

Exercise 1- Recognising Anxiety- Slide 52

1. Constantly seeking reassurance

Observation:

-Child getting up from the craft table frequently to check each shape they've painted is correct one at a time, instead of at the end.

-When out to play, repeatedly coming back to a staff member to complain about other children's behaviour and seek comfort and reassurance

Concrete Example of Manifestation:

-Re point 1- Jessica (Butterfly Room), must now sit to the right of the educator so that she is not upsetting the other children by entering their space, bumping them and their work in order to get the educators attention. As a result of this consistent behaviour, we have seen other students become more easily frustrated with her and her ability to create stable friendship has been tested.

2. Avoiding certain situations they feel worried about

Observation:

Concrete Example of Manifestation:

3. Avoid trying new things or taking risks

Observation:

Concrete Example of Manifestation:

4. Trying to get other people to do things for them

Observation:

Concrete Example of Manifestation:

5. Complain of physical pains, especially headaches and tummy aches

Observation:

Concrete Example of Manifestation:

6. Getting upset or having angry outbursts

Observation:

Concrete Example of Manifestation:

7. Worrying about a lot of things that may seem minor to others

Observation:

Concrete Example of Manifestation:

8. Clings to adults or older children rather than being around peers

Observation:

Concrete Example of Manifestation: