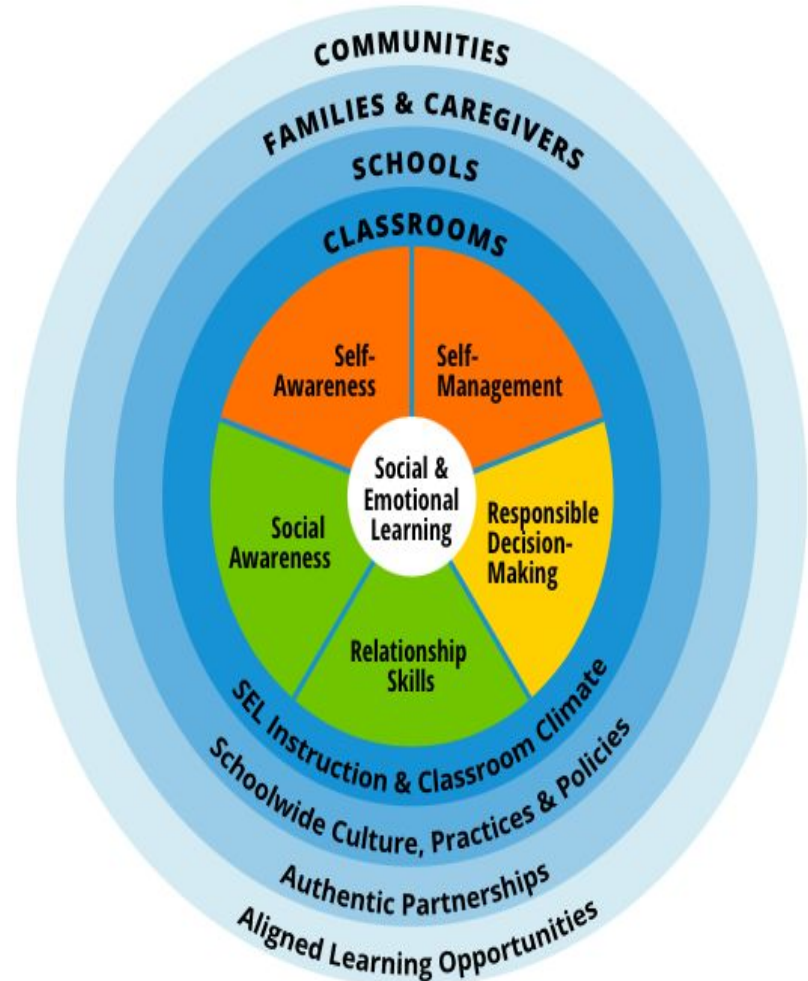
How Might Students Experiencing Stress/ Anxiety Behave?

- Inattentive
 - Restless
 - Clingy
 - Disruptive
 - Aggressive
 - Trouble answering questions in class
 - Chronic absenteeism
 - Frequent trips to the nurse
 - Not turning in homework
 - Avoidance of group work & socializing
- 



Some Useful Resources:

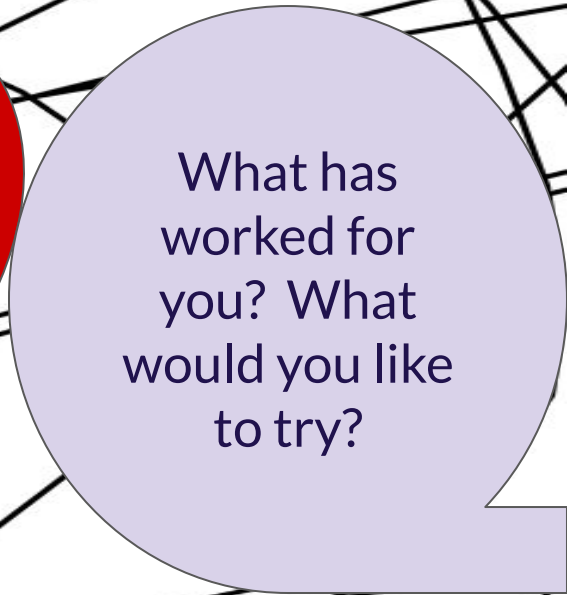
- CASEL: Collaborative for Academic Social & Emotional Learning
- Child Mind Institute
- Harvard Center on the Developing Child



Work towards
developing
techniques to
self-regulate:



walking
writing in my journal
coloring/ drawing

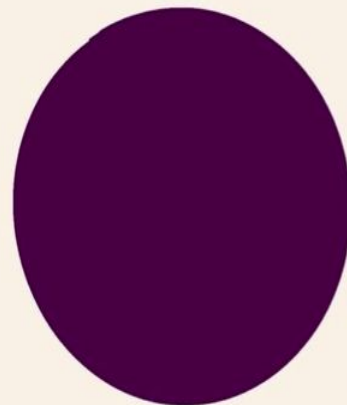


What has
worked for
you? What
would you like
to try?

