

Do you worry about going to School?



Hello, I'm **Pip!**

I'm here to help you think about school. Children have lots of different thoughts about school. Some are happy thoughts and some are sad. Some children get so upset that they do not want to go to school. This can make them worry.



Worry is...

- when you think something might go wrong
- when think you are not good enough to do something

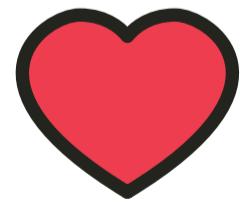
In your head
worry feels like...



In your body
worry feels like...



sweaty
palms



heart
beating
fast

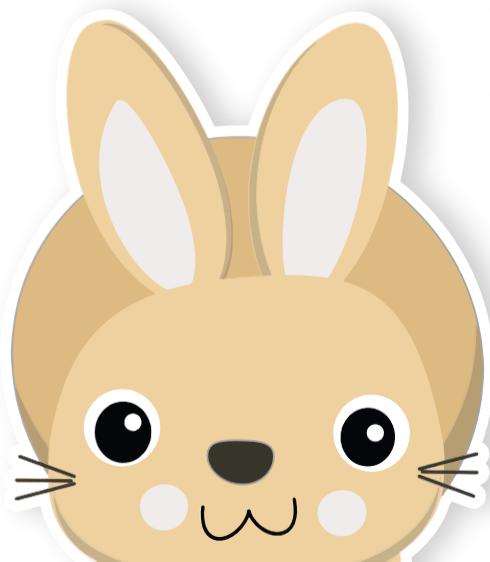


feeling sick

When you think about school how does it make you feel?



You will have lots of thoughts about school,
some might be happy and some might be sad.



It is important to think about how you feel.
Sometimes this can be tricky and using some
pictures can help.

Which ones are true for you?

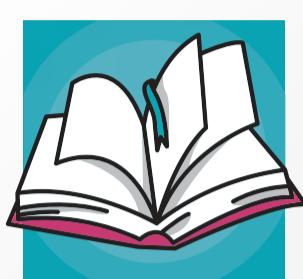
Tick the ideas below which are true for you.



I feel worried at school



I have a best friend



I am a good learner



I don't like it when it is noisy



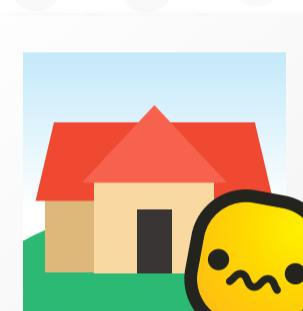
I don't like changes to my routine



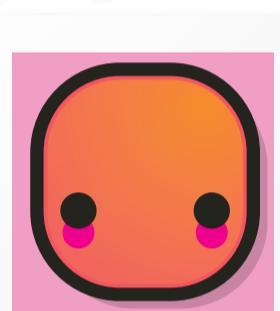
I feel worried about school work



I have lots of friends



I feel worried at home



I feel embarrassed



I enjoy learning



I worry about a parent/carer



I wish I had more friends



I can do things when I try



I don't understand the teacher



I don't like changes to my routine



I wish I didn't have to go to school



I worry about getting to school



I need lots of help with my learning



I don't like break time



I want to go to school

What can I do?

Think about school and write 3 good things in each of the shapes below.



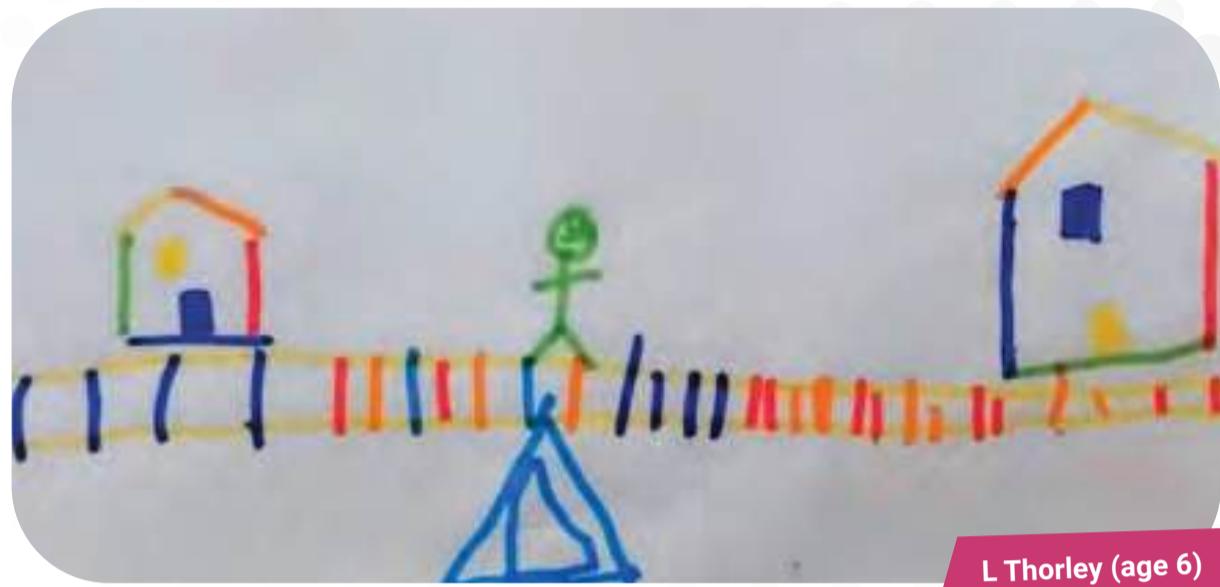
I Can

I Am

I Have

How can my parents help?

It is good when your parents and school talk to each other so they can share how you are feeling.



L Thorley (age 6)

My top 3 Worries about School

If you can, tell your parents about 3 worries you have about school.



2

1

3



How can my school help?



Give you someone to talk to



Find you a safe space



Help with school work



Celebrate your success



Help with friendships



What can you do when you feel worried?



Go for a walk



Rub the middle of your palm with the thumb from your other hand



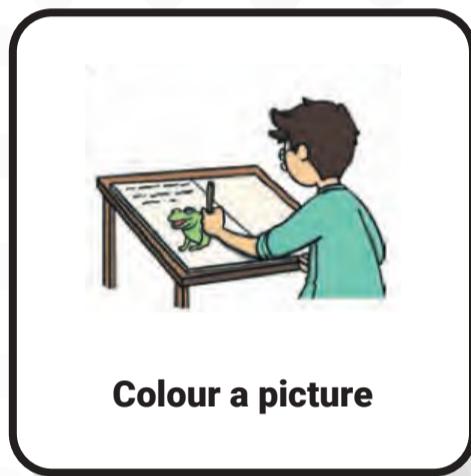
Close your eyes and pretend you are in your place



Have a drink of water



Talk to the teacher



Colour a picture



Sit in a quiet place



Write down how you are feeling



Count to 10 with deep breaths between each number



Give yourself a tight hug



Squeeze a squishy ball



Do some stretching

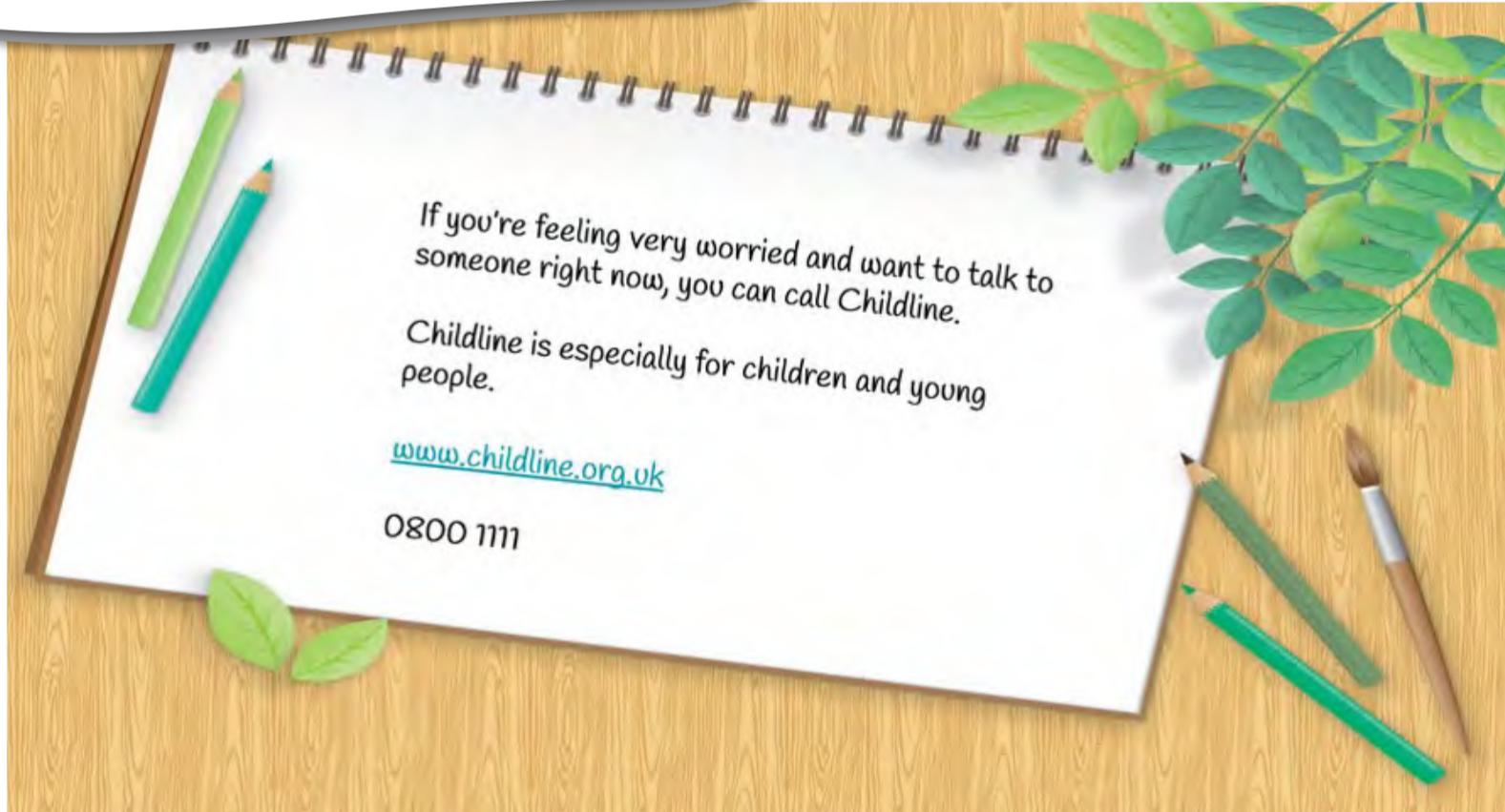
What other help is there?

You could visit my special calm room where I have some tricks to help you feel less worried.

click here



You can also call this number if you need to talk.



If you're feeling very worried and want to talk to someone right now, you can call Childline.

Childline is especially for children and young people.

www.childline.org.uk

0800 1111