

# Are you feeling worried or sad about going to school?

Children think lots of different thoughts about school. Some might be happy thoughts. Some might be sad thoughts. Circle the pictures that show how you feel:



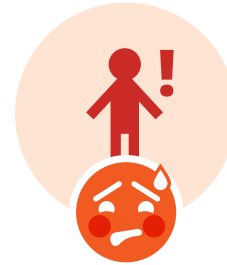
I feel worried at school



I am a good learner



I wish I had more friends



I feel embarrassed



I feel worried at home



I would rather be at home than in school



I worry about my parent(s)/ guardian(s)



I enjoy learning



I find busy corridors scary



I worry about school work



I don't like it when it's noisy



I have lots of friends



I wish I did not have to go to school



I worry something bad will happen



I don't like changes in routine



I want to attend school



I want people to like me



I worry about getting to school



I don't understand what the teacher is saying



I need lots of help with my learning

It is ok to worry about going to school sometimes, but some children feel so upset that they don't want to go to school at all. If this happens to you a lot, and you get very worried about going into school it is very important to tell an adult so that they can help you.

### What do I do if I feel like this?

It can help to think about what you are finding hard at school, as well as the things you like (you can use the pictures above to help you).



Three things I find hard about school

1

2

3



Three things I enjoy about school

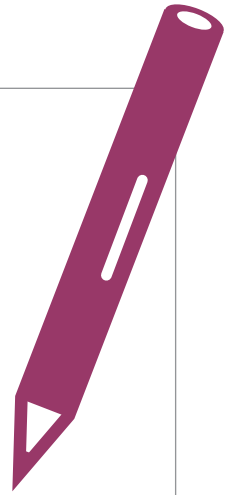
1

2

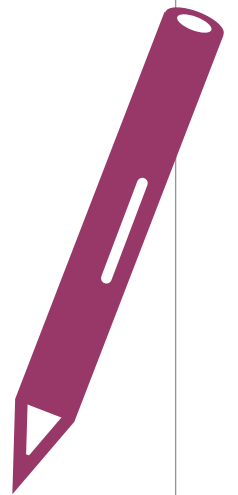
3

**If it's hard to talk or write this down, try drawing a picture that shows how you feel about school:**

**This makes me worry**



**This would make school better**



The adults in school and in your home will help to think about ways school could be made a happier place for you.



When we get worried, we are usually thinking about something that hasn't happened yet, or might not happen at all.

When you are feeling worried, these are some ideas that might help:



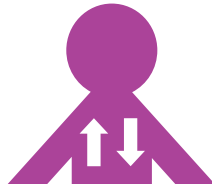
Try calming your body by...

Sit or lie somewhere quiet and comfortable (you may need to put some headphones on!)

Stretch out your arms and make a fist, then relax.

Push your legs out, wiggle your toes, and then relax.

Shut your eyes super tight and pull a scrunched up face, and relax.



Try slow, deep breathing...

We can do this by doing 'high five breathing'.

Put your hand out and use one finger to go up your thumb as you do this take a deep breath in.

As you slide your finger down your thumb breath out slowly. Repeat this until you get to your little finger.



Try doing some exercise like...

Star jumps.

Press ups.

Run round the garden.

Play football.



Try keeping a diary of things you are thankful for...

They can be physical things like the games console, or food on our plates.

Or they can be things we can't see, like friendship and family.

A thank you journal is your special book where you can write down or draw three things that made you happy that day, or more if you want a bit of a challenge.

If you feel like you need more help, Childline has a number you can call, which is for children and young people who might need it **0800111**. You can also look at their website for more information [www.childline.org.uk](http://www.childline.org.uk)