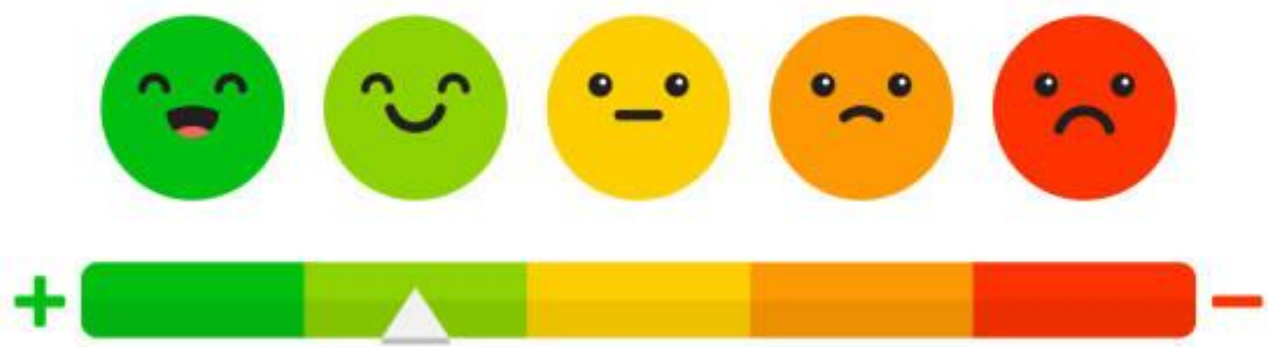
Do You Feel Worried, Sad or Upset About School?





Are you feeling sad or worried about school?

Children think lots of different thought about school, some are happy thoughts, and some are sad thoughts.



Are you feeling worried, sad, or upset about school?

Everybody feels worried or sad about school sometimes, but you may feel so upset that you do not want to come to school at all.

When you get so worried about going to school you may want to stay at home where you feel comfortable and safe. However, often this feeling will happen again in the next evening and morning before school and you will want to stay at home the next day too.

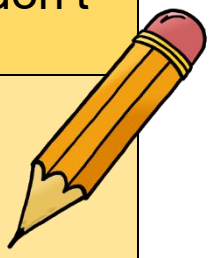


The more you stay off from school, the more worried you may feel about going back. When you stay off school, you may be scared about the work you have missed, seeing your teachers and friends again and not knowing what they have been doing or saying. This is why it is so important to talk to somebody who can help you and make you feel happy again in school.

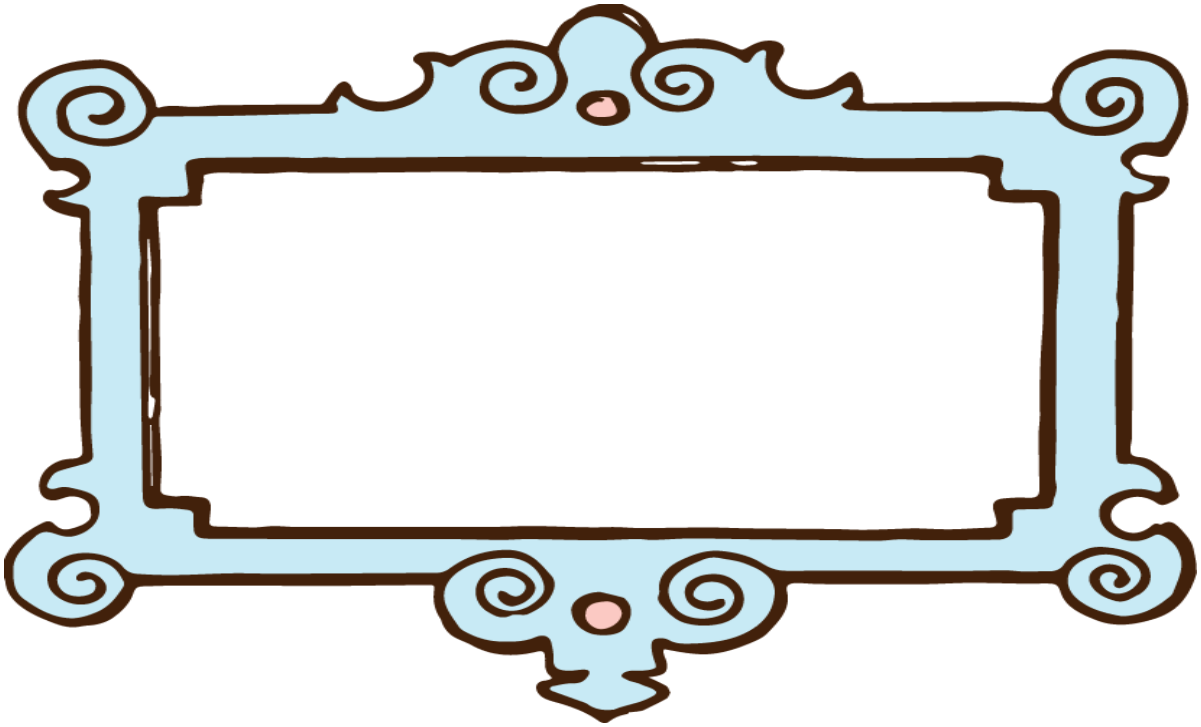
What do I do if I feel like this?

