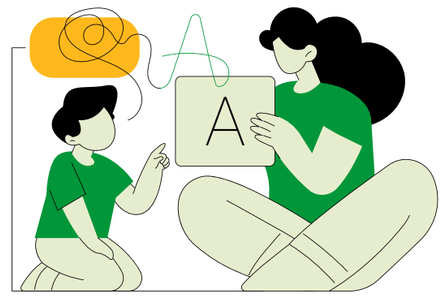
THEWS

Typical **anxiety presentation** in primary school aged children.

What is anxiety



Anxiety can be a problem in primary school children when it starts to **interfere with their daily activities,** such as their ability **to focus in school, make friends, or enjoy activities.**

Common signs can include:

- **Constant worry** about things like **schoolwork, making mistakes,** or being **separated from parents.**
- Physical symptoms such as **stomach-aches or headache**s, with no medical cause.
- Trouble **sleeping or nightmares and avoidance of certain activities or places due to their anxiety.**

Example cases:

1

Social Anxiety



Social anxiety is an intense anxiety or fear of being judged, negatively evaluated, or rejected in a social situation.

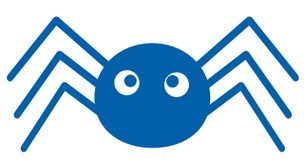
"Lately, I have noticed that Tom (aged 6) no longer participates in class as he used to. During lunch, he prefers to spend time with the lunchtime staff rather than playing with his friends. When asked if everything is okay, he replied, 'No one likes me.'"

2

Specific Phobias

An excessive fear that leads to avoidance or a strong need for comfort when faced with the feared object or situation.

"Sarah (aged 10) has never liked spiders. However, recently I have noticed that she no longer likes going to the park for fear of encountering spiders."



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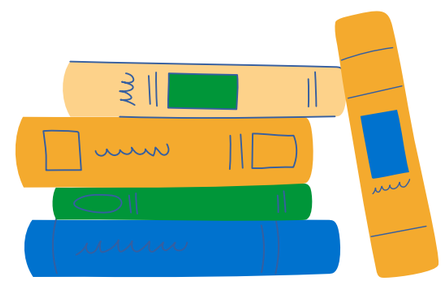


Generalised anxiety

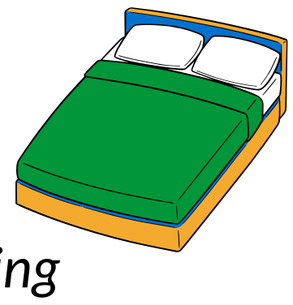
Generalized anxiety is a condition in which a child worries excessively and finds it difficult to stop thinking about their concerns.

"Alexandra is best known as a 'worrier.' She seems to worry about anything and everything..."

4

Separation Anxiety

Some children find it extremely difficult to be apart from a parent or caregiver, often due to a fear of never seeing them again.



"Muhammed is at the age where his friends are starting to have sleepovers or go on residential trips. Although this is something Muhammed would love to do, he struggles with the idea of sleeping away from me and my husband."

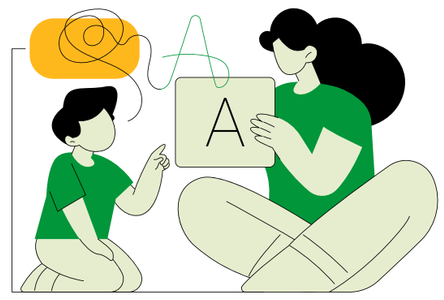
Who to contact

These are typical examples that THEWS works with; however, there are individual differences. If in doubt, please contact the Mental Health Lead (Mr./Mrs. ...).

Email:
Telephone:

THEWS

Typical **challenging behavior** in primary school aged children.



Behaviour that challenge

Most children and young people will behave in challenging ways at some point. **Feeling upset, angry, stressed, or disappointed** is a normal part of life. However, this becomes problematic when the behavior starts to **interfere with the child's daily activities**, such as their **ability to focus in school, make friends, or enjoy activities.**

1

Examples of challenging behaviours:

- Having lots of angry outbursts or 'tantrums'
- Regularly shouting/swearing,
- Regularly refusing boundaries and routines, including not wanting to respond to reasonable requests.
- Being impulsive and taking physical risks
- Blaming others for their behaviour
- Bullying or being unkind towards others
- *P*ersistently getting into trouble at school
- *R*efusing to engage in conversations about what's going on





2

At home



"Anna is a well-behaved child at school, always attentive and polite to her teachers and classmates. However, when she gets home, she often struggles to follow instructions, leading to frequent meltdowns over small things, like having to clean her room or do her homework. "

3

In school



"Jake often has trouble following simple classroom rules and sometimes refuses to do his classwork. At home Jake also His mom struggles to follow morning or evening routines and frequently gets in trouble for not following family rules"



Who to contact

These are typical examples that THEWS works with; however, there are individual differences. If in doubt, please contact the Mental Health Lead (Mr./Mrs. ...).

Email:
Telephone: