

# Are you feeling sad or worried about school? 😞

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

You may get so worried about going to school, that you want to stay at home where you feel more comfortable. Often this feeling of worry will happen the night before school and again in the morning. The more you stay away from school, the more worried you get about going to school.

It is ok to have worries. Everybody worries. For some people their worries can seem to get too big for them and this is why it is important to check-in and find someone or something that can help.

When you do not go to school, you may worry about the work you have missed and seeing your friends and teachers again and not knowing what they have been doing or saying.



You might have lots of different thoughts about school. Some may be happy thoughts and some may be sad thoughts.

## What is this leaflet?

The information in this leaflet may help you if you are having difficulty going to school. It includes some information about how you might be feeling and some things that might help you.

This document is available in Welsh. *Mae'r ddogfen yma ar gael yn y Gymraeg.*

Circle any of these that are true for you.

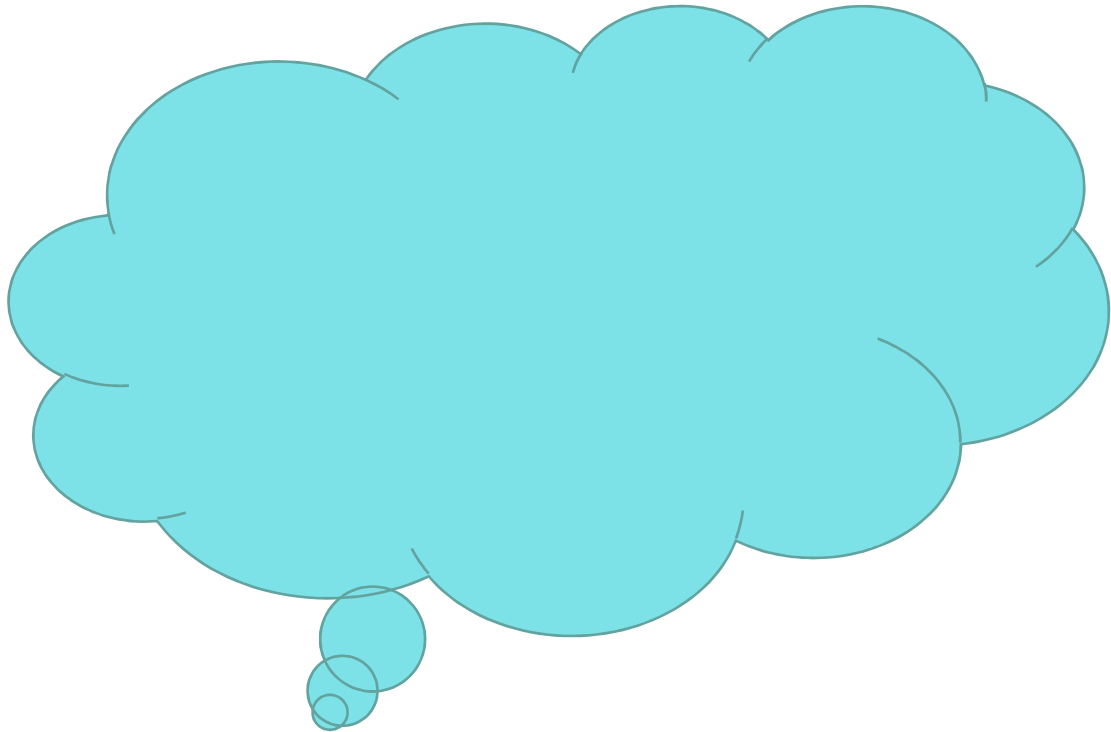
<p>I feel worried at school</p> 	<p>I wish I had more friends</p> 	<p>I don't like it when its noisy</p> 	<p>I feel worried at home</p> 	<p>I have one special friend</p> 
<p>I am a good learner</p> 	<p>I worry about my parent(s) or carer(s)</p> 	<p>I worry about the school work</p> 	<p>I find the busy corridors stressful</p> 	<p>I would rather be at home than at school</p> 
<p>I have lots of friends</p> 	<p>I wish I didn't have to go to school</p> 	<p>I worry about coming to school in the morning</p> 	<p>I worry something bad will happen</p> 	<p>I feel embarrassed</p> 
<p>I don't like changes in routine</p> 	<p>I want people to like me</p> 	<p>I need lots of help with my learning</p> 	<p>I enjoy learning</p> 	<p>I can do things if I really try</p> 
<p>I don't understand what the teacher is saying</p> 	<p>I worry about getting to school</p> 	<p>I worry about break time</p> 	<p>I dislike changes in staff</p> 	<p>I want to attend school</p> 

