

***Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Well-being* contains a list of behaviours and strategies that can be used in the classroom (EDU 2013; 34)**

Behaviour	Classroom Strategy
<ul style="list-style-type: none"> • A range of anxiety-related behaviour 	<ul style="list-style-type: none"> • Work with parents and the school team to take appropriate action; • Reward brave, non-anxious behaviour.
<ul style="list-style-type: none"> • Perfectionism 	<ul style="list-style-type: none"> • Tell the student that it's okay to make mistakes or present them as learning opportunities; • Encourage the student to produce rough drafts and to brainstorm.
<ul style="list-style-type: none"> • Test anxiety 	<ul style="list-style-type: none"> • Determine whether the student would benefit from an adaptation, where assessment is concerned (e.g., more time to write an exam); • State the expectations of the test clearly.
<ul style="list-style-type: none"> • Anxiety about details 	<ul style="list-style-type: none"> • Encourage the student to complete one task at a time; • Offer incentives to encourage the student to work at an appropriate pace.
<ul style="list-style-type: none"> • Intolerance of uncertainty 	<ul style="list-style-type: none"> • Provide daily schedules; • Warn the student if something is unusual or different.
<ul style="list-style-type: none"> • Excessive reassurance-seeking 	<ul style="list-style-type: none"> • Try to respond calmly; • Provide simple answers to questions.
<ul style="list-style-type: none"> • Social anxiety 	<ul style="list-style-type: none"> • Work on developing an atmosphere of acceptance in the classroom; • Resist pressure to allow the student to avoid social interactions.