



# Are you feeling sad or worried about school?



**Children think lots of different thoughts about school. Some are happy thoughts. Some can be sad thoughts.**

You are not on your own if you feel worry about school.

We all feel like this from time to time because of things that happen in our life at home, at school or elsewhere.

It's important to think about what it is that makes you worry, what it is that makes you feel better and who you can talk to.

**What do you think about when it's time to go to school?**



## Why do I feel like this?

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.

## How do you cope with worries?

Do you have anything you like to do which makes you feel better? Some people like to listen to music, draw, write, go for a walk, spend time with a family pet, make a favourite snack or even tidy their room!

Draw or write the things that help you when you feel worry.



## What to 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 you think what you want to say.

What things do you like most about school?	What things do you find hard about school?

Or if you can't talk to someone you could draw how you feel.  
Draw things that make you worried.  
Draw what you would change about school.

## Who else could I talk to?

**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 0800 11 11.