Talk to somebody; this could be your parents, an adult in school, other family members or a friend. Use these questions to help you start talking to somebody who can help.

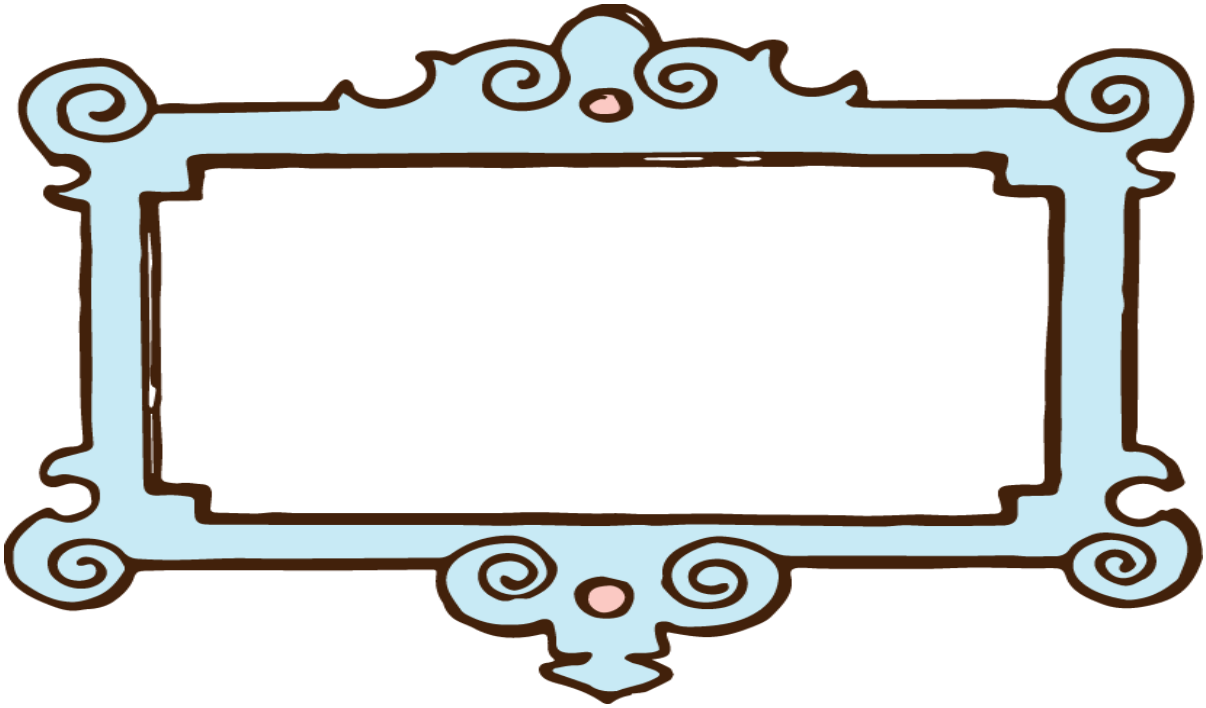
What are **3 things** you like about school?	What are **3 things** you don't like about school?
1.	**1.**
2.	**2.**
3.	**3.**



