SHow to support your child’s school anxiety using Five to Thrive

**Block 1: Respond:**

Children with school anxiety need to feel seen and heard. Responding consistently and calmly to their worries — whether it's about friendships, routines, or learning — helps them feel safe. It shows that their feelings are valid and that adults are there to support them.

**Block 2: Engage:**

While physical affection may not always be appropriate in school settings, the principle of emotional warmth still applies. A reassuring smile, a gentle tone, or a comforting gesture can help a child feel soothed and connected, reducing anxiety.

**Block 3: Relax:**

Creating moments of calm throughout the day — like breathing exercises, quiet corners, or sensory breaks — helps regulate a child’s nervous system. Relaxation supports emotional balance and gives children tools to manage stress when it arises.

**Block 4: Play:**

Play is a powerful way for children to process emotions and build confidence. Through imaginative play, role play, or games, children can explore their worries in a safe space and develop coping strategies. It also helps build positive relationships with peers and adults.

**Block 5: Talk:**

Talking helps children name their feelings and make sense of their experiences. Encouraging open conversations — whether through storytelling, journaling, or simple chats — helps reduce fear and builds emotional literacy. It also strengthens the bond between child and adult.

**For more information, please visit** [**FamilyHubsLeicestershire.org.uk**](https://leics.sharepoint.com/sites/fivetothrivefamilyhelp/Shared%20Documents/03%20Phase%201%20-%20Family%20Help%200-19%20%28Sept%202024%20-%20March%202025%29/resources/FamilyHubsleicestershire.org.uk)

