



Hidden Signs Surprising Behaviors in Children That May Actually be Anxiety

- Avoiding certain foods or textures.
 - Avoiding touching certain items or people.
 - Not turning in homework after they have completed the assignment.
 - Asking excessive questions or asking statements/phrases to be repeated over and over.
 - Over controlling or rigidity in their behaviors.
 - Taking excessive amounts of time to complete tasks i.e. showering, homework, skin care.
 - Extreme anger for no apparent reason.
 - Excessive reassurance seeking.
 - Lack of ability to focus.
 - Tiredness and frequent yawning.
 - Excessive asking if family/friends are ok or if someone is mad at them.
 - Over focus on body sensations.
 - Not bringing home school items or items from outside of the home.
 - Avoidance of activities usual for other children.
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