

How I am feeling about school

Supporting children experiencing EBSA

Emotionally Based
EBSA
School Avoidance

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



It may be things about the school building or schoolwork which upsets them or maybe how they are getting on with teachers or other children.

Some children get so worried about going to school, they may want to stay home where they feel comfortable and safe.

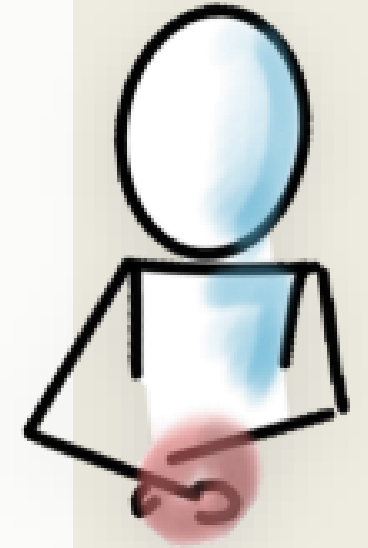


Or it could be something going on at home which is worrying them - playing on their mind or making them feel they don't want to leave home.



In either case, some children may feel like they want or need to be at home rather than at school. However, often the same feelings will pop up in the evening and again in the morning before school and they will want to stay home the next day too. The more they stay off school, the more worried they get about going.

What does it feel like?



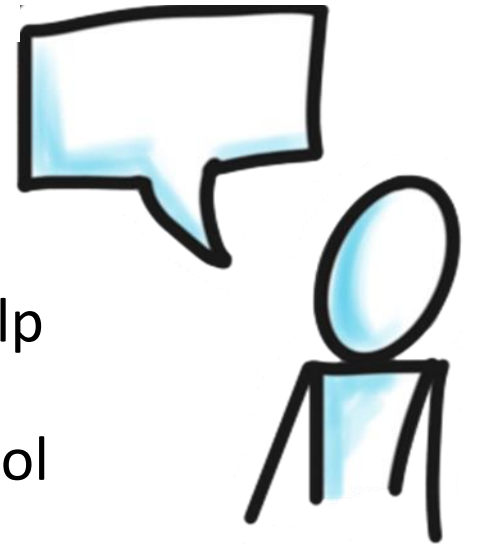
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When you stay off school, you may be scared about all the work you have missed, seeing your teachers and friends again, not knowing what they have been doing or saying.



This is why it is so important to talk to somebody who can help you and make you feel safe and happy in school again.



Circle any of these that are true for you.



Children think lots of different thoughts about school.

Some are happy thoughts and some are sad thoughts.

Looks at the emoji's and draw a circle around any that are true for you.