If you can't talk about it, maybe you could try drawing what you are worried about:

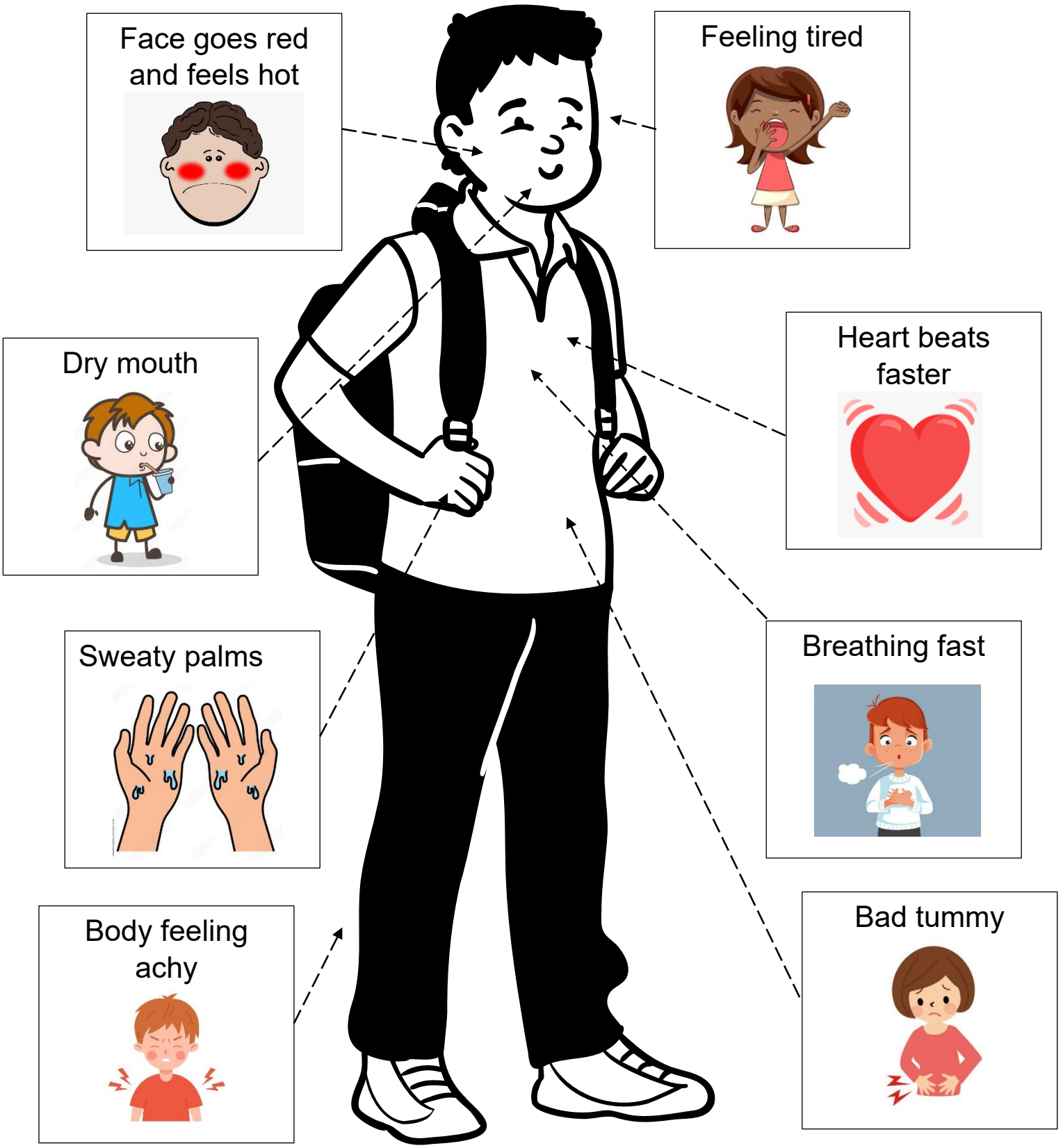


If you could change one thing about school to make it a happier place, what would it be?

