

Children's Anxiety Iceberg

A child's behaviour is NOT always what it seems

What we see
Behaviour



Feelings

What we don't see: What's under the surface



Social skills

Executive Function

Sleep

Hunger

Attachment

Basic needs

Security

Sensory Needs

Emotions

Attention

Physical Safety

Power

Need for Attention

Thoughts

Anger

Self-esteem

Fear

Need for Connection

Development Level

Need to Belong