

Resources for Teachers

HELPFUL RESOURCES

	<p>GoZen is one of my favourite anxiety programs for kids, teaching through animated videos.</p> <p>Get More Information and see a Free Video Sample</p> <p>One of the things I love most about this program, is that parents and children can watch and work through the videos and resources together.</p>
	<p>Psych4Schools is based in VIC (Australia) and offers an expanding range of online resources that provide up-to-date practical advice and strategies for primary and junior secondary teachers, school leadership teams and other professionals in three key areas – working with children, parents and colleagues.</p> <p>Read more information in the excerpt from the e-booklet, Working with children who are anxious, by Murray Evely and Zoe Ganim.</p> <p>More information and free e-booklet</p>
	<p>Kids Matter website has a list of links to information sheets, videos and books specifically for teachers.</p> <p>Go straight to the Teachers Additional Resources page</p>
	<p>The WayAhead Small Steps Seminar is a free anxiety awareness program for parents and teachers of primary school children that aids in the recognition of anxiety disorders in children. Learn more here</p> <p>Find the Strategies to Support Anxious Children In the Classroom document here</p>

	<p>Maggie Dent has a website full of down to earth tips, information and resources, including a Teachers resource section find out more here</p>
	<p>The Child Mind Institute has some good articles and an area dedicated to educators.</p> <p>Articles: 'Anxiety in the Classroom. What it looks like, and why it's often mistaken for something else.' 'What to Do (and Not Do) When Children Are Anxious. How to respect feelings without empowering fears.'</p> <p>Find out more at the Child Mind Institute website.</p>

That's it for now, I will continue to add to this table as I find more great information.

Feel free to contact me and let me know of your favourite books, websites, resources, tips and I'll be happy to share them with the rest of our community.

Warm regards

Anita