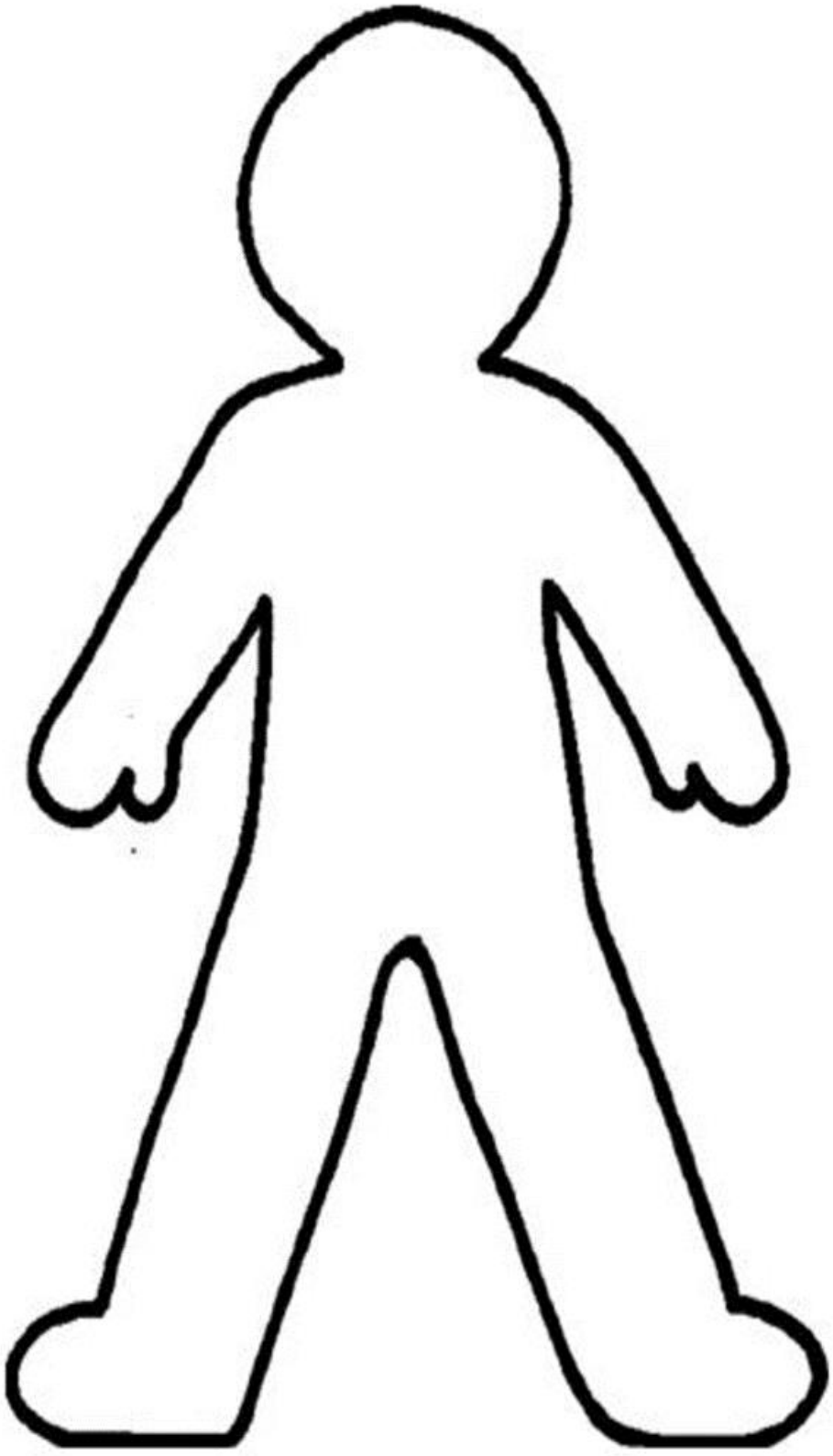


When you are feeling worried…

Your whole body reacts when you are feeling worried, sad, upset or scared!



Draw on the body to show how you feel about school…



What can your school do to help?

The adults in school and at home will help you think about how they can help you with your worries and help you take little steps to make you feel happier in school.

When you are feeling worried or scared there are things school, and you can do to make you feel better, like…

- Having a person to talk to at school.
- Having help with schoolwork or friends.

