

## Anxiety in the Classroom

### Course Aims

This half day training course aims to develop school staffs' understanding of anxiety experienced by pupils, including thoughts and feelings underlying anxiety; and also equip you with strategies that can be used to support pupils experiencing anxiety.

### Course Details

Research indicates that up to 25% of students struggle with anxiety and it can have a substantial impact on their capacity to learn and perform at their highest potential. This short course explores what anxiety is, biology and purpose of anxiety, the impact of anxiety on learning, causes (risk factors, triggers and maintenance), how to identify children at risk along with strategies/interventions for anxiety in the classroom.

### Staff Outcomes

- To understand what anxiety is, triggers and maintaining factors.
- To be able to identify pupils at risk.
- To develop a good understanding of interventions and strategies to support pupils.

### Who is this course for?

School staff, class teachers,  
teaching assistants.

Course Cost: £65

### When & Where?

9am – 12:30pm

Date: 18<sup>th</sup> November 2025

The Pavilion  
Hatherley Lane  
Cheltenham  
GL51 6PN

### How to Book

Via GCC Plus [Business Support Services](#)

(School Finance Officer/ Business Manager will have a login for the site).

For further assistance please email: [STEPS@gloucestershire.gov.uk](mailto:STEPS@gloucestershire.gov.uk)