



FOUR WAYS TO REDUCE ANXIETY AT SCHOOL

Creating a Safe Place to Learn



Anxiety can have a significant impact on your son or daughter's learning process.

It can manifest in a number of different ways - maybe you've noticed them spending more and more time by themselves, retreating into their shell or getting frustrated with you more quickly than usual.

Fear can effect grades, your child's social life and their general wellbeing.

At Inspire Academy, we use the following four tips to help our students find comfort, themselves, and success.

1. Establish and support an environment of open communication and trust

Growing up is hard to do. Rarely do kids want to speak with their parents for fear of disappointing us or getting themselves in trouble. Yet, we want to support them and be there for them. Repeatedly showing our kids they can trust us creates comfort and conversation. Having a shoulder to cry on can make all the difference in the world.

2. Understand what the issue is and where it's coming from

Through open conversation, learn if your son or daughter is struggling with a specific topic or activity in school or merely unfocused and nervous that the attractive person next to them doesn't want to go to the movies with them on Friday. Treat both respectfully.

3. Create motivational goals

If your son or daughter is struggling with reading, try rewarding them with a fun dinner of their choice, a new toy, etc so they can see immediate positive results. Replacing negative outcomes with immediate, small encouragement builds positive momentum and grows confidence.

4. Provide positive, personal attention

Unfortunately, public schools often don't have the resources to spend enough time with each student. Make sure that their needs are being fulfilled. Provide them with extra time or extra resources if typical class time isn't cutting it.

These four steps to reducing anxiety can make a world of difference in not only your child's school life, but also their relationship with you. Seeing you as a partner in their success will allow them to know you have their back.

These steps, especially number two, will help you shed light on why your son or daughter is anxious in the first place. Many times, it will be due to typical growing pains. However, this may not always be the cause.

According to the National Institutes of Health, one in seven students has some type of learning disability.

If this is the case, we here at Inspire Academy might be a better suited learning environment. We specialize on providing individualized attention to students who have different learning abilities, such as dyslexia or ADHD. Many of our students find our institution liberating, letting their guard down in a safe place to learn.

If you're interested in learning more about how our institution serves the DFW metroplex, please email us at dana@InspireAcademyTX.com or call us at (817) 803-5010.

