



**NEW MOON**  
BEHAVIORAL HEALTH LLC

# CHILDHOOD ANXIETY SYMPTOMS CHECKLIST

This checklist is designed to help you recognize common signs of anxiety in children. Use it as a guide—not a diagnosis—and reach out to a trusted professional if you notice ongoing patterns.

Every child deserves support, understanding, and a safe space to grow.

## EMOTIONAL & COGNITIVE SYMPTOMS

- ☐ Constant or excessive worry about school, safety, or social situations.
- ☐ Trouble calming down or letting go of anxious thoughts.
- ☐ Fear of making mistakes or needing things to be 'Perfect'.
- ☐ Frequently asks for reassurance
- ☐ Appears overwhelmed or stressed out by minor challenges

## BEHAVIORAL SYMPTOMS

- ☐ Avoids school, group activities, or public settings
- ☐ Refuses to sleep alone or be away from parent or caregiver
- ☐ Has frequent tantrums, meltdowns, or clingy behaviors in new situations.
- ☐ Shows signs of select mutism (won't speak in certain settings)
- ☐ Tries to control or avoid things that trigger anxiety

## PHYSICAL SYMPTOMS

- ☐ Complaints of stomachaches, headaches, or nausea with no clear cause
- ☐ Has trouble falling or staying asleep
- ☐ Appears restless or fidgety
- ☐ Sweats easily or has a racing heart when anxious
- ☐ Tires easily or seems low-energy despite normal activity