MEANS TO HELP PUPILS WITH ANXIETY

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In reality, there are learners who suffer from anxiety. They worry in different things particularly the ones in the school. They feel uneasy and nervous in classroom interaction and in varied school undertakings.

How could a teacher help these pupils overcome anxiety in the school?

Tell the pupils to have a deep breathing exercise whenever they feel anxiety. This breathing exercise will help each child to release the pressure within thus making comfort in one’s body and emotion.

Whenever the children feel anxiety let them go outside to see the environment around. This is therapeutic in a way for they can sense the beauty of nature and uniqueness of the structural designs in the community. Thus, environment may remove the anxiety.

In the time that anxiety strikes in our pupils keep them in the moving mode. The healthy moves that they will do will help them be relieved from anxiety that disturbs their inner beings. Movement is indeed important in this situation.

The teachers may also request their pupils to think positively. Do not let worry, stress or pressure ruin their day instead, they should think on the positive things that may happen. In this way, the schoolchildren may feel comfort and emotional stability.

Lack of nutritious foods may affect the mental, emotional and behavioral conditions of the child. The teacher should advise the children to eat healthy foods. Having nourishment can help the child maintain a good well-being.
The effectiveness of expression may be manifested in a positive journal. The teacher should encourage the pupils to write regularly on the positive journal expressing their positive thoughts and emotions. This is beneficial on the part of each child in order to grow positively.

Another way to help the child fight anxiety is to entertain him or her with delightful stories. These stories are inspiring and educational. They should make the children smile and feel that life is beautiful.

The teacher must accommodate the child who suffers from anxiety. Let him or her realize that worries and nervousness are just normal and that they could be replaced with happiness.

The teacher should employ all the possible and positive means to help the children with anxiety.

References: