

What is normal behavior for children and teens right now?

With schools suddenly closed, many students feel cut off from social networks and are experiencing confusion, stress, worry, and disappointment. The following reactions are common, but if they continue for 2 weeks or more, or are very significant changes from their normal behavior, it may indicate that your child or teen could use your help to manage what they are feeling.

Grades Pre K - 2

Excessive energy / Hyperactivity
Frequent crying / Tearfulness
Separation anxiety
Increased whining
Developmental regression
(for example, toileting accidents)

Grades 3 - 6

Excessive energy / Hyperactivity
Excessive worry /
Repeated questions
Frequent crying / Tearfulness
Separation anxiety
Increased whining
Boredom

Grades 7 - 12

Excessive worry /
Repeated questions
Poor concentration
Irritability / Anger
Difficulty sleeping
Fatigue
Boredom

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