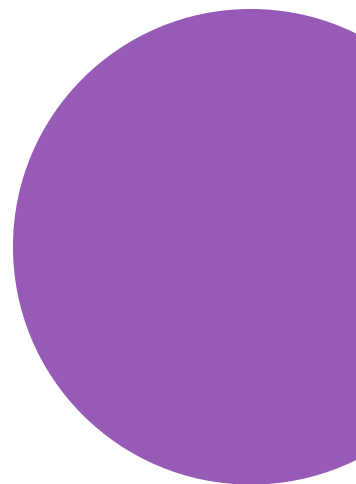


*Helping
you to help
your child*

School Anxiety Journal Prompts

Journal prompts to help children and adults understand and respond to school anxiety



Fully
understanding
the problem
can help us
work out what
to try

Introduction

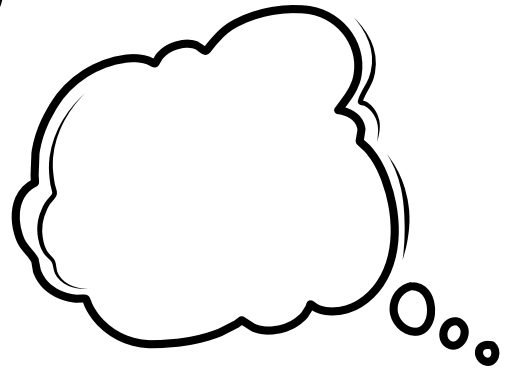
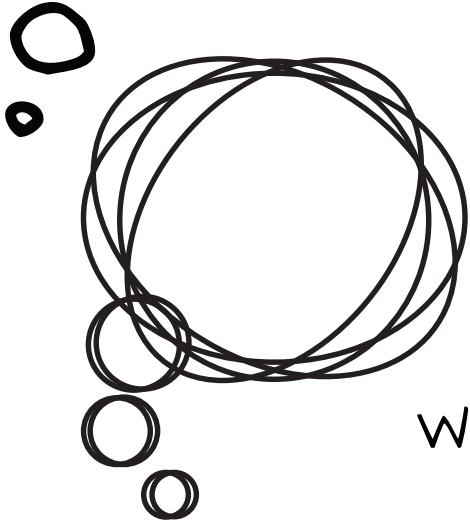
There are a LOT of children struggling to go to school at the moment, including mine... It's very hard to help them to attend if we don't understand what is keeping them away or what might help them to feel safer, so these journal prompts are designed to help children to write, draw or talk about how things are going for them.

It won't magically lead to answers, but it will aid both your and your child's understanding and it's surprising how fully understanding the problem can sometimes help us work out some ways forwards.

