

Classroom accommodations for anxiety

Explore these common classroom accommodations for anxiety.

They can help kids at school – and even at home.

Providing emotional support	<ul style="list-style-type: none">Encourage the student to use anxiety-reducing techniques, including self-calming objects.Check in frequently for “emotional temperature.”Build in “call home” breaks, if needed.Let the student talk with a staff member with mental health expertise when needed.
Classroom setup, schedules, and routines	<ul style="list-style-type: none">Clearly state and/or write down expectations and consequences.Allow the student to sit where they’re most comfortable, like near a teacher or a friend.Let the student sit near an exit during assemblies.Give the student a “take a break” pass.Assign the student a buddy for lunchtime, recess, and/or hallways.Allow preferential grouping for field trips.Create a plan for catching up after an absence.Give advance notice of planned substitute teachers, changes in routine, or transitions.Rehearse transitions in a low-stress environment.Provide a signal before calling on the student and a signal for the student to opt out of answering.
Completing assignments and tests	<ul style="list-style-type: none">Break down assignments into smaller chunks.Use both oral and written instructions.Exempt the student from reading aloud or demonstrating work in front of the class. Let the student present projects to the teacher.Give extended time on tests and/or a separate test-taking space.Allow word banks, notes, or fact cards for tests.Set homework time limits or reduce the amount.Assure that work not completed in that time won’t count against the student.Provide class notes for the student to preview.Give notice of upcoming tests (no “pop quizzes”).

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Our mission

Understood.org is a nonprofit dedicated to empowering families, educators, and women navigating learning differences like ADHD and dyslexia. Each year, we reach over 20 million people with more than 3,500 expert-backed resources, connecting them with the support and community they need to thrive.

How we're making a difference



The **Understood content library** has 3,500+ articles, downloads, and more — in both English and Spanish. Users can choose their own topics to get tailored recommendations.



The **Understood app** is a free skillbuilding app for parents of kids with learning and thinking differences, like ADHD and dyslexia.

Learn techniques developed by psychologists to help reduce outbursts and improve your child's behavior over time — all at your own pace.



The **Understood Podcast Network** brings you real talk and personal stories from people who learn and think differently. Listen to award-winning shows like *ADHD Aha!* and *In It*, along with *MissUnderstood* — a channel created just for women with ADHD.



Understood's research and surveys reveal insights and data that help us and others empower people who learn and think differently.

Join us in shaping the world for difference

With your support, we can continue creating more essential resources like these — ensuring that everyone who learns and thinks differently has the tools they need to thrive. Join us in making a lasting impact.

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