



**Parentshop**  
lifelong behaviour change

# The Anxiety Project

**A WHOLE-SCHOOL COMMUNITY APPROACH TO MANAGING ANXIETY AND BUILDING RESILIENCE IN AUSTRALIAN PRIMARY SCHOOL STUDENTS.**

## PHASES OF THE PROJECT>

Research Collection



### EOI and School Clustering

In the process of collecting EOIs for participating in The Anxiety Project, NSWPPA will better understand the school context and will structure the programs to support schools in similar demographics to implement the program in local clusters.



### School Leader Training

Through the provision of professional learning for school leaders, we can help them to design protocols within schools aimed at helping children build resilience.



### Implementation Coaches (ICs)

ICs will support teachers (through providing training, in-class mentoring) and parents (through the provision of parent education groups).



### All Staff Training

All School Staff will participate in professional learning to counter anxiety habits in children, as they arise in the school environment.



### Student Lessons

Students take part in lessons that are aligned to the PDHPE curriculum.



### Parents

By providing family management training for parents, we can equip parents to better deal with a child's mild-level anxiety at home.



### Evaluation & Feedback

Throughout the project, the ICs will capture data, support school implementation, collaborate with schools in their local cluster, and share success milestones through the program manager.



Multiple measures of student, teacher and parent data collected over a two-year window. Provision of school report. Intervention Impact Report for Individual Schools

## PRICING>

Schools are also reminded of the commitment to provide 0.1 EFT release to a teaching staff member to perform the duties of the Implementation Coach at the school.

### PRICING ALL STATES AND SECTORS (EXCEPT NSW PUBLIC)

### PRICING NSW PUBLIC SCHOOLS

#### SCHOOL SIZE:

SCHOOL ENROLMENT UP TO 25 STUDENTS: \$ 6,570 + GST  
SCHOOL ENROLMENT 26-112 STUDENTS: \$ 9,423 + GST  
SCHOOL ENROLMENT 113-300 STUDENTS: \$13, 815 + GST  
SCHOOL ENROLMENT 301+: \$19,655 + GST

#### SCHOOL SIZE:

SCHOOL ENROLMENT UP TO 25 STUDENTS: \$ 5,868 + GST  
SCHOOL ENROLMENT 26-112 STUDENTS: \$ 8,415 + GST  
SCHOOL ENROLMENT 113-300 STUDENTS: \$12,330 + GST  
SCHOOL ENROLMENT 301+: \$17,550 + GST

# TEACHER FEEDBACK ON THE PROJECT

"I sincerely appreciated the hands on, evidence based, practical strategies to improve supporting my students who experience anxiety and worries!" **Louise - Kotara South Public School**

"I found I was often viewing the course material from the perspective of my own child and his needs. I found the issues raised about challenges for parents and kids these days to be very accurate in my family experience. The fact that they rang true, gave me a sense that the content was important and potentially powerful, for both home and school. I have already applied some of my learning in my own parenting (such as making 'an announcement' to my son about changing some of the expectations and dynamics in our relationship)."

Being able to identify the cognitive distortion/s seems to be the key to entering into the anxiety cycle at the thinking level, rather than trying to exile feelings or squash behaviour further 'down stream'. CBT agrees that the point of entry for change seems to be thinking, and especially distorted thinking. Really reflecting on the five distortions helped me unpack this a bit more. This was very helpful." **Robina - Wakehurst Public School**

"I've already started to apply the practices. Today I had a student who refused to complete his class work. I applied some strategies, especially acknowledging. After this he seemed to feel 'heard' and he got back on task, engaged with his learning and enjoyed for the rest of the day." **Dean - Bradbury Public School**



*"A child's anxiety will not usually fix itself. Unless something changes, it will tend to worsen. However, the good news is that seemingly-modest interventions delivered by significant adults can make a difference and turn that progression around."*



Michael Hawton  
MAPS  
Psychologist

## PODCAST>

## LISTEN

**P** sychologist and The Anxiety Project developer Michael Hawton, describes the project on the Professional the project on the Professional Learnings Podcast with The NSW Primary Principals Association.