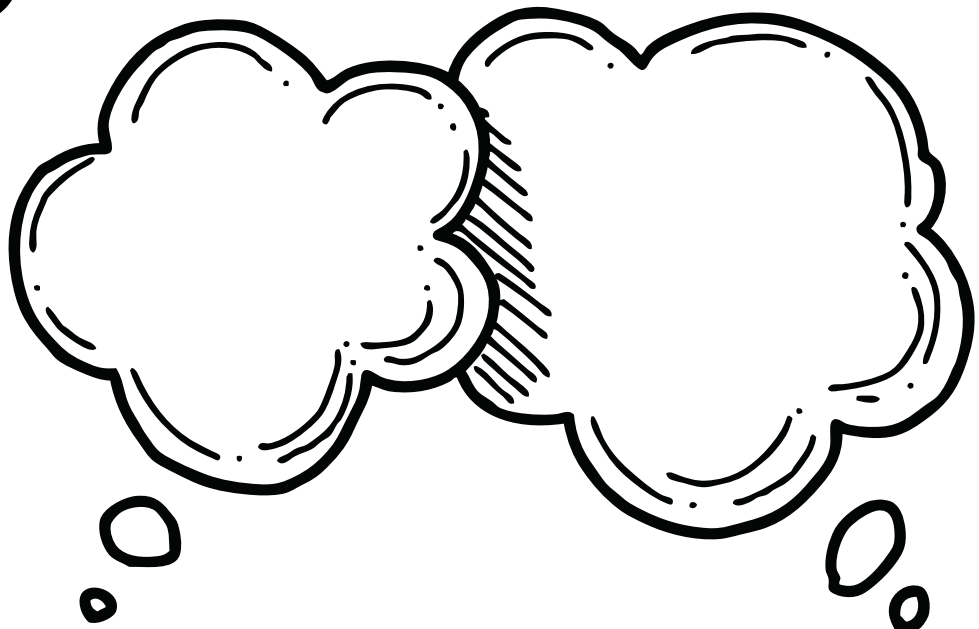
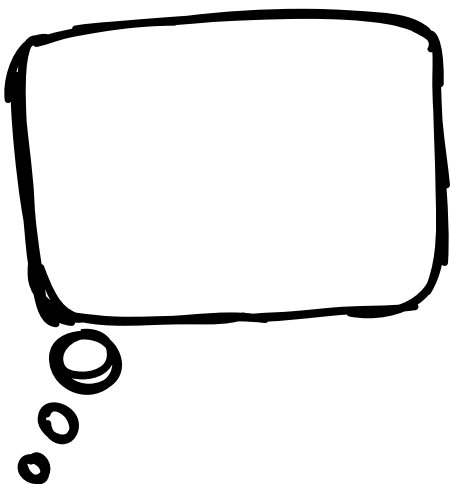
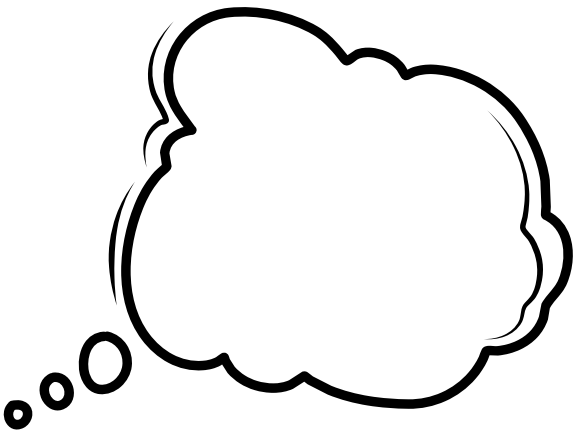
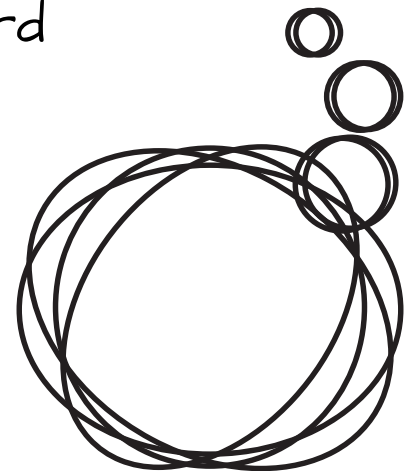
You are welcome to copy and share these pages.

Good luck!

Pooky x



What does the word
SCHOOL
make you think?



When you wake up in the morning, how do you imagine your arrival at school will be?

I SEE

Blank writing area for 'I SEE'

I HEAR

Blank writing area for 'I HEAR'

I FEEL

Blank writing area for 'I FEEL'

I THINK

Blank writing area for 'I THINK'

anything else...

Blank writing area for 'anything else...'

When did you recently feel safe and calm?

You could consider:

- Where were you?
- Who was with you?
- What could you see, hear or smell?
- Did anything specific help you feel calm?

A large, empty rectangular box with a black border, intended for the user to write their response to the questions above.

What are the five best things about school?

-1-

-2-

-3-

-4-

-5-

What are the five worst things about school?

