**Indicators that children may be experiencing anxiety:**

**Physiological**

* Increase in heart rate
* Nausea or ‘butterflies in tummy’
* Poor appetite
* Tense muscles
* Rapid or difficulty breathing
* Sweating
* Headaches or pain
* Diarrhoea
* Body shakes
* Lump in the throat

**Behavioural**

* Avoidance of the feared situation
* Anxious affect: frowns, worried or distracted looks, darting eyes, poor posture
* ‘Freezing’ or unable to complete a task or action
* Withdrawal from others
* Difficulty complying with social norms
* Aggression
* Being passive, unassertive
* Bossiness, being over-controlling
* Difficulty expressing themselves
* Difficulty concentrating
* Fidgeting or restlessness
* Clinging to others
* Crying
* Tiredness from difficulty sleeping

**Psychological**

* Excessive worry about a situation and the ability to cope with it
* Feelings of being unsafe, vulnerable and hypersensitive
* Irrational thinking (‘If I don’t get into district finals this year, I’ll never get into a district final!)
* Interpreting neutral or ambiguous situations as threatening or dangerous
* Anticipating a negative outcome for future events (‘I’m going to fail the test.’)
* Exaggerating or misinterpreting the level of threat or danger in a situation (‘John’s yelling is really bad. I need to run away.’)
* Over-estimating the likelihood of something going wrong (‘What if I get sick and faint on the bus?’)

Under-estimating ability to cope with the situation alone (‘I need Mum; I can’t cope with this!’)