"If [teachers] know how to respond and they repeat those responses over time, not only should you see a reduction in child anxiety over time, you'll also develop children's resilience." Michael Hawton MAPS



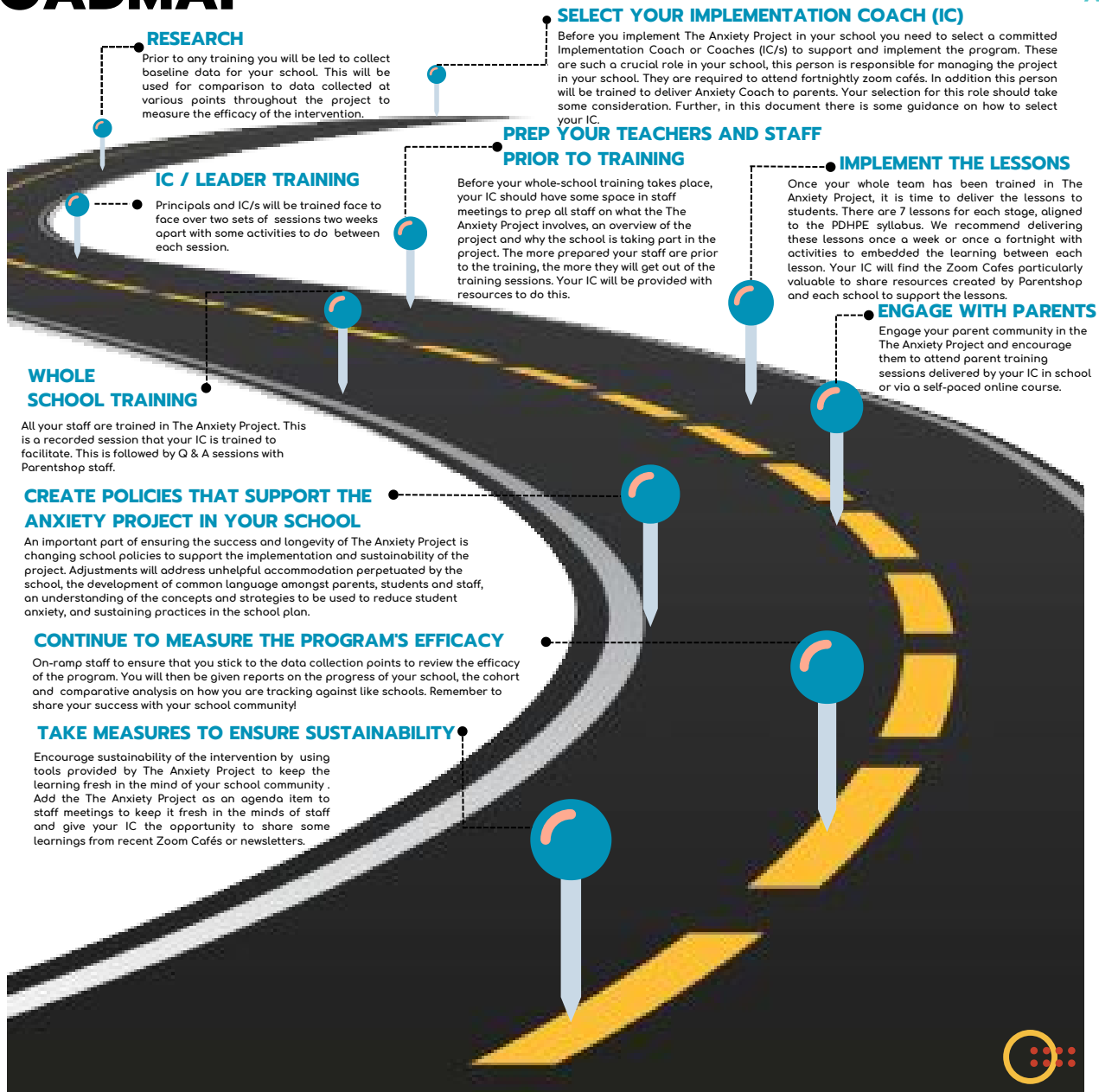
## VIDEO>

## FROM THE NSW PPA

**H**ear from Rob Walker, Trish Peters and Robyn Evans from the NSWPPA on why it was important for the PPA to offer The Anxiety Project to their members. You will also hear an outline of commitments required from schools to participate in The Anxiety Project.