There is so much more to behaviour than most people think. Children don't try to upset us, there is usually something behind it. They are communicating their need through behaviour.

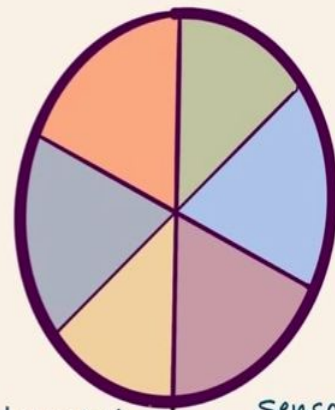
Reasons for a child's behaviour

What people think



Naughty and doing it on purpose

What really is behind behaviour



Development

Tired/hungry

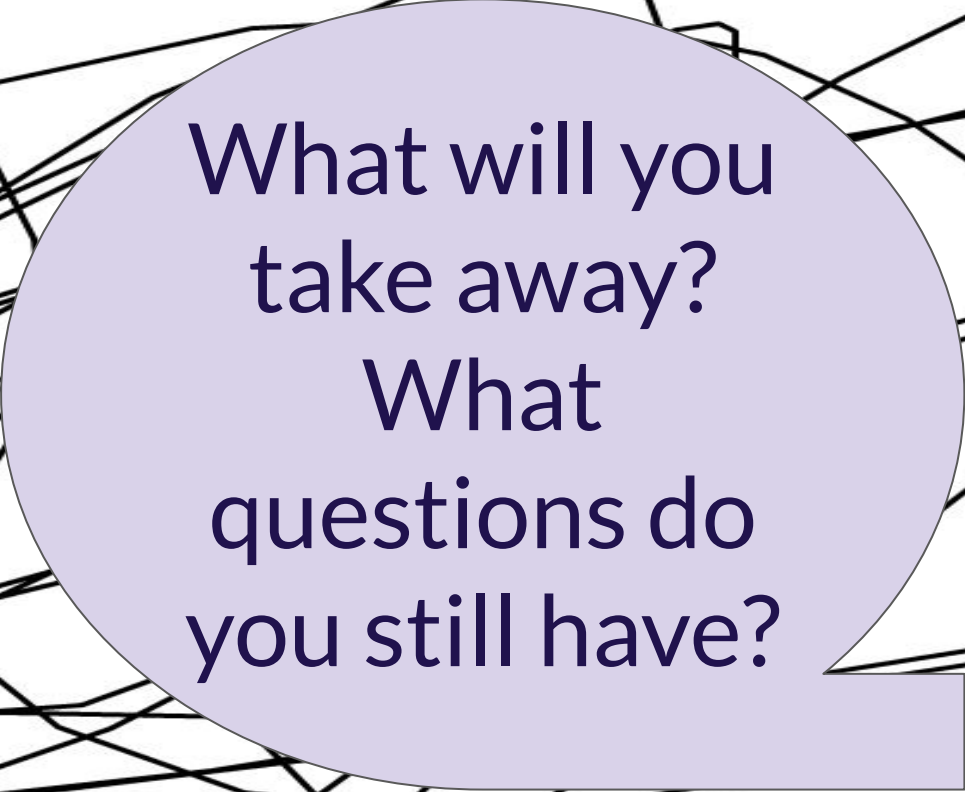
Anxiety

Sensory processing

Need connection

Unmet Need

@The_Therapist_Parent



What will you
take away?
What
questions do
you still have?

**Please reach out to inquire about school consulting
services: emily@enrouteeducation.com**

Thank you

www.enrouteeducation.com



EnRouteEducation

Questions & Reminders



Certificates for Attending Online
CTLE Hours for NYS Educators