-1-

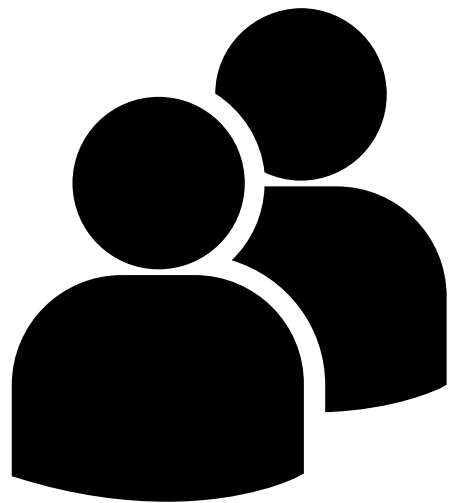
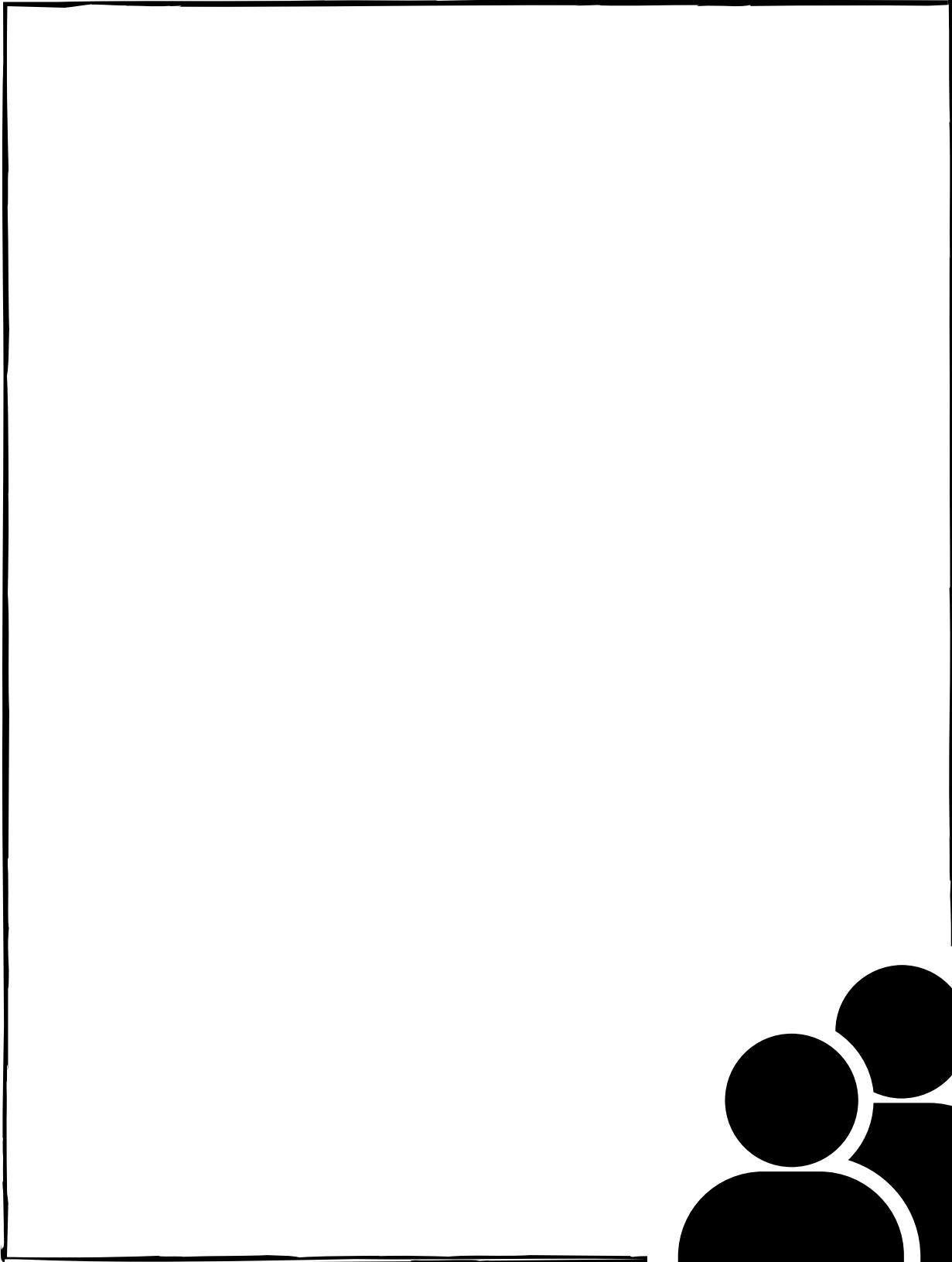