I feel worried at school

I wish I had more friends



I don't like it when it is noisy

I feel embarrassed

I am a good learner



I worry about my parents



I worry about my school work



I find busy corridors stressful

I would rather be at home than school

I have lots of friends



I wish I did not have to go to school



I enjoy learning



I am worried that something bad will happen

I have one special friend



I don't like changes in routine

I don't like it when staff change



I want people to like me



I need lots of help with my learning



I worry about coming to school in the morning

I feel worried at home

I can do things if I really try

I don't understand what the teacher is saying



I worry about getting to school



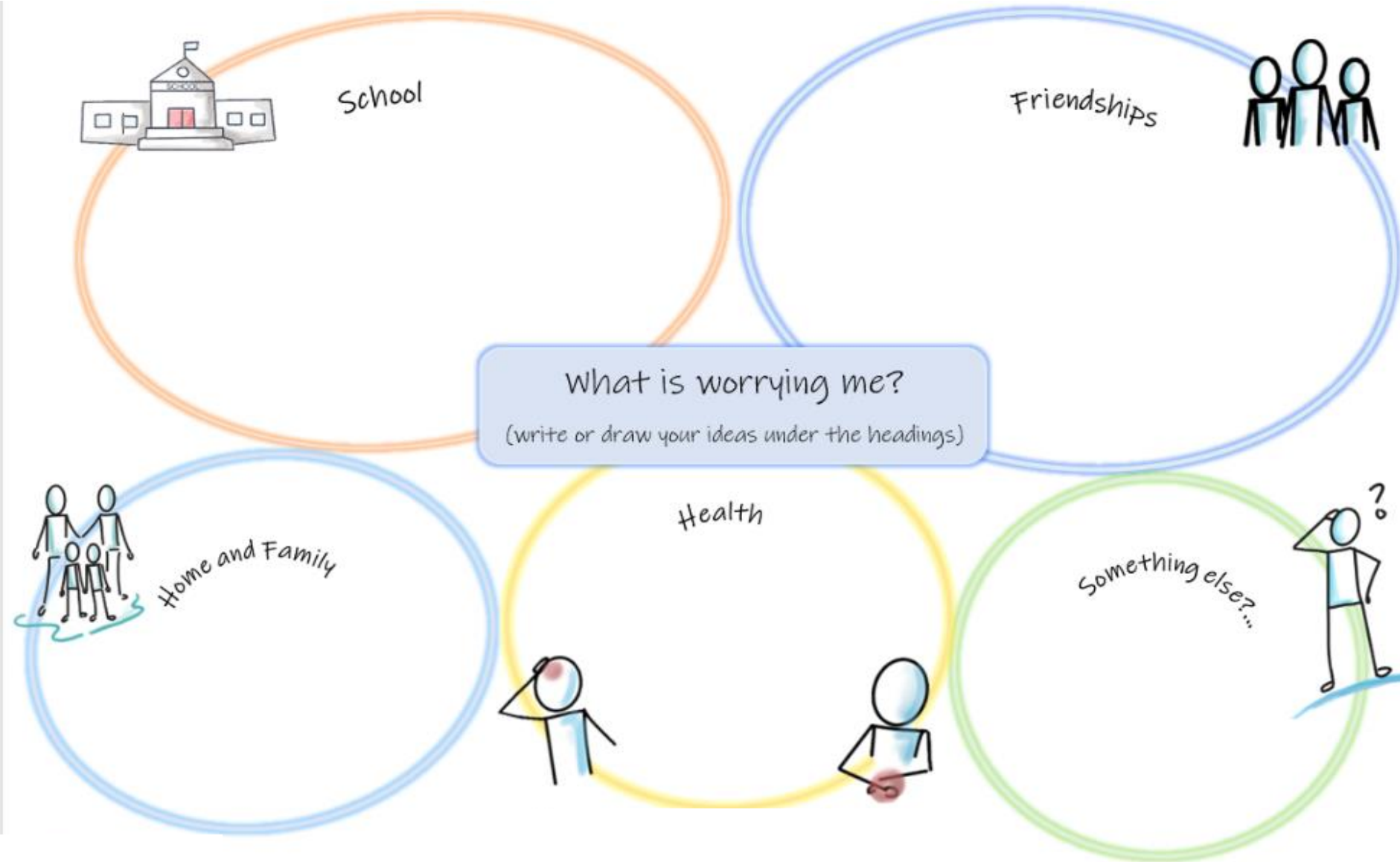
I worry about breaktime

I want to attend school



What am I feeling?

Who can help?



