

KixCare TIPS

What are the Symptoms of School Anxiety in Children?



Signs and symptoms of school anxiety can be difficult to pinpoint. Especially before they start outright refusing school. They can be thoughts that your child is having, but also emotions, physical sensations, and behaviours.

Young children tend to have more physical symptoms as they cannot pinpoint for themselves what the issue is.

- 1 Very young children may be unable to identify specific fear thoughts but **may think or say things like: "I don't like the recess yard."**
- 2 "I'm no good at school anyway."
- 3 "The other kids will laugh at me."

Cut here for a colouring sheet for your little one

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