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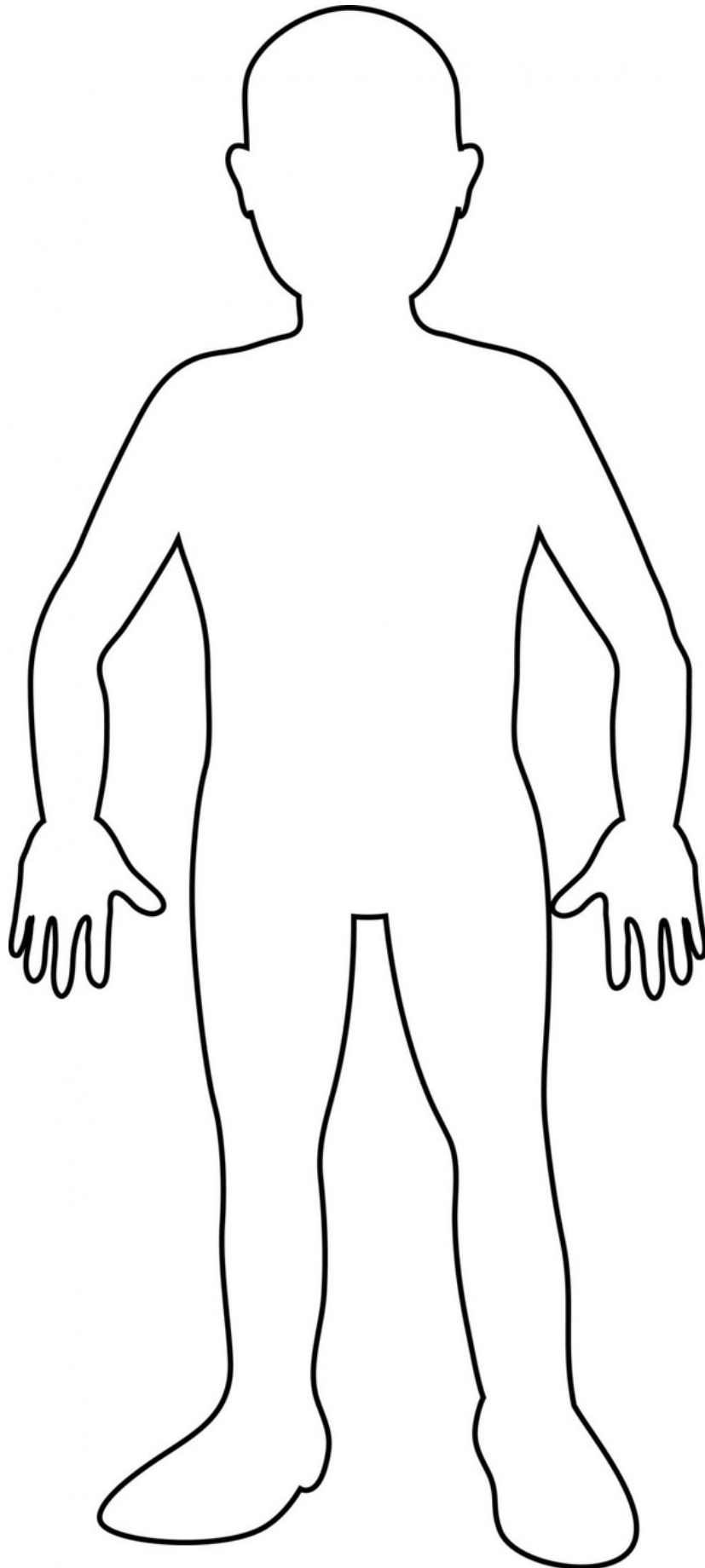
-5-

