


# Are you feeling sad or worried about school?

# A child's guide to having difficult feelings around school



# What do you think about when you are due to be in 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. 

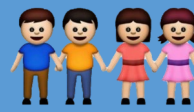
I feel worried at school



I don't like it when it's noisy



I wish I had more friends



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 don't like changes in routine



I want to attend school



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 times



I dislike changes in staff



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 at school and at home will help you think about how they can help you with your worries. They can support you to take small steps to help you feel happy at 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 some of these ideas you could try together:



**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,
- playing a  
game such as  
football or  
Frisbee.



**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.

## Where to get further help

**The Bury Directory** provides a guide to emotional wellbeing and mental health services for children, young people and adults in Bury. <https://theburydirectory.co.uk/support-for-children-young-people>

**Kooth** Online mental wellbeing support which is free, safe and anonymous. Includes access to online tips and advice from other young people and the Kooth Team, discussion boards, a chat service and online journal. <https://www.kooth.com/>

**Shout 24** 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. A place to go if you're struggling to cope and you need immediate help. Text 85258. <https://www.giveusashout.org/>

**The Mix** provides information, support and listening for people under 25. Phone 0808 808 4994 (24 hours) [www.themix.org.uk](http://www.themix.org.uk)

**Think Ninja** - 'Thinkninja' app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress. [www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

**Childline** - Features lots of breathing exercises, activities, games and videos to help you let go of stress [www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)

**Emerging Minds** - Supporting young people with worries about COVID-19 [emergingminds.org.uk](http://emergingminds.org.uk)

**Early Break** Mindfulness and holistic therapy and Streetwise Counselling (for ages 14-16). Phone [0161 723 3880](tel:01617233880) or email [info@earlybreak.co.uk](mailto:info@earlybreak.co.uk)

### **Greater Manchester Health and Social Care Partnership – Resource Hub**

Free access to a useful range of documents and films around mental health, includes a COVID-19 specific section. <https://hub.gmhsc.org.uk/mental-health/>