Classroom accommodations for anxiety

Explore these common classroom accommodations for anxiety. They can help kids at school — and even at home.

| Providing emotional support | • Encourage the student to use anxiety-reducing techniques, including self-calming objects.  
|                            | • Check in frequently for “emotional temperature.”  
|                            | • Build in “call home” breaks, if needed.  
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<th>• Let the student talk with a staff member with mental health expertise when needed.</th>
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| Classroom setup, schedules, | • Clearly state and/or write down expectations and consequences.  
| and routines               | • Allow the student to sit where they’re most comfortable, like near a teacher or a friend.  
|                            | • Let the student sit near an exit during assemblies.  
|                            | • Give the student a “take a break” pass.  
|                            | • Assign the student a buddy for lunchtime, recess, and/or hallways.  
|                            | • Allow preferential grouping for field trips.  
|                            | • Create a plan for catching up after an absence.  
|                            | • Give advance notice of planned substitute teachers, changes in routine, or transitions.  
|                            | • Rehearse transitions in a low-stress environment.  
|                            | • Provide a signal before calling on the student and a signal for the student to opt out of answering. |
| Completing assignments     | • Break down assignments into smaller chunks.  
| and tests                  | • Use both oral and written instructions.  
|                            | • Exempt the student from reading aloud or demonstrating work in front of the class. Let the student present projects to the teacher.  
|                            | • Give extended time on tests and/or a separate test-taking space.  
|                            | • Allow word banks, notes, or fact cards for tests.  
|                            | • Set homework time limits or reduce the amount.  
|                            | • Assure that work not completed in that time won’t count against the student.  
|                            | • Provide class notes for the student to preview.  
|                            | • Give notice of upcoming tests (no “pop quizzes”). |