

# # YOU'VE BEEN MISSED

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## HELPING ME UNDERSTAND WORRY

A guide for primary children.





# Maybe you are worried about going to school?

