

I worry about going to school

Information booklet for children



With thanks to West Sussex County Council and Somerset Council Educational Psychology Service where this guidance has been adapted from.



**achieving
for children**



Hi, I'm Sal!

I'm here to chat to you about school. School can be a different experience for everyone. Some children can feel happy about going to school while other children feel worried about school.

How do you feel about going to school?



Select a face above which represents how you feel about school.



Some children might feel worried or anxious about going to school. That is a normal feeling that all children experience from time to time.

What is worry?

To worry is to think about our problems and fears.

We worry because we think something bad might happen or because we think we are not good enough to do something.

If we are worried about school, we might not want to go to school.

When you feel worried, writing or drawing down how you feel might help. This booklet has different activities that can help you explore how you feel about school.

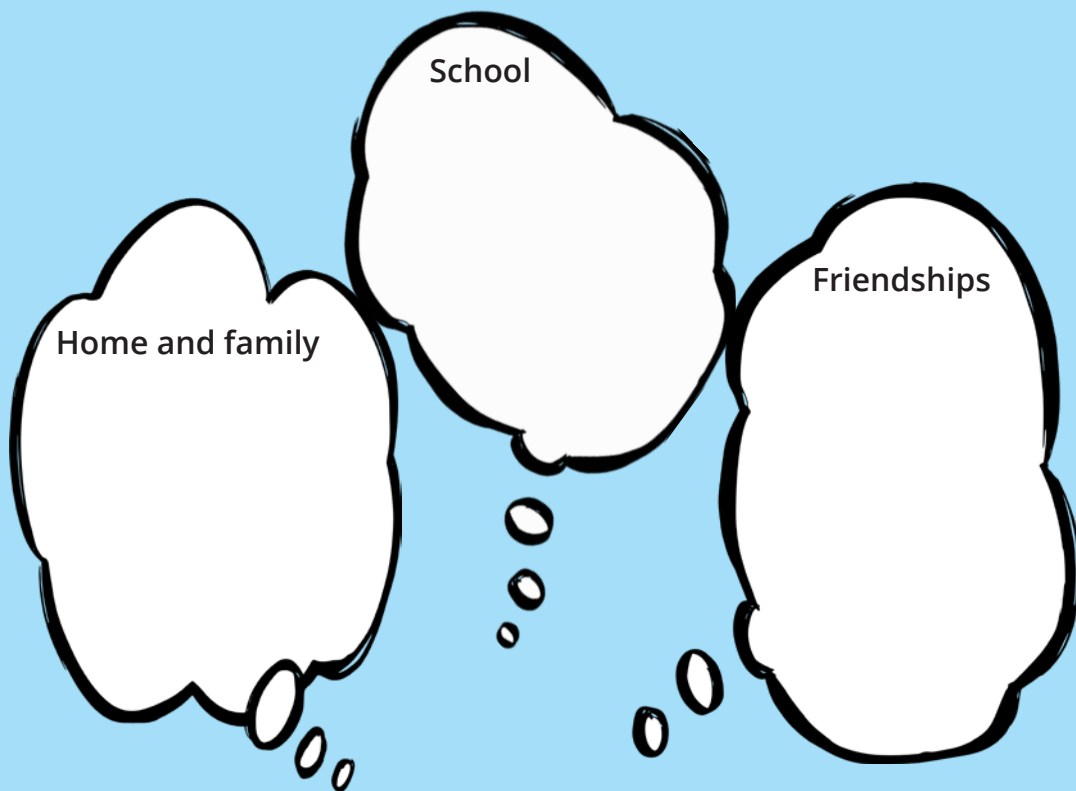
You can do any of the activities that you'd like!

You can also talk to your parents or a trusted adult about your worries.





**Draw or write down
things that are going well**





Draw or write down three worries or things you would like to change about school



If you can, tell your parents or an adult you trust about these worries. You can choose to share whatever you feel comfortable to.

Circle the colour representing how you feel for each item below



































Easy or
no problem



















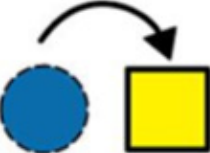







Okay or
little problem



Hard or big
problem

<p>Test or exams</p> 	<p>Asking for help</p> 	<p>Writing</p> 	<p>Speaking in class</p> 
  	  	  	  
<p>Non school unifrom days</p> 	<p>Assembly</p> 	<p>Break time</p> 	<p>Working in a group</p> 
  	  	  	  

<p>Reading</p> 	<p>Working with an adult</p> 	<p>Lunch time</p> 	<p>Getting changed</p> 
			
<p>New activities eg swimming</p> 	<p>Making mistakes</p> 	<p>Getting ready for school</p> 	<p>Working by myself</p> 
			
<p>Journey to and from school</p> 	<p>New or different teacher</p> 	<p>Change of routine</p> 	<p>School trip</p> 
			

Complete the following sentences



This can help adults in your life better understand what you are going through and how best to support you.