Feeling Understood

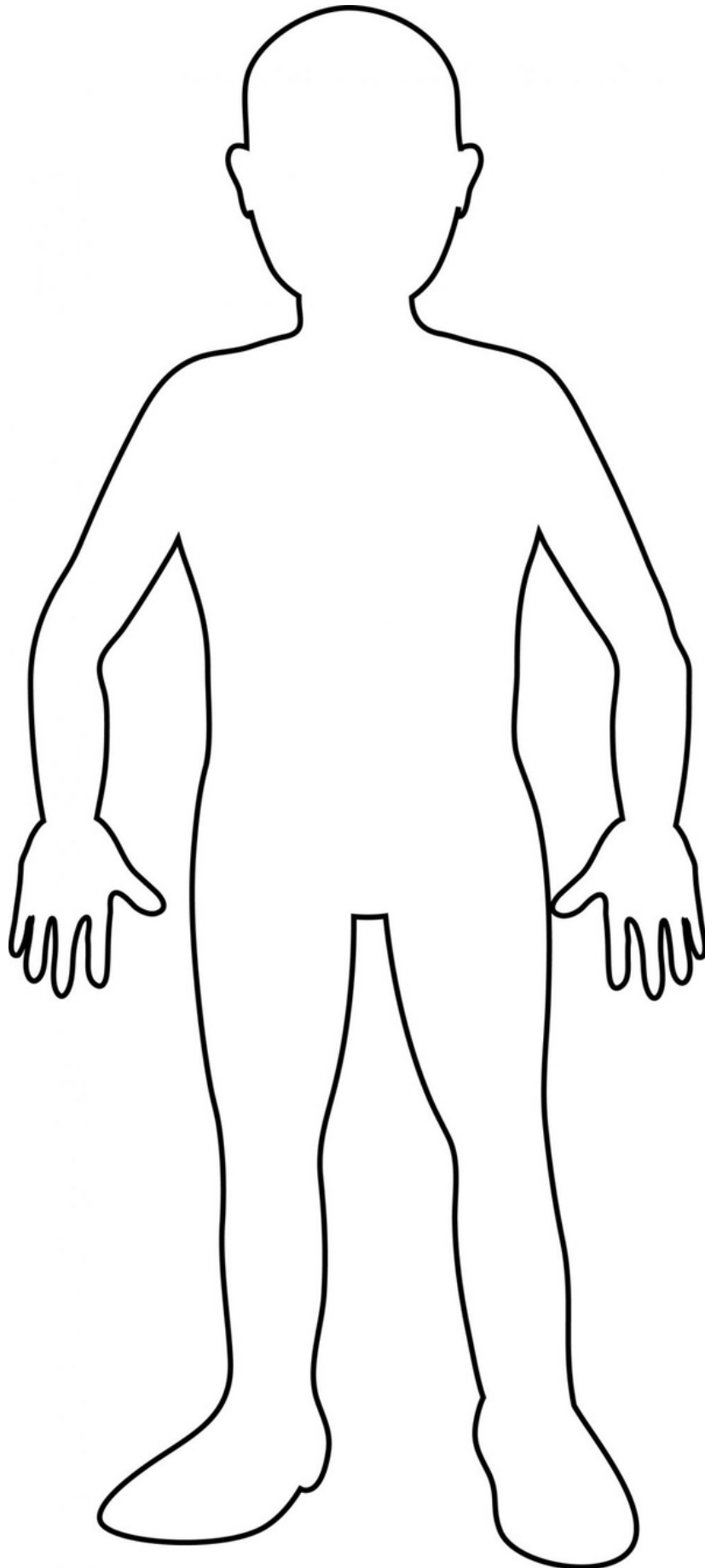


- Who at school understands you?
- What do they understand about you?
- What do they do that makes you feel understood?

How does your body feel in the good times?



How does your body feel in the hard times?



Can you think of a time when something at school felt hard but you did it?

