

Table of Contents

E = Elementary **M** = Middle **H** = High

Dedication.....3

Table of Contents4

Purpose of this Book10

How to Use this Book.....11

Chapter One: What is Anxiety? 12

 Challenges in Supporting Students Experiencing Anxiety 13

 Anxiety in Neurodivergent Students 14

 Common Symptoms of Anxiety 16

 Classroom Lesson Plans and Activities 17

 Lesson 1: What is Anxiety?.....17

 Lesson 2: What Anxiety Feels Like26

 Lesson 3: Fight, Flight, Freeze, Fawn Response33

 Lesson 4: Coping Strategies for Managing Anxiety.....46

 General Interventions59

 Mindfulness Activities.....59

 Breathing Techniques to Reduce Anxiety63








 Caregiver Information on General Anxiety.....67

Chapter Two: Counseling Interventions for General Anxiety..... 70

 Cognitive Behavioral Therapy70

E	M	H
E	M	H
E	M	H
E	M	H

Classroom Lesson Plans and Activities.....	71	
Lesson: “Think-Feel-Do” Cycle: Understanding CBT	71	E M H
Lesson: Exchanging Thoughts.....	74	M H
Lesson: Positive Associations.....	77	M H
 Individual Counseling Interventions for Students		
Experiencing General Anxiety.....	79	
Activity: How Anxiety Feels In My Body.....	79	E M H
Activity: Managing My Anxiety	79	E M H
Activity: My Personal Safety Plan	80	E M H
Activity: Information is the Antidote to Fear.....	81	E M H
Activity: Looking at Anxiety Through a Different Lens	81	E M H
Activity: Anxiety Triggers	82	E M H
Activity: Learning From the Past	83	E M H
Activity: You Are Not Your Anxiety	83	E M
Activity: Write a Story.....	83	M H
Individual Counseling Worksheets	85	
 Individual Counseling Interventions for General Anxiety		
Related to School Safety.....	96	
Symptoms of Anxiety Related to Safety at School	96	E M H
Activity: Creative Arts Techniques.....	97	E M H
Activity: A Brave Role Model.....	98	E M H
 Chapter Three: Test Anxiety	100	
What is Test Anxiety?.....	100	
Symptoms of Test Anxiety	100	
Impact of Test Anxiety on Students	101	

Student Stories.....	102	
Classroom Lesson Plan and Activities.....	104	
Lesson: Managing Test Anxiety.....	104	
Activity: Test Anxiety Skit.....	108	
Activity: Test Anxiety Awareness Social Media Campaign	112	
Classroom Accommodations.....	114	
Individual Counseling Interventions for Students		
Experiencing Test Anxiety.....	115	
Activity: Test Anxiety Road Trip	115	
Activity: Coping Skills for Test Anxiety	116	
Individual Counseling Worksheet	117	
Caregiver Information on Test Anxiety.....	118	
Let's Check-in with Our Students	120	
Chapter Four: Social Anxiety	121	
What is Social Anxiety?.....	121	
Symptoms of Social Anxiety.....	121	
Impact of Social Anxiety on Students	122	
Role of Social Media on Social Anxiety	122	
Student Stories.....	123	
Classroom Lesson Plans and Activities	125	
Lesson: Building an Inclusive and Accepting Classroom Community to Reduce Social Anxiety	125	
Lesson: Embracing Diversity to Reduce Social Anxiety.....	128	
Classroom Accommodations.....	131	

Individual Counseling Interventions for Students Experiencing Social Anxiety.....	131	
Activity: Gratitude Journaling	132	E M H
Activity: Can vs. Should	132	M H
Activity: I Am Enough.....	132	M H
Individual Counseling Worksheets	133	
Social Media	137	
Activities: Social Media Campaign Examples	137	M H
Activities: Social Media and Digital Literacy	138	E M H
Caregiver Information on Social Anxiety and Social Media	139	
Understanding and Supporting Your Child’s Social Anxiety.....	139	
Helping Your Child Navigate Social Anxiety and Social Media.....	140	
Let’s Check-in with Our Students	143	
Chapter Five: Performance Anxiety.....	145	
What is Performance Anxiety?	145	
Symptoms of Performance Anxiety	145	
Impact of Performance Anxiety on Students.....	146	
Student Stories.....	147	
Classroom Lesson Plan and Activities.....	149	
Lesson: Manage Performance Anxiety by Redefining Success.....	149	E M H
Classroom Accommodations.....	155	

Individual Counseling Interventions for Students Experiencing Performance Anxiety	155	
Activity: Defining Success	155	E M H
Activity: Success Breeds Success	157	E M H
Activity: Asset Building	157	E M H
Individual Counseling Worksheets	158	E M H
Strategies for Managing and Reducing Performance Anxiety	164	
Prevention Strategies	164	
Intervention Strategies	164	
Caregiver Information on Performance Anxiety	167	
Let's Check-in with Our Students	169	

Chapter Six: School-Wide Supports for Students

Experiencing Anxiety..... 171

School Climate	171	
Conducting a Values Audit	171	
School-Wide Positive Expectations.....	174	
Morning Meetings and Advisory Meetings	176	
Activities: Morning Meetings	176	E M H
Activities: Advisory Periods/Meetings.....	177	M H
Training.....	180	
Training Agenda for Faculty.....	180	
Training Agenda for Caregivers	181	
Training: What is Anxiety?.....	182	
Training: Anxiety vs. Misbehavior Case Study	188	

Activity: Behavior Reflection	194	E	M	H
Classroom Interventions for Teachers	198			
Activity: Student Interest Survey.....	199	E	M	H
Activities: Building Authentic Connections	203	E	M	H
Setting Up a Calm Corner in Your Classroom	205			
Final Thoughts.....	206			
Notes	207			
Acknowledgments	208			
About the Author	209			
A Brief Look at Leigh’s Workshops	211			
15-Minute Focus Series.....	213			
About NCYI	216			

**See page 206 for information about
Downloadable Resources and Templates.**