

## Reducing Anxiety in the Classroom

By Jessica Minahan, M.Ed, BCBA

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Anxiety

Working  
Memory

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### Working Memory Impairment when Anxious

Keep information in mind

Use this information to:

- Regulate behavior
- Thought
- Emotion

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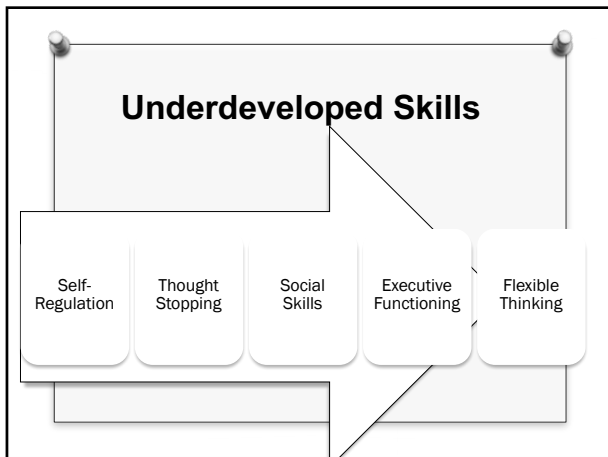
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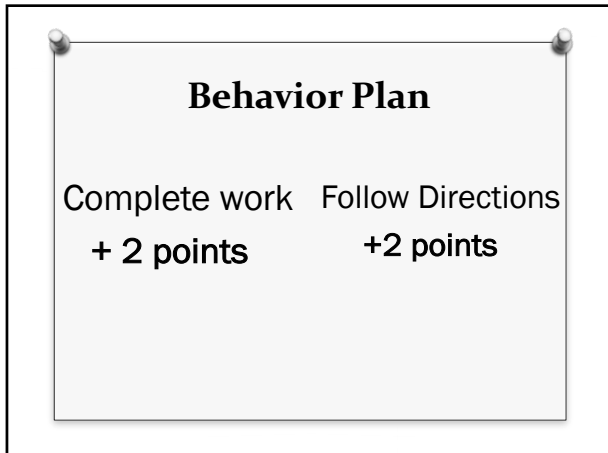
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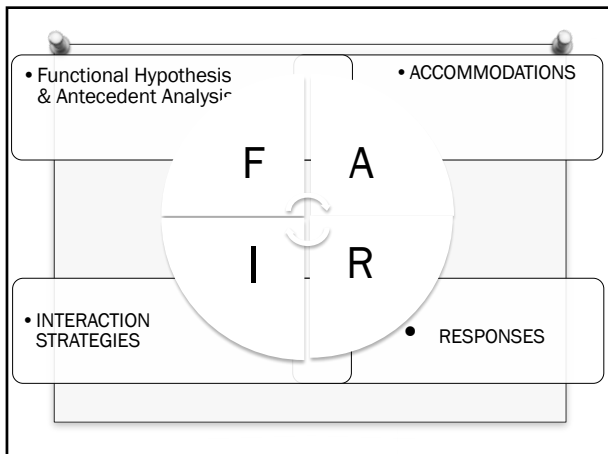
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**F: FUNCTIONAL HYPOTHESIS AND  
ANTECEDENT ANALYSIS**

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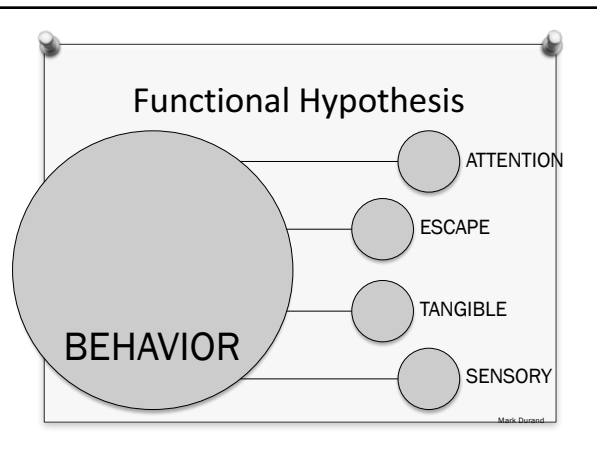
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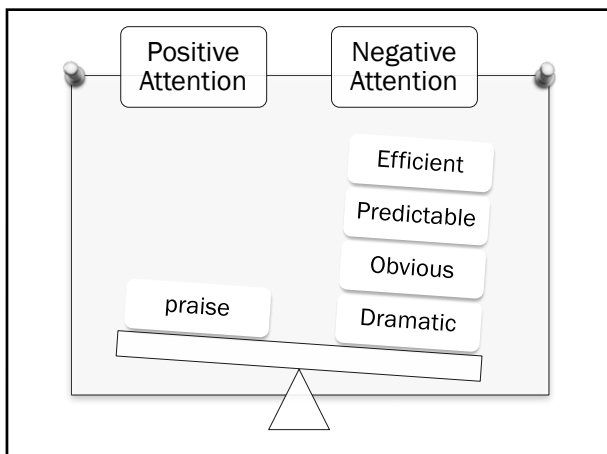
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Hot Spots