What I did



Empty rectangular box for writing the answer to 'What I did'.

What helped



Empty rectangular box for writing the answer to 'What helped'.

How I felt

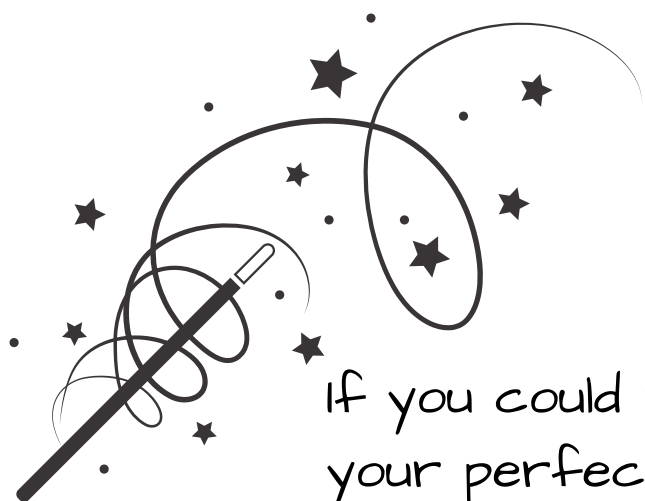


Empty rectangular box for writing the answer to 'How I felt'.

CHANGE

What would you like to change about school and what would you like to keep the same?

