



# Are you feeling sad or worried about school?



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

Circle any of these that are true for you.



I feel worried at school

I wish I had more friends

I don't like it when it's noisy

I feel worried at home

I feel embarrassed

I am a good learner

I worry about my parent(s)

I worry about the school work

I find the busy corridors stressful

I would rather be at home than at school

I have lots of friends

I wish I didn't have to go to school

I enjoy learning

I worry that something bad will happen

I have one special friend

I don't like changes in routine

I want people to like me

I need lots of help with my learning

I worry about coming to school in the morning

I can do things if I really try

I don't understand what the teacher is saying

I worry about getting to school

I worry about break time

I dislike changes in staff

I want to attend school

Everybody feels worried or sad about school sometimes but some children feel so upset that they do not want to come to school at all.

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



When you stay off school, you may be scared about all 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 at school, other family members or a friend. Use these questions to help start a conversation with somebody who can help.

What are the three things you most like about school?	What are the three things you most dislike about school?



Or if you can't talk about it, maybe you could draw what you are worrying about.



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



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



When you are feeling worried or scared there are things you could do to make you feel better. Talk to the adults at home and school about these:



### Try relaxing your body:

Sit or lie somewhere quiet and comfortable

Stretch out your arms and make a fist, then relax

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

Shut your eyes tight and pull a scrunched-up face, and then relax



### Try slow deep breathing:

Take a slow breath in through your nose for about 4 seconds

Hold it for 1 or 2 seconds

Slowly let it out through your mouth for about 4 seconds

Wait 2– 3 seconds before taking another breath

Repeat 5–10 times



### Try physical exercise:

You could try:

- Star jumps,
- press ups,
- running in the garden,
- play a game such as football or Frisbee

I Am Grateful

### Try to keep a gratitude journal:

This is a special book. In this book you should write or draw each day about something good that happened to you or something in your life that makes you happy.

Childline is an organisation that is especially for children and young people. You can look at their website for more information or you can phone and talk to an adult who will listen to you.

[www.childline.org.uk](http://www.childline.org.uk)

Free telephone helpline 0800111



This information booklet was written by West Sussex Educational Psychology Service. Our job is to find out what helps children when they are unhappy at school. Further copies can be found on the West Sussex Local Offer.