

More and more of our pupils are struggling with anxiety, and it's getting in the way of their learning. In this session, we'll look at the reasons our pupils feel this way and, more importantly, talk about exactly what we can do to help. We will focus on simple, practical steps every teacher can take to support anxious pupils and get them back on track.

With 1 in 5 school aged children reportedly struggling with significant levels of anxiety, it's vital that educators are able to:

- Spot the signs when a pupil is struggling with anxiety
- Understand anxiety loops
- Know which strategies to use to help them cope and build resilience
- Discover what not to say – because nobody wants to accidentally make the situation worse.

Delegates will leave the session with practical ideas that schools can also use and share with parents.

Date: Wednesday 30 September 2026

Time: 4:00 pm - 5:00 pm

Venue: Virtual

Price: £50+VAT per person*

Read more and book: [Pupil Anxiety: Why It Happens and What We Can Do](#)

This session is hosted by Emma Shackleton, SEMH and Behaviour Consultant. Emma taught in mainstream primary settings where her interest in supporting pupils with SEMH and behaviour really began.

**VNET members – save on your booking:*

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