# ROADMAP



COMMUNITY APPROACH>

## PARENTS

Teachers can't be expected to tackle their students' anxiety on their own. There are a range of significant adults, such as parents, who play an important role in shaping a child's thoughts and behaviours. It is important for these adults to equip themselves with the necessary tools to scaffold resilient thinking through serve and return conversation techniques.

As part of The Anxiety Project, schools will engage with parents and carers to make a long-term difference to their children's anxiety. Specialist Implementation Coaches will train parents in Anxiety Coach and schools will also receive free vouchers for Anxiety Coach for Parents; self-paced online course to learn these essential skills. The benefit to this is to create a community around children that help them to

challenge their anxious thoughts and behaviours and build resilient young people ready to take on the inevitable ups and downs of life.

*"Thanks so much! [The course] was very articulate in teaching us of the special characteristics and nuances around adolescence and how best to guide our youngsters through it. Whilst remaining open minded to the specifics of our individual situations where tailored approaches were discussed."*

**Jim - Parent**

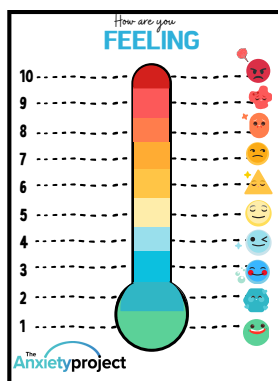




## COMMUNITY

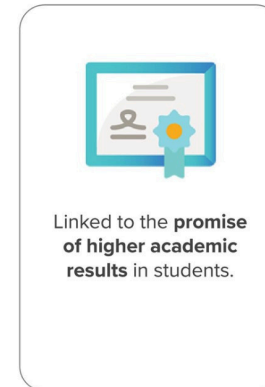
Tackling student anxiety is a big job with many challenges. To help schools and their Implementation Coaches in this journey, we have created a support network. Implementation Coaches can connect with the wider Anxiety Project community through our Zoom Cafes and communication platform. The fortnightly check-ins have provided an opportunity to share how schools have carried out the program in their school as well as success stories, challenges, tips and tricks and further recourses.

The learning platform also provides a space for The Anxiety Project Implementation Coaches to access shared resources and on-going support from program management. An example of these resources is pictured adjacent.



## HIGHLIGHTS>

## STRENGTHS



## ABOUT THE CONTENT>

## FROM THE PROJECT PSYCHOLOGIST

Michael Hawton, psychologist and trained teacher, offers insight into the key components of the project.

There is a rising issue of anxiety in children and it is impacting on school absenteeism. The project developed with the NSWPPA emphasizes the need to coach children in facing anxiety rather than accommodating it. The project is tailored to the needs of school students and delivered as a whole school community approach.

For teachers, handling anxiety in the classroom can be challenging. Effective training in identifying and managing anxiety becomes crucial. Parentsop has partnered with NSW Primary Principals Association to train teachers in handling anxious moments through 'serve and return' conversations and cognitive behavioural therapy (CBT) strategies. The goal is to help children

develop mental strength and resilience skills which can be taught during both emotional (hot) moments and non-emotional (cold) moments in the classroom. The Anxiety Project also shows schools how they can support parents to challenge anxious behaviours at home.

Parents tend to unintentionally worsen the problem by allowing a pattern of avoidance to develop when they let their anxious children stay home from school.

Participation in the project will help parents support their children to manage their emotional responses and prevent patterns of avoidance. By doing this students will sustain better school attendance and lead to improved academic and wellbeing outcomes.

## KEY DATES

**Information Session:**  
**Wednesday 21 May 2025 -**  
**9.30am - 11.00am**  
**Register HERE.**

**2025 - 2026 Mid Year Intake**  
**EOI Closes: Monday 16 June 2025.**

## SUBMIT AN EOI

**SCAN THE QR CODE & FILL OUT THE EOI TO HAVE MORE INFORMATION SENT TO YOU.**

