

Specific Strategies for Helping Students with LDs who Experience Anxiety

For students with LDs, negative thoughts and feelings are often their first response to anxiety-inducing situations. Thus, the role of educators is to recognize these situations, present strategies, and support students in the use of these strategies in the classroom. These strategies are not innate and must be learned. Painchaud suggests a few strategies that teachers may offer students who experience anxiety:

- Tell a friend or adult when you feel anxious;
- Visualize positive images;
- Create realistic scenarios;
- Stay in touch with your feelings;
- Accept your learning difficulties and social vulnerability.

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