☐ Unstructured Times

☐ Transitions

☐ Writing tasks

☐ Social Demands

☐ Novel / unexpected change

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Skills Needed to Engage in Work

Initiation

Persistence

Help Seeking

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Initiation

☐ Errorless Teaching

☐ Preview with actual work

☐ Preview/Start work day before

☐ Self Monitoring

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Persistence

Teach Growth Mind-Set

Reward Persistence instead of product

Self-Monitoring

Make a plan

DWEK

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Help Seeking

Functional Communication

- “I need help getting started”

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A: ACCOMMODATIONS

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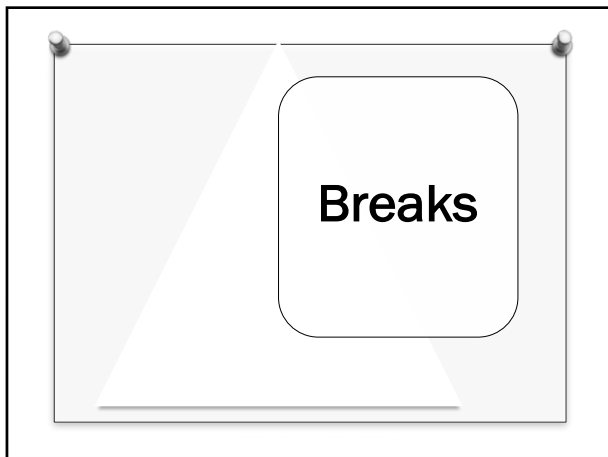
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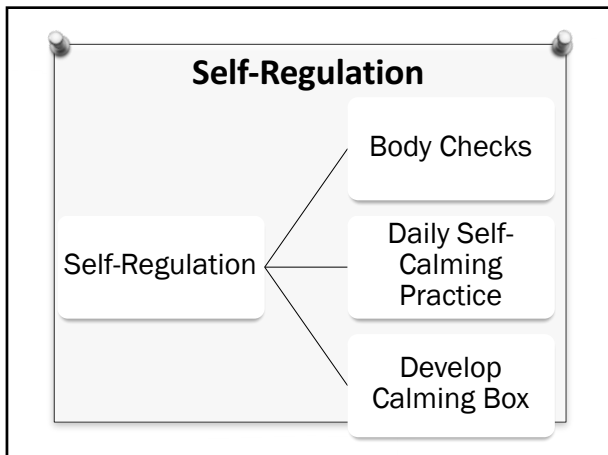
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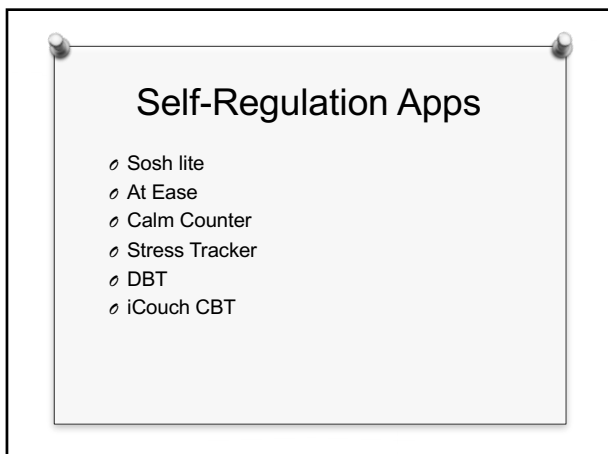
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BEFORE	AFTER
5	4
5	3
5	4
5	2

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PARTS of WRITING...	STRATEGIES...	USED?
THINKING OF AN IDEA	1. Look in a book 2. Look at my writing idea list 3. Look at photographs 4. Computer picture help	
ORGANIZATION	1. Graphic organizer for paragraph 2. Graphic organizer for sequencing	
SPELLING	1. Frequently used words card 2. <u>Sticke</u> note help 3. Tap out the words	

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I like it!	OK	I don't like it!
		
Drawing 	Using punctuation ! . ?	Thinking of an idea 
Listening to a teacher read my story 	Writing lowercase letters a b c d e	Spelling 
Coloring 	Writing more than one page 	
	Making a mistake 	

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## I: INTERACTION STRATEGIES

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### Tips on Giving Demands

Neutral Tone

Avoid yes/no

Choices

Declarative  
Language

Indirect

Deliver and  
Move

Extended Time  
to Comply

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## R: RESPONSE STRATEGIES

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**Contact Info:**

**Website:** [www.jessicaminahan.com](http://www.jessicaminahan.com)

**Twitter:** @jessica\_minahan

**HuffingtonPost:**  
[www.huffingtonpost.com/jessica-minahan/](http://www.huffingtonpost.com/jessica-minahan/)

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**The Behavior Code:**  
A Practical Guide to Understanding and Teaching the Most Challenging Students

**The Behavior Code Companion:**  
Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors

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## References

- Growth Mindset
  - [www.mindsetworks.com](http://www.mindsetworks.com)
- Executive Functioning:
  - <http://learningworksforkids.com/m2/parents/index.html>

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