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Responses of Students in Stress

1-6 years of age	7-11 years of age	12-18 years of age
<ul style="list-style-type: none"> ● Startle response ● Stomach aches ● Freezing – immobile ● Heightened arousal ● Cognitive confusion ● Bed wetting ● Sleep problems ● Anxiety ● Fear ● Clinging to caregiver ● Crying ● Repeated talking about old life 	<ul style="list-style-type: none"> ● Behaving like a young child ● Anger and aggression ● Worrying and safety ● Sleep problems ● Loss of interest ● Stomach aches ● Clinging to caregivers ● Concentration problems ● School performance and attendance problems ● Closely observing parents' anxiety ● Preoccupation with safety and danger 	<ul style="list-style-type: none"> ● Increased withdrawal ● Self-destructive behavior ● Becoming more accident-prone ● Changes in plans for the future ● Concentration problems ● School performance and attendance problems ● Anxiety ● Suicide Ideation ● Sleep problems

Copied from: *Fostering Resilient Learners* by Kristin Souers, Pete Hall