The best thing about school is...

The worst thing about school is...

When I do something well I think...

When I make a mistake I think...

Children in my class think that I'm...

My teacher thinks that I'm...

What can my school do to help me?

Letting adults know what you need and do not need can help them to support you better. All these are very important and will help adults put in place a support plan for you.

Help with
my emotions

Help with
friendships

Help with
bullying

A quiet area
in school

To know
what is going
to happen

Help with
work

More time

To talk to
someone

Any others

Areas of support

I don't need...

Sometimes I
need...

Often I need...

☐

I would be happy for some of the content to be shared with the school

**If you feel worried,
here are some
things that can help
you feel calmer.**



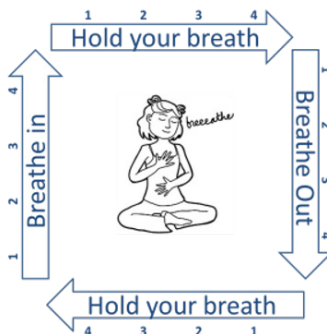
Imagining a safe space



Calming music



Square breathing



Physical exercise

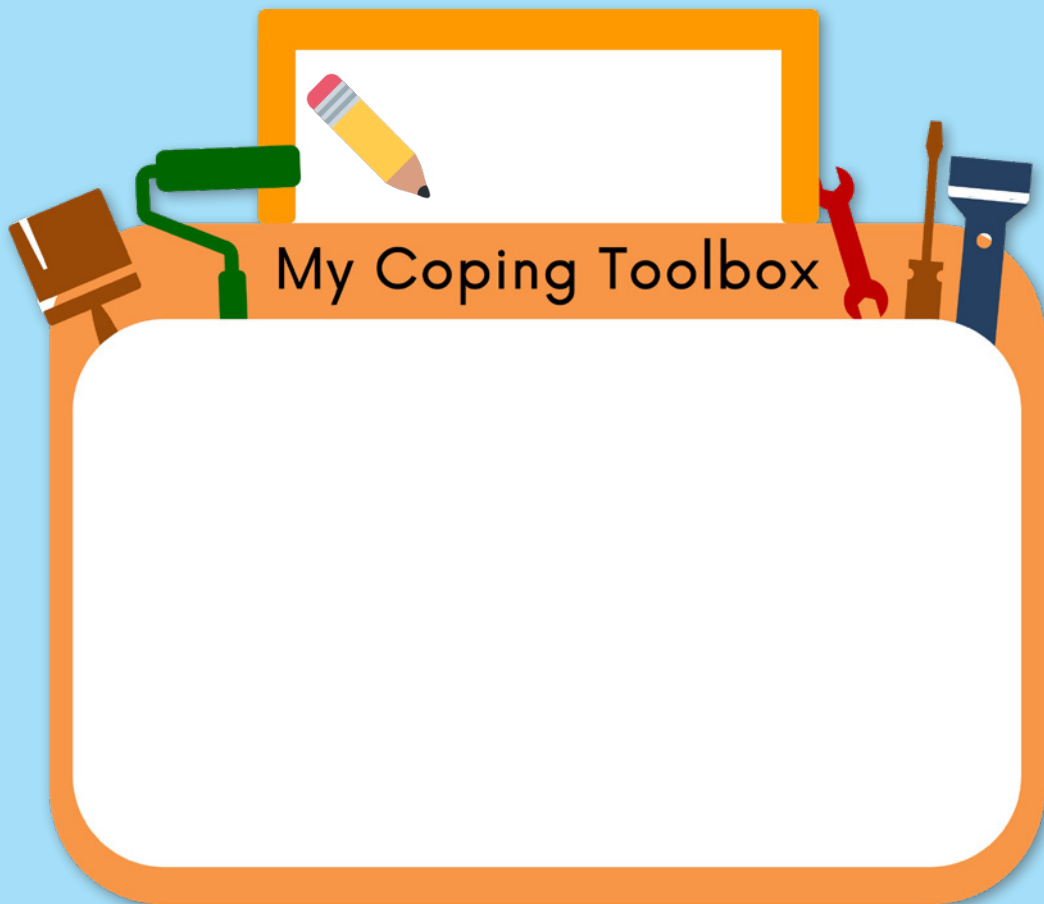


Grounding

Look around and find the
colors of the rainbow in
order.



What can I add to my coping toolbox?