These things may help you, you may want to talk with an adult about these…

Try relaxing your body…

1. Sit or lie somewhere quiet and comfortable
2. Stretch out you arms and make a fist with your hands, then relax
3. Push your legs out, wiggle your toes, and then relax
4. Shut your eyes tight and make a scrunched-up face, and then relax



Try calm breathing…

1. Take a slow breath in through your nose while counting to 4
2. Hold your breath in for 1 or 2 seconds
3. Slowly breathe out through your mouth for 4 seconds
4. Wait 5 seconds before breathing in again
5. Repeat 5 times.



Try visualisation…



1. Close your eyes
2. Take slow deep breaths in and out
3. Think of your favourite place, maybe somewhere that you go on holiday
4. Focus on the place and imagine you are there
5. What can you see? What can you smell? What can you feel?

Try physical exercise…

This helps your heartbeat faster and can make you feel good. You might like running, cycling, swimming, playing football, rugby, basketball, or cricket. Choose an exercise you love and try to do this often.



Try balanced thinking…

If you are worrying a lot and having sad thoughts, try thinking of a happier thought instead. Every time you notice yourself thinking a sad thought or worrying – stop and tell yourself the happy thought instead, like ‘I am brave’, ‘I am kind’ or ‘I am strong’.



Try 5 , 4 , 3 , 2 , 1…

Think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.



Mapping the Landscape of your school

With thanks to Lancashire Educational Psychology Service

1. The physical environment

- Look carefully at a map of your school. If you don't have one, you can try drawing it yourself.
- Use highlighter pens to mark how the areas on the map make you feel.

Green = I feel calm and relaxed in this space

Yellow = I feel anxious/uncomfortable in this space

Red = I would like to avoid this space as it makes me very anxious

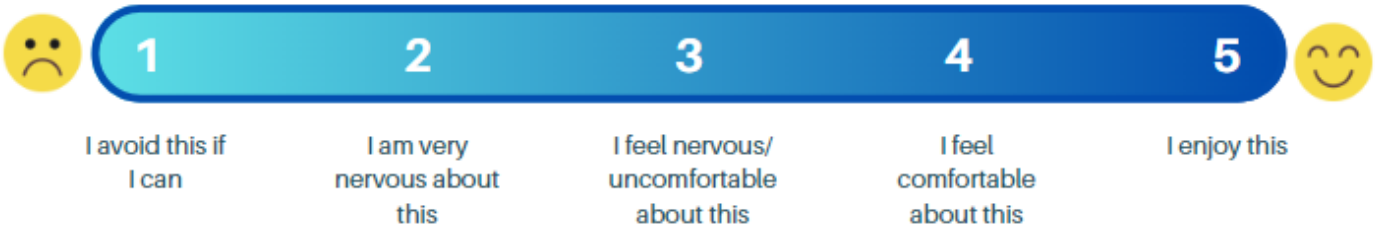
For the areas that you have coloured red, what makes you feel unsafe?

What might the school do to help you feel safer in your 'red' areas?

2. The social environment

During the school day children work with their class and talk to other children and adults. Sometimes this can be fun but sometimes we can feel nervous about being with other people.

What things that you do with other people make you happy or upset you?