Talk to somebody

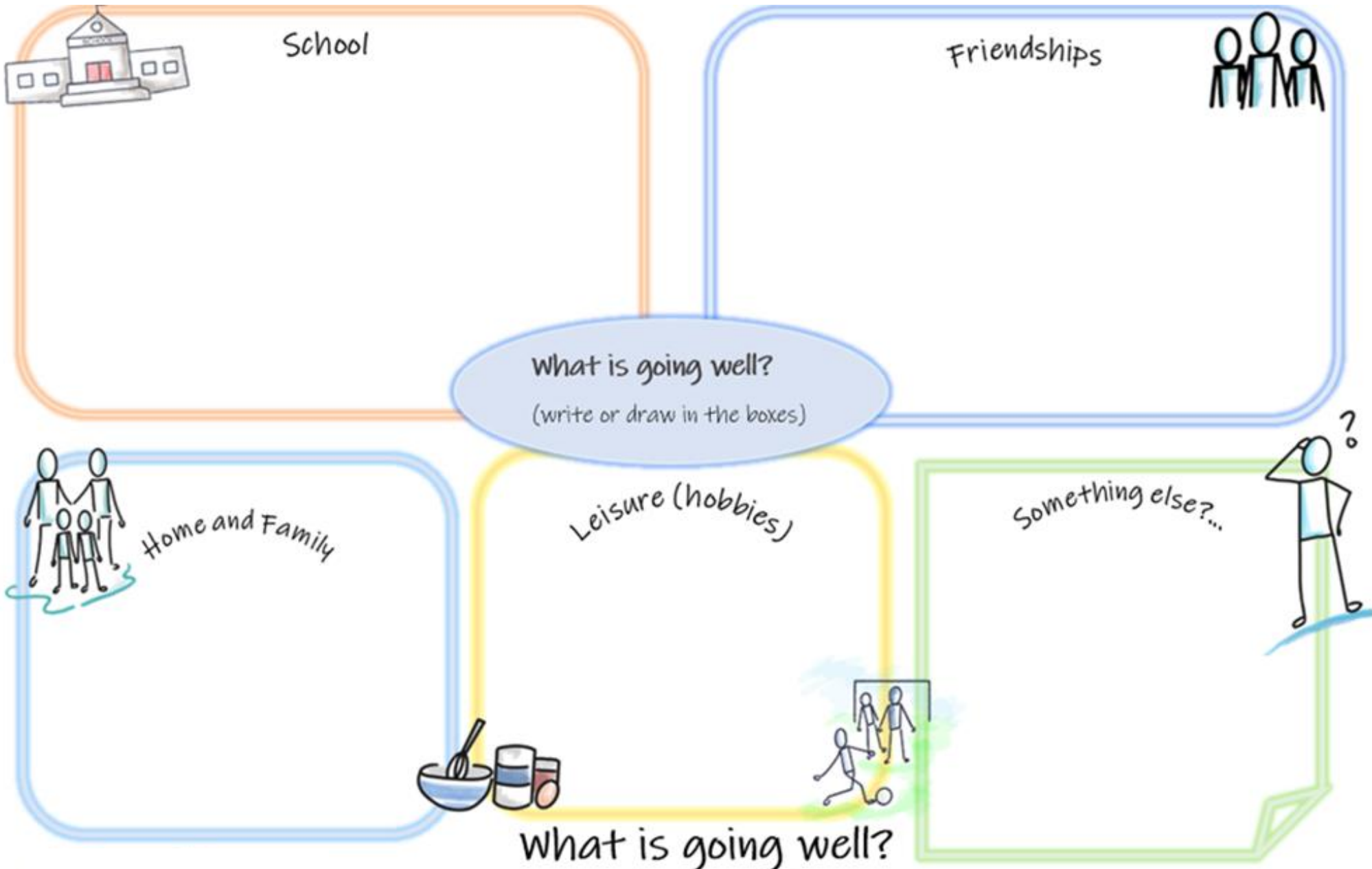
This could be your parent, an adult at school, other family members or a friend.

Think about sharing what you are worried about.

You can write or draw anything about how you are feeling.

You can ask someone you trust to help you, or you can share it with them after.

It also helps to think about what is going well and what helps you feel better.
Have a think about anything which is working well for you now.





What can I do to help myself feel better?

When you are feeling worried, scared or upset there are things you can do to help yourself feel better. You could try some of the ideas on the next slide or talk to an adult to help you try them out.

5 TIPS FOR FAMILIES

Ways to Self-Regulate for Children & Young People

Mindfulness

Practising mindful activities have been shown to help us feel calmer, find focus, accept kindness and to let go of worries.



Physical Health

Being active, eating a nutritious diet and getting good sleep helps us to have more energy and feel more in control to manage big feelings.



Breathing

Controlling our breathing can have a positive impact on how the rest of our body feels.



Grounding

Take five minutes in the day to notice: what we can see, hear, smell, touch and taste.



The Outdoors

Spend time outside every day. Use the grounding techniques to connect ourselves with nature.



These resources have been produced in partnership with education settings, families and colleagues across Suffolk.

For further information and resources please see the Suffolk County Council webpages:

www.suffolk.gov.uk/children-families-and-learning/wellbeing-for-education-return

www.suffolk.gov.uk/children-families-and-learning/pts