Take deep
breaths

Count down
from 10

Hug a
favourite
toy

Do a
puzzle

Take a break

Draw

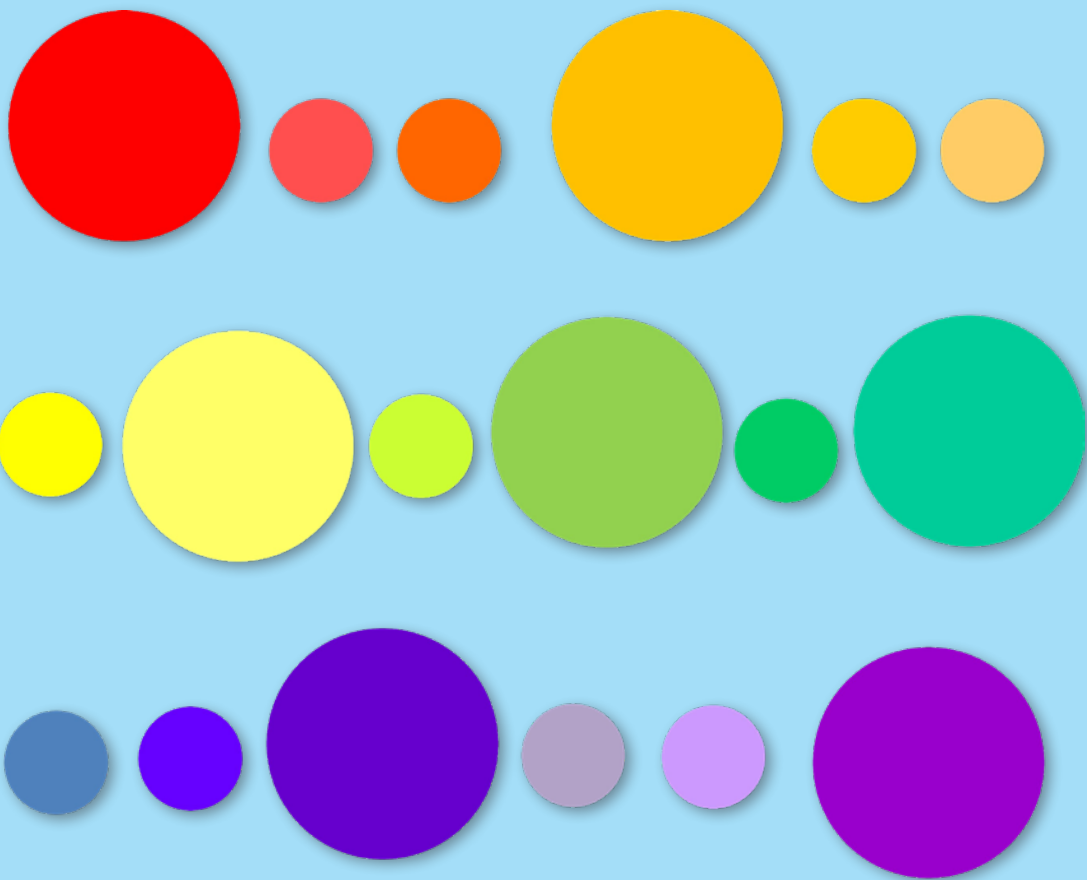
Ask an adult
for help

Any others?

This toolbox has things that help me feel better.

Rainbow bubble breathing

Read the bubbles like a story, but instead of speaking words, give one BIG breath in and out for the BIG bubble and a SMALL regular breath in and out for the SMALL bubble.



Thought challenging exercise

We all have negative thoughts, such as 'I can't do it' or 'Things are not going to work out'. **Identify a negative thought that you experience and then ask yourself...**

What is the evidence
FOR this thought?



What is the evidence
AGAINST this thought?



Weighing up your thoughts,
what do you believe now?

Have you got a friend who is worried about going to school? Here are some tips for how you can support them



- **By keeping in touch** and letting them know that you are there for them.
- **Listening** to your friend and **empathising** with how they feel are helpful ways to support them.
- Sometimes your friend might need to **rest and recover** from what is happening at school. You can find relaxing and fun ways to connect with them. It does not have to be related to how they are feeling about school!
- Your friend just might need a **reminder of their strengths and interests.**
- If you found this guide helpful, you might wish to share this with them, or completing some of the activities together.

While looking out for friends is important, don't forget to look out for yourself too.



Do you think your friend is in danger? It is very important that they get help from a trusted adult.

In a **crisis of emergency**, call **0300 365 0300** if you have urgent concerns about a mental health problem.

Call **999** if you are worried about your **immediate safety**.

Childline is a free, private and confidential service where you can talk about anything.

Call free at **0900 1111**.

There are also additional resources on their website:

<https://www.childline.org.uk>

If you have any concerns about child abuse, including peer-on-peer abuse, it is always best to report it. You can contact the **NSPCC Helpline** by calling **0808 800 5000**.