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

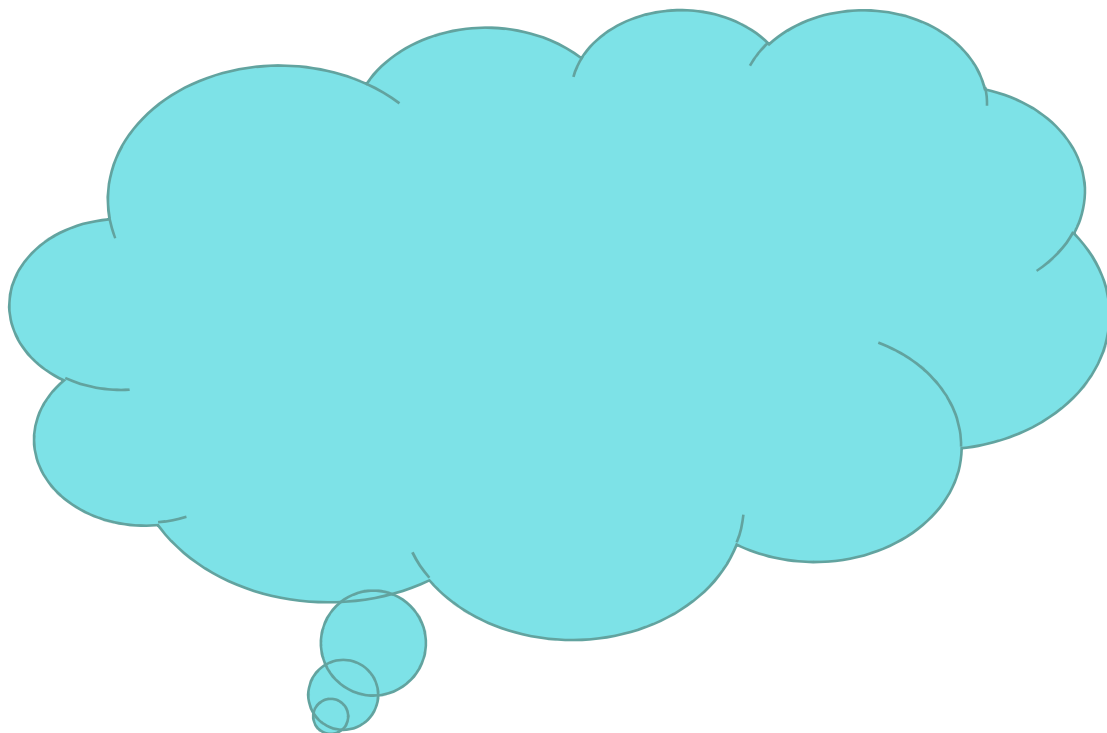
It is very important that you talk to someone who can help you and make you feel happy in school again. This could be your parents/carers, other family members, an adult in school or your friends. You could use these questions below to help you have a conversation with somebody who can help.

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





Or if you don't want to 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?



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

 <p>Try relaxing your body:</p>	 <p>Try slow, deep breathing:</p>	 <p>Try physical exercise:</p>	 <p>Try to keep a gratitude journal:</p>
<ul style="list-style-type: none"> <li>• Sit or lie somewhere quiet and comfortable</li> <li>• Stretch out your arms and make a fist, then relax</li> <li>• Push your legs out, wiggle your toes and then relax</li> <li>• Shut your eyes tight and pull a scrunched up face and then relax</li> </ul>	<ul style="list-style-type: none"> <li>• Take a slow breath in through your nose for about 4 seconds</li> <li>• Hold it for 1 or 2 seconds</li> <li>• Slowly let it out through your mouth for about 4 seconds</li> <li>• Wait 2-3 seconds before taking another breath</li> <li>• Repeat 5-10 times</li> </ul>	<p>You could try:</p> <ul style="list-style-type: none"> <li>• Star jumps</li> <li>• Press ups</li> <li>• Running in the garden</li> <li>• Football</li> </ul>	<p>This is a special book to write or draw each day about something good that happened to you or something in your life that makes you happy.</p>