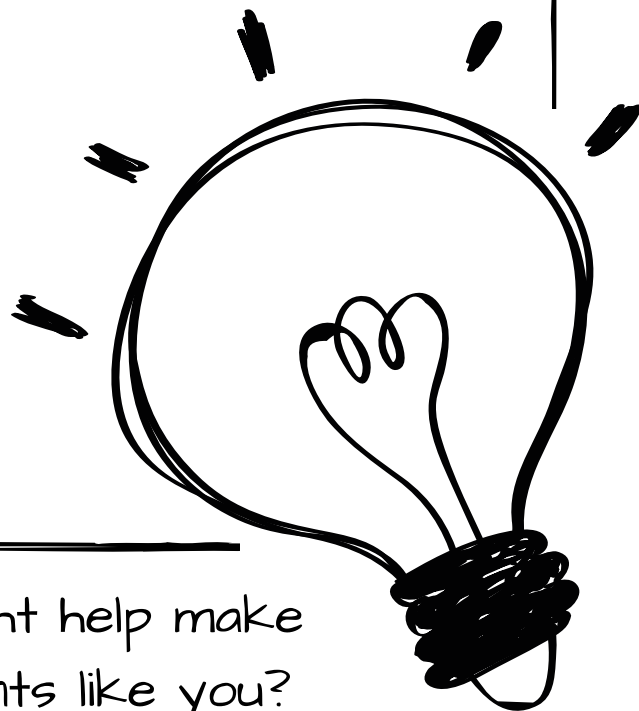
KEEP



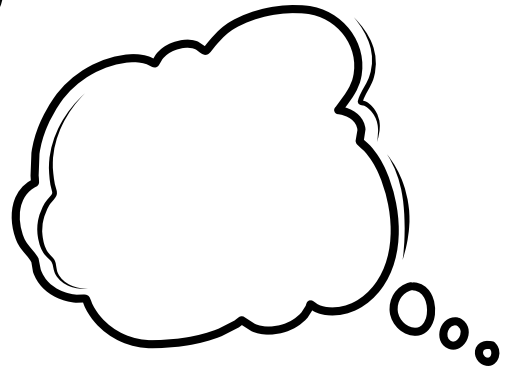
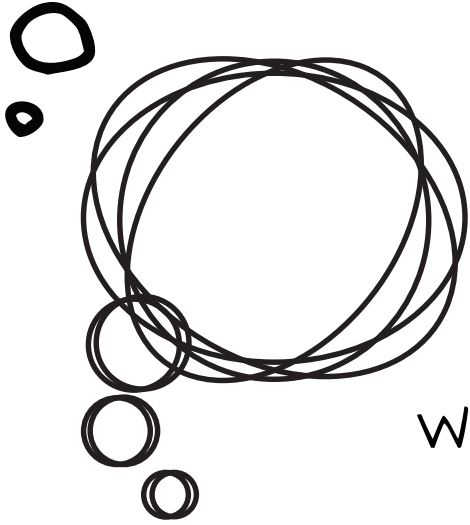
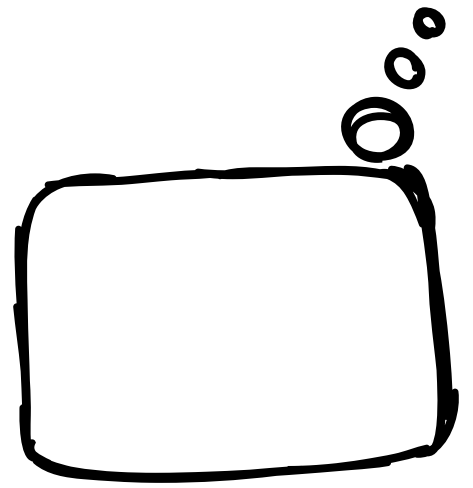
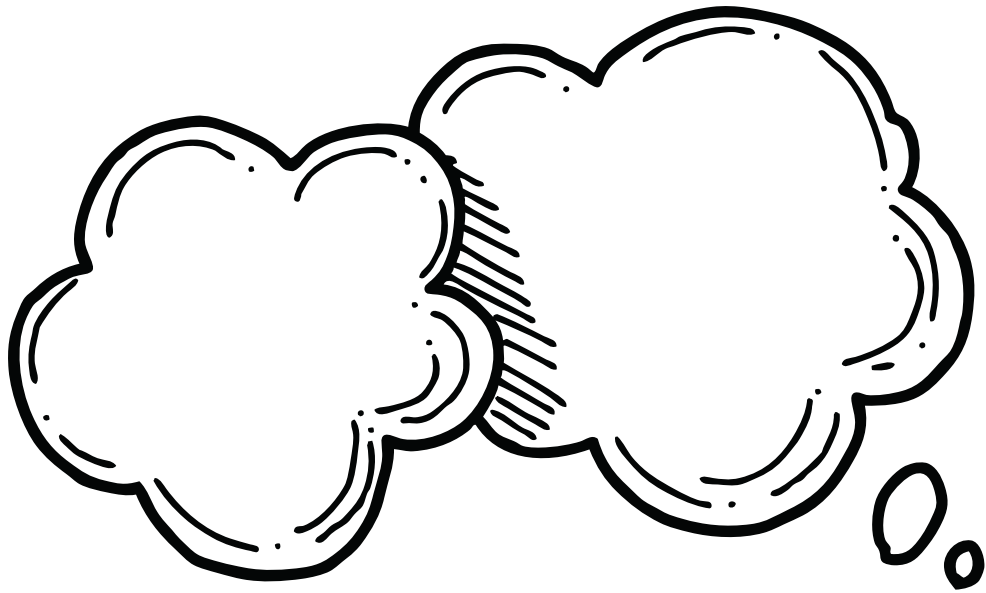
If you could wave a magic wand and make your perfect school, what would it be like?

