

some Anxious Behaviours

- Physiological (e.g. sweating, racing heart)
- Banging fist; tapping pencil on desk
- Grunting/growling noises
- Scowling or inappropriate smiling
- Crying/whining/meltdowns
- Swearing (verbal or with gestures)
- Moving into another's personal space
- Wandering around the room
- Putting objects in mouth
- Difficulty concentrating
- Perseverating on one thought
- Hiding (e.g. under desk, inside locker)
- Difficulty following directions/forgetful
- Crumpling or tearing up papers
- Withdrawing from friends/activities
- Frequently needing reassurance
- Focusing on negative outcomes
- Staring/gazing into space
- Excessive yawning
- Pulling arms out of sleeves
- Pulling hoodie over head
- Resting head on desk