1 Coming into school in the morning



2 Hanging up my coat or putting my bag in the cloakroom



3 Going into the classroom when the children are all moving around



4 Finding my job to do when I come in



5 Finding a place where I can sit



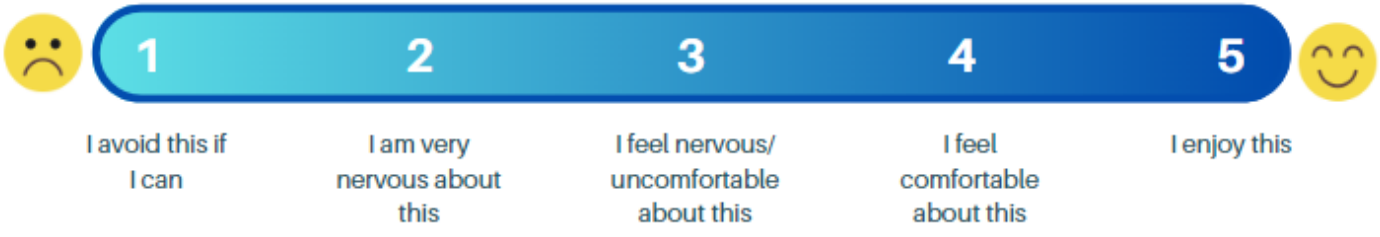
6 Carpet time



7 Lining up with my class	1 2 3 4 5
8 Choosing times	1 2 3 4 5
9 Going out to play	1 2 3 4 5
10 Sitting in the dining hall with other children	1 2 3 4 5
11 Changing for PE	1 2 3 4 5
12 Joining in with games, PE, dance	1 2 3 4 5

Working in class

Classes involve different ways of working and some we will find more comfortable than others. Use the 5-point rating scale to show how you feel about different things that happen in classes.



1 Answering the questions in class



2 Listening when the teacher explains what we are going to do



3 Following instructions



4 Knowing what to do to start a task



5 Working on my own



6 Working with a learning partner



7 Working in a group



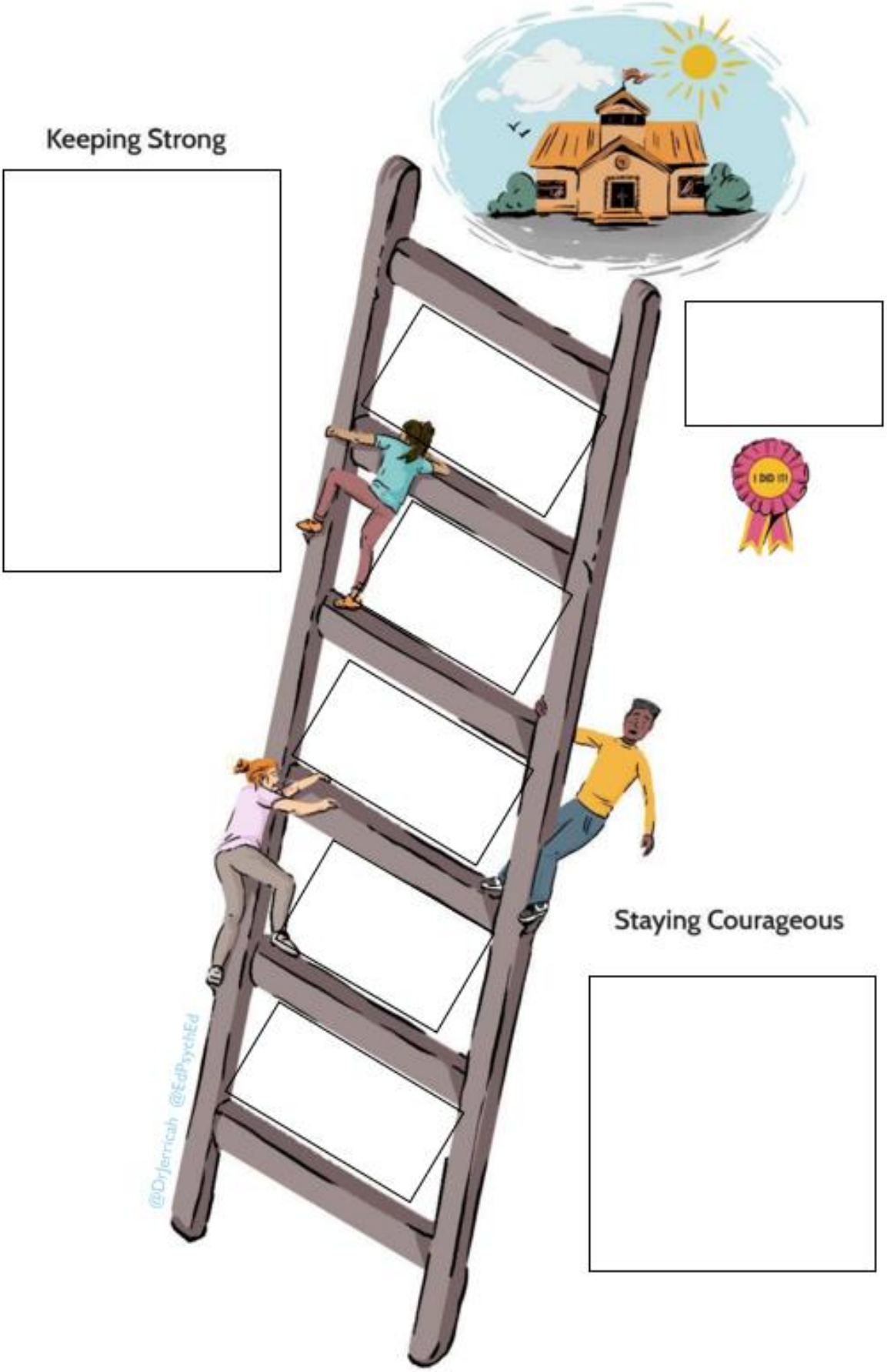
8 Asking a teacher for help when I have not understood something	1 2 3 4 5
9 Working in a quiet class	1 2 3 4 5
10 Working when other children are messing around	1 2 3 4 5
11 Reading aloud in class	1 2 3 4 5
12 Written work - handwriting	1 2 3 4 5
13 Recording what I have done in pictures, diagrams or graphs	1 2 3 4 5
14 Using the computer to record what I have done	1 2 3 4 5
15 When the teacher tells off other children	1 2 3 4 5
16 When the teacher is marking my work	1 2 3 4 5
17 When I go into class and my usual teacher is not there	1 2 3 4 5
18 Making sure that I have all the books and equipment I need for the task	1 2 3 4 5

