

Reducing Student Anxiety During School Closure

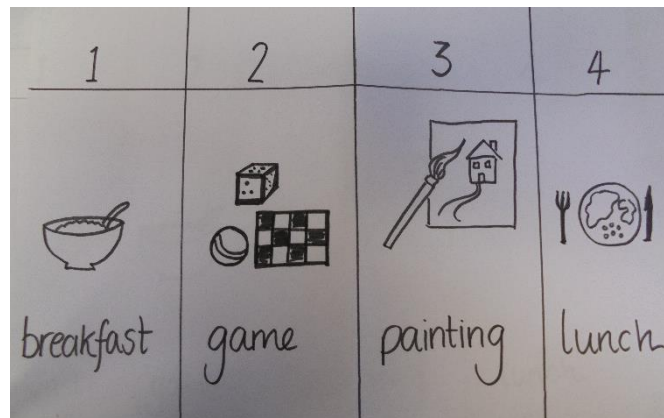
It may be confusing for your child that they are not going to school at the moment and your child may feel anxious. The following strategies may help to reduce your child's anxiety whilst they are at home.

- Knowing what is going to happen in the day can help reduce a child's anxiety.

Use a visual schedule to let your child know what they are going to be doing each day. You can draw one by hand or use any of the resources that have been provided by school e.g. first and then board.



- It can be helpful to set up a routine and provide some structure to your child's day even though they are at home e.g. Breakfast, game, craft activity, lunch, story, game, TV, dinner.



- The school has provided a social story on their website that you can read with your child to explain that the school is closed. Read this with your child everyday when they are calm and relaxed.
- Print off a photo of the school and put a red cross through to help explain that the school is closed at the moment. Presenting information with pictures will support your child to understand what is happening.
- Try and use positive language to explain the school closure so that children do not feel worried about what is happening.
- It is fine to explain the school closure to your child in any way that you feel will be helpful e.g. it is fine to say that they have been given extra holiday or the school is closed for cleaning.