



Springhill Wellbeing Newsletter

March 2026

What Is Anxiety?

Anxiety is a normal human emotion that everyone experiences and is like an internal alarm system that helps keep us safe. It alerts us when something feels wrong or uncertain but sometimes this alarm can go off even when there is no real danger, sending us a *false alarm*.

When this happens, children may feel physical changes in their bodies, such as a faster heartbeat or butterflies in the tummy.

Although anxiety can feel uncomfortable, it can also be helpful. It can keep us safe; can help us stay alert in competitive or challenging situations; and it can motivate us to solve problems. It is also very normal for children to experience more anxiety during certain situations: big life events, significant changes or transitions and times of increased pressure.

Children With Anxiety May...



Appear more clingy than normal



Be restless and fidgety



Complain of stomachaches



Display changes in eating and sleeping habits



Express negative thoughts or worries



Get upset or angry more quickly



Have bouts of unexplained crying



Struggle to concentrate

verywell

How Can We Support an Anxious Child?

- Ask curious, open questions
- Make gentle suggestions instead of giving instructions
- Emphasise that anxious feelings are normal and okay
- Offer positive reinforcement for brave behaviour
- Choose the right moment and wait until they are calm to talk things through

The Mental Health in Schools Team (MHST) worked with Springhill's staff to further develop our understanding of anxiety, how to spot signs and how to best support our children. Below are some ideas of grounding techniques they suggested.

GROUNDING TECHNIQUES

Grounding techniques are exercises that may help you refocus on the present moment to distract yourself from anxious thoughts and feelings. To help manage your physical symptoms, change the focus of your attention from thinking about your body to thinking about the outside world. To help manage your anxious thoughts, you can use grounding techniques to help you bring yourself back to the here and now and refocus.

5, 4, 3, 2, 1



5 things you can see,
4 things you can touch,
3 things you can hear,
2 things you can smell,
1 thing you can taste.



ABCD...

Think of a subject and name something to do with that subject for each letter of the alphabet (eg. name animals: ape, bear, cat...).



TOPICS

Think of a subject and name as many things to do with that as you can in a time limit. E.g. name as many Harry Potter characters or as many footballers who wear a blue kit as you can.



SHAPES



Find 5 items in the room which are a certain shape (e.g. 5 items which are square).

If you feel that your child needs more support, please contact their class teacher, Mrs Chapman or Mrs Hall.