

10 Anxiety Indicators for Children

- 1. Anger and Hostility
- 2. Excessive Questioning
- 3. Seeking Validation
- 4. Physical Symptoms
- 5. Avoidance
- 6. Difficulty with Sleep
- 7. Trouble Focusing
- 8. Heightened Emotions
- 9. Running Away/Hiding
- 10. Clinginess

