**Anxiety Examples**

Example 1

Bob turns in all of his homework and consistently does quite well with the material. You know that he would lead a thoughtful discussion or explanation about this week’s topic. When looking for someone to answer a question, you call on Bob. Bob refuses to answer your question and when you push him a little further to answer, he just shrugs his shoulders and says he doesn’t know what to say.

Example 2

This week is ISTEP week! The whole school is on an altered schedule because of testing, which you warned your class about last week. Estelle is in your 2nd period class and while she isn’t one of your top students, she is always very outgoing and engaged. Today she seems off. You’ve seen her snap at another student for no apparent reason and she just asked what time this class ends for the 4th time.

Example 3

While you are lecturing you notice that Bernie is looking down, playing with a fidget cube, and shaking his leg vigorously. He is not taking notes like you have asked the whole class to do. This is not new behavior. Bernie consistently fidgets instead of paying attention in class.

Example 4

Today the school is practicing a Code Red drill. Mr. Ackerman makes it clear that this is a drill, but tries to make it as realistic as possible. Once the drill ends you try to get back to your lesson as quickly as possible, and Beverly asks if she can go to the nurse. Upon her return, you notice that she abnormally inattentive and withdrawn.