19 When I have an LSA supporting me in class	1 2 3 4 5
20 When I have to stop what I am doing before I am finished	1 2 3 4 5
21 When the teacher uses pictures, diagrams, videos, etc. to help explain things	1 2 3 4 5
22 Homework	1 2 3 4 5
23 Sharing equipment in practical lessons, e.g. art or DT	1 2 3 4 5
24 When other children try to distract me	1 2 3 4 5
25 Class tests and assessments	1 2 3 4 5

Look at your rating about what happens in class. Can you describe your ideal class/lesson?

Ladder Activity

(Avoidance Hierarchy)



Books you might like…

Here are some books that might want to read with the adults at home or in school…

- When My Worries Get Too Big! by Kari Dunn Buron.
- The Huge Bag of Worries by Virginia Ironside.
- The Way I Feel by Janan Cain
- The Koala Who Could by Rachel Bright.
- Silly Billy by Anthony Browne.
- How to Catch a Star by Oliver Jeffers.
- Willy and the Wobbly House by Margot Sunderland.
- A Boy and a Bear by Lori Lite.
- Starting School by Allan and Janet Ahlberg.
- Back to School Tortoise by Lucy M. George.
- The Gotcha Smile by Rita Philips Mitchell.
- Halibut Jackson by David Lucas.
- Giraffes Can't Dance by Giles Andreae (Jiraff Na Allai Ddawnsio)
- Hey Warrior by Karen Young.
- Little Meerkat's Big Panic by Jane Evans.
- Ruby's Worry by Tom Percival.
- Wilma Jean and the Worry Machine by Julia Cook.
- On Monday When It Rained by Cherryl Kachenmeister.
- My Many Coloured Days by Dr Seuss.
- Listening to My Body by Gabi Garcia.
- Presley the Pug Relation Book: A Therapeutic Story with Creative Activities to Help Children Aged 5-10 to Regulate their Emotions and to Find Calm by Karen Treisman.

- Binnie the Baboon Anxiety and Stress Activity Book: A Therapeutic Story with Creative and CBT Activities to Help Children Aged 5-10 Who Worry by Karen Treisman.
- Starving the Anxiety Gremlin for Children Aged 5-9 A Cognitive Behavioural Therapy Workbook on Anxiety Management: 11 (Gremlin and Thief CBT Workbooks) by Kate Collins-Donnelly.

Other people you can talk to…

If you don't want to talk to the adults at home or at school, **Childline** is an organisation that is just for children and young people. You can look at their website (www.childline.org.uk) and talk to someone who will listen to you on the phone by calling **0800 1111**.

You can also speak to your teacher about talking to a counsellor from the **Platform Counselling Service** in school, if you think this might help you.