

I Worry About Going to School

Sometimes, you might worry a lot about your health or the health of others, and these worries can make it hard to go to school. You may feel more comfortable staying home, and thinking about being in school might make you feel anxious. There are ways you can feel more comfortable and confident about being at school. This worksheet can help you feel better about going to school.

What to Do

Together with a parent, teacher, or counselor, you will follow a plan to gradually go back to school, arrive on time, and feel comfortable staying there. Remember, it's okay to take small steps.

Ask an adult to help you with each section.

I. Health or Sickness Worries. What are you worried about? Write or draw your worries about health, sickness, feeling ill, and so on. For example, you might write, "I'm worried about getting sick," or, "I'm worried about my mom getting sick while I'm at school."

II. How Do You Feel? Write or draw how these worries make you feel. For example, "I feel scared," or "I feel sad."

Tips to Help You

- **Deep Breathing.** Take deep breaths when you feel worried.
- **Positive Thoughts.** Think about fun things you'll do at school.
- **Talk to Someone.** It's okay to talk to a teacher, friend, or parent when you feel worried.

What else can you do to feel better about going to school?

III. Steps to Feel Better About School. Now, you'll take some small steps to help you feel better about going to school. Here's a plan you can follow.

Step 1: Start Small

Goal: Go to school for a short time.

Plan: Go to school for just one hour. A parent or another adult can stay with you if needed.

What day will you go to school? _____

How long will you stay? _____

Who will go with you? _____

What will help you stay at school? _____

Write or draw how you feel about going to school. Did anything help you feel better?

Step 2: Stay a Little Longer

Goal: Increase your time at school.

Plan: Stay at school for at least three hours. Do an activity you enjoy while there.

What day will you go to school? _____

How long will you stay? _____

What activity will you do while you're at school? _____

Write or draw how you feel about going to school. Did anything help you feel better?

Step 3: Stay for Half a Day

Goal: Stay at school for half of the school day.

Plan: Bring a favorite snack or toy to make you feel comfortable.

What day will you go to school? _____

How long will you stay? _____

What favorite snack or toy can you bring to make you feel more comfortable?

Write or draw how you feel about going to school. Did anything help you feel better?

Step 4: Stay for Most of the Day

Goal: Stay at school until just after lunch.

Plan: Have a buddy system with a friend or a helper to check in with you.

What day will you go to school? _____

How long will you stay? _____

Who can help you at school? _____

Write or draw how you feel about going to school. Did anything help you feel better?

Step 5: Stay for the Full Day

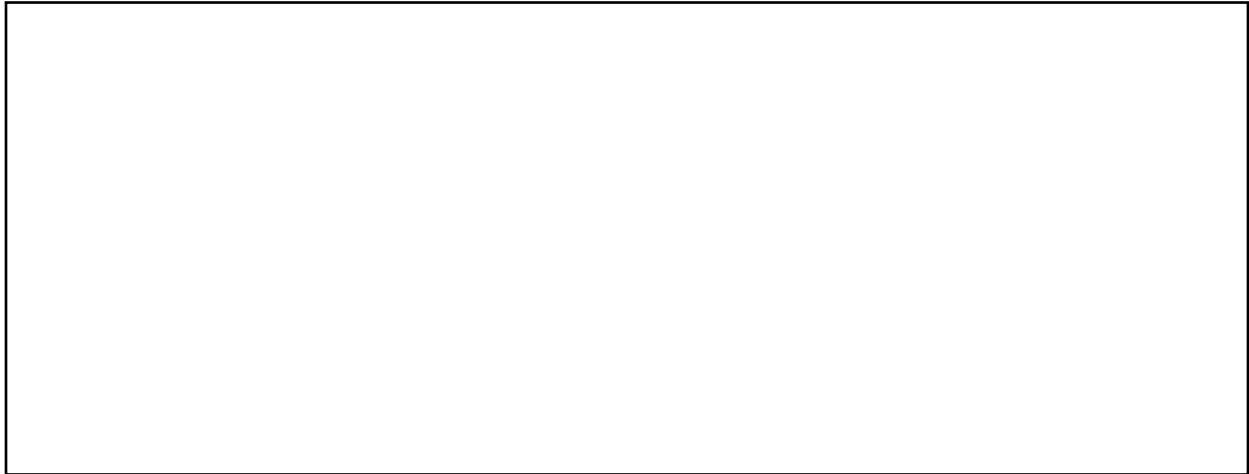
Goal: Stay at school for the entire day.

Plan: Use the tools you've learned to feel comfortable. Remember, you can always talk to a teacher or counselor if you feel worried.

What day will you go to school? _____

Who can help you at school? _____

Write or draw how you feel about going to school. Did anything help you feel better?



Did you stay at school for the entire day? Yes / No

Why or why not? _____

Step 6: Celebrate Your Achievements

Celebrate each step you complete! Write down or draw what you did well, like "I stayed at school for two hours!"



It's okay to take small steps. You are brave, and you can do this! Keep practicing, and soon you'll feel better about going to school.