

The Anxious Child

Learning Outcomes and Course Checklist

Course Overview

We all know the feeling. The restlessness, butterflies in your stomach, and racing heart, otherwise known as anxiety. Just like adults, children experience this feeling of worry in their lives as well. But what's the difference between a normal amount of fear and an anxiety problem? We will examine that question in this course. We will also discuss some of the most common anxiety disorders and identify the differences between them, including Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder, phobias, and general anxiety. Ways educators can work with parents and doctors to help alleviate stress for children will be discussed as well.

Level 2

- Washington STARS credit: Child Growth and Development (1 hour)
- CDA Content Area: Enhancement of Social and Emotional Development (1 hour)

Objectives:

- List several physical and behavioral signs of stress and anxiety.
- Give examples of instructional strategies or modifications that can be made for students with anxiety.
- Name activities that teachers can do with children to help reduce anxiety in the classroom.

This checklist is for your reference only, and using it is optional. You may print or save it to your computer to use to track your progress.

COURSE CHECKLIST

	<u>1. Introduction</u>
	<u>2. Learning Outcomes and Menu</u>
	<u>3. What is Anxiety?</u>
	<u>4. What Teacher's Should Know</u>
	<u>5. Anxiety in Kids, Video</u>
	<u>6. Signs of Stress and Anxiety in Children</u>
	<u>7. Discussion: Severe Anxiety 1/2</u>
	<u>8. Instructional Strategies/Modification</u>
	<u>9. Children's Books for the Anxious Child</u>
	<u>10. Classroom Activities</u>
	End of Course Assignment 2/2
	Parking Lot
	Evaluation Form

GETTING HELP

Student Support Hours

Monday - Friday 7:00 am – 6:00 pm

Saturday - Sunday 9:00 am – 6:00 pm

For information on help, go to: <http://www.starsclassesonline.com/getting-help.html>

E-mail: info@starstraining.org

Phone Support: (360) 602-0960

CERTIFICATES

This is a LEVEL 2 Course.

If your assignments were adequately completed, you should expect that the turnaround time will be less than 24 hours from the time which you submit the evaluation form until you receive your certificate by email. If you did not adequately complete the assignments, the trainer will send you an email requesting that the coursework be redone. Be sure to watch for emails from one of our trainers.

If you do not receive your certificate within 24 hours from when you submit the evaluation form, check your junk mail or spam folder. If the certificate email is lost in cyberspace, we will not know that you did not receive it. You will need to provide us with a different email address, such as a new Yahoo email account, to receive your certificate. Please be aware that Wavecable and Comcast especially seem to have difficulties receiving our emails with the certificates attached. Thank you for your cooperation and patience.