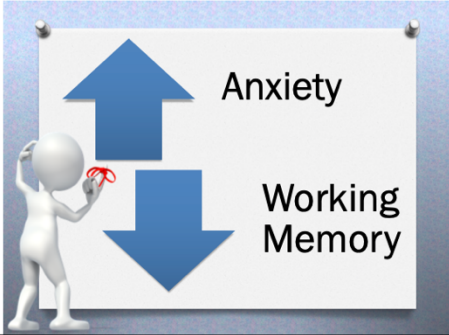
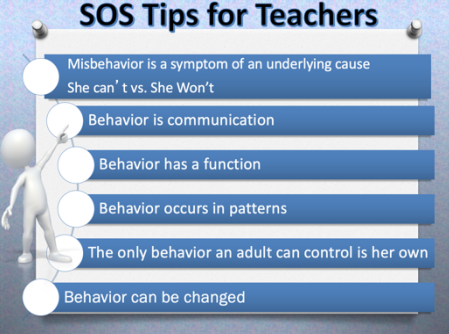
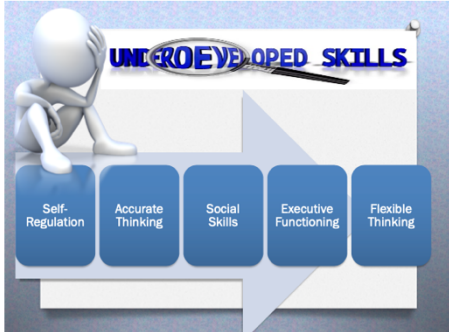
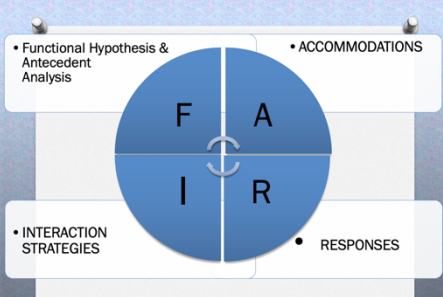




Practical Strategies to Reduce Anxiety in Kids
by Jessica Minahan, PhD, BCBA
author of [The Behavior Code](#) and [The Behavior Code Companion](#)

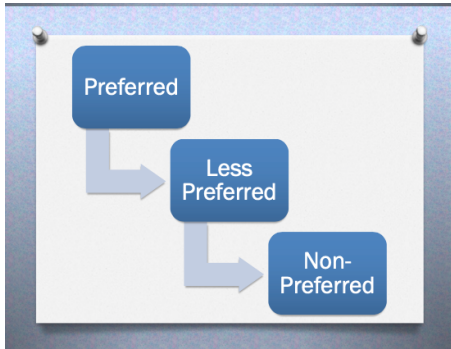
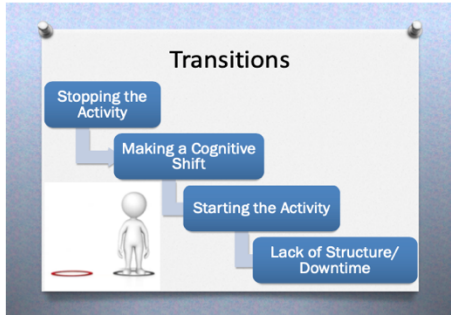
 <p>A 3D white figure stands next to a sign. The sign has two large blue arrows pointing in opposite directions. The top arrow points up and is labeled 'Anxiety'. The bottom arrow points down and is labeled 'Working Memory'.</p>	
 <p>SOS Tips for Teachers</p> <ul style="list-style-type: none">Misbehavior is a symptom of an underlying cause She can't vs. She Won'tBehavior is communicationBehavior has a functionBehavior occurs in patternsThe only behavior an adult can control is her ownBehavior can be changed	
<p>Why incentives may not be working</p>	
 <p>UNDEVELOPED SKILLS</p> <ul style="list-style-type: none">Self-RegulationAccurate ThinkingSocial SkillsExecutive FunctioningFlexible Thinking	

	
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<p>Maintaining Connections</p>	<p>School Resources: https://bit.ly/MINAHANJ</p>
<p>Why traditional breaks may not be helpful</p>	

<p>-Biofeedback</p> 	
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Transitions















Self-Regulation Apps

- o Calm
- o Headspace
- o Moodnotes (not free)
- o Moodpath
- o Pacifica
- o Pixel Thoughts
- o SuperBetter (game to teach resilience)
- o 7 Cups
- o Anxiety Relief Hypnosis
- o Happify
- o Talkspace


Reducing Inaccurate Thinking Toward Writing Tasks

BEFORE	AFTER
5	4
5	3
5	4
5	2

PARTS OF WRITING	STRATEGIES...	USED?
THINKING OF AN IDEA	1. Look at photos in a book 2. Look at my writing ideas list 3. Look at photographs 4. Computer picture help	
ORGANIZATION	1. Graphic organizer for paragraph development 2. Graphic organizer for sequencing of ideas	
SPELLING	1. Frequently used word cards 2. Sticky note help 3. Tap out the words	

I like it! 	OK 	I don't like it! 
Drawing 	Using punctuation ! . ? 	Thinking of an idea 
Listening to a teacher read my story 	Writing lowercase letters a b c d e 	Spelling 
Coloring 	Writing more than one page 	
	Making a mistake 	

Tips on Giving Demands

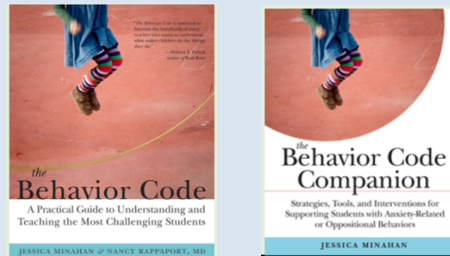


- Neutral Tone
- Give demands privately
- Choices
- Use Nonverbal Directions
- Provide Rationale First
- Deliver and Move
- Extended Time to Comply

Shift Reinforcement to Skill Development

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Facebook Page: [The Behavior Code](https://www.facebook.com/TheBehaviorCode)
BOOKS:

The Behavior Code and The Behavior Code Companion



Additional Notes: