

# 5 teacher checks to minimize stress.



## CHECK 01

Check your own eating and drinking habits in the classroom. What food do you have on your desk? Those M&Ms on the desk? That cup of coffee sitting on today's handouts? Perception is key.

## CHECK 02

Check containers. Teachers are resourceful, which is why they may use old food containers to hold arts & crafts or pencils, etc. The containers may be safe but their appearance may cause unnecessary trepidation.



## CHECK 03

Check who the child sits near. Seating a child with a food allergy near a more responsible, mature student will alleviate classroom stress, especially if students regularly pass papers or are in close proximity to an errant "Oops, I always forget to cover my mouth!" sneeze.



## CHECK 04

Check your lesson plans in advance to make sure any food-related lessons are safe for food-allergic children. If you have to change a lesson (or a class reward) that was popular last year, make sure the new lesson is even better!



## CHECK 05

Check which items in the classroom are usually shared by all -- the class pencil sharpener, scissors, colored markers, etc. -- and find ways to alleviate stress for the student. It's amazing what a few extra pre-sharpened pencils can do!



**Mrs. Can's**  
**Food Allergy 5**

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