BIG ideas that would make a difference but might take a while

Little ideas that are so simple they could be done tomorrow



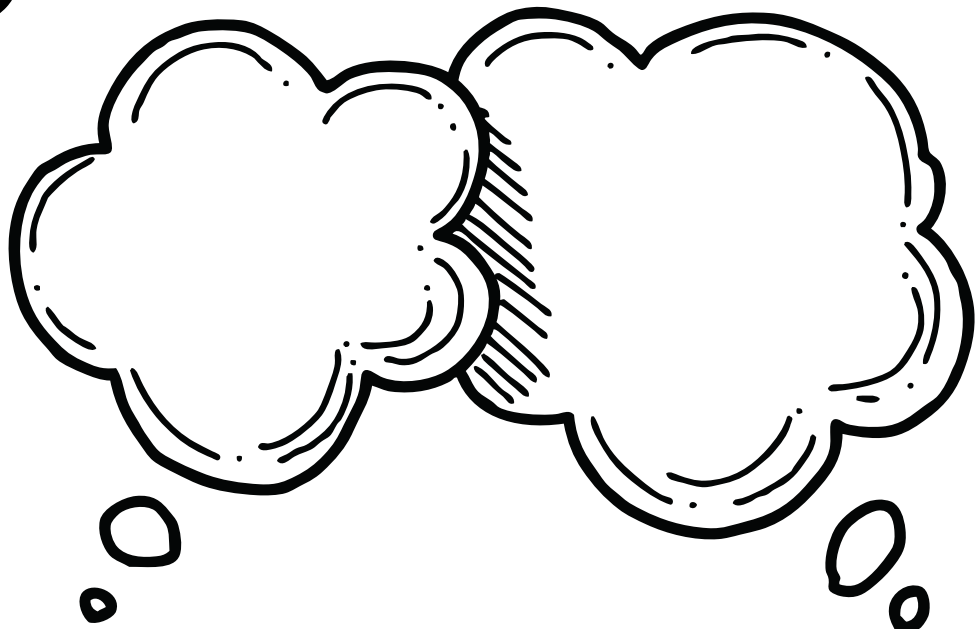
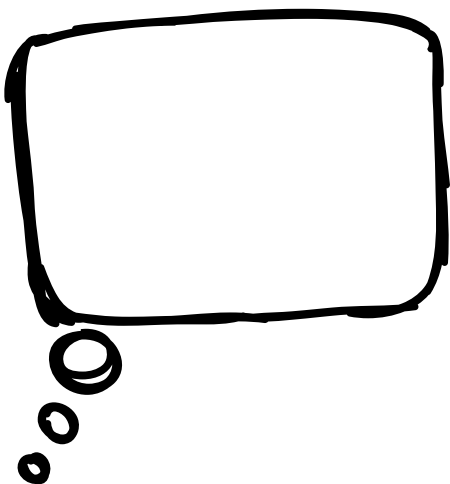
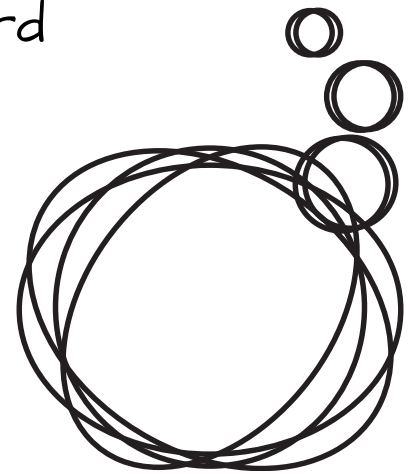
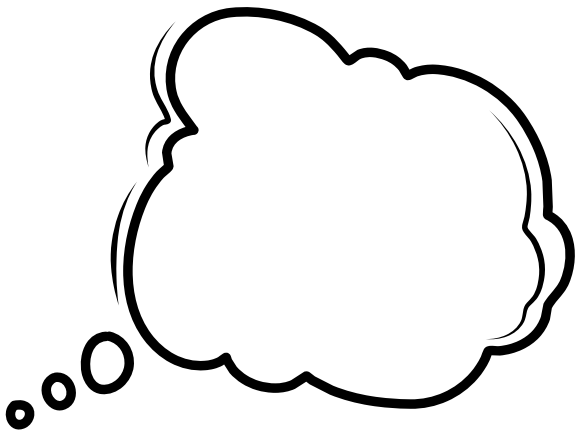
What ideas do you have that might help make school a better place for students like you?



What does the word

HAPPY

make you think?



Helping
you to help
your child

- Thank You! -

I've been able to produce this, thanks to the community who support my work on Patreon.

If you already support me on Patreon, THANK YOU. If you don't, please consider supporting me at patreon.com/pookyh - you'll get instant access to a wide range of guides and videos to help you to help your child and you'll help to fund my future work for you and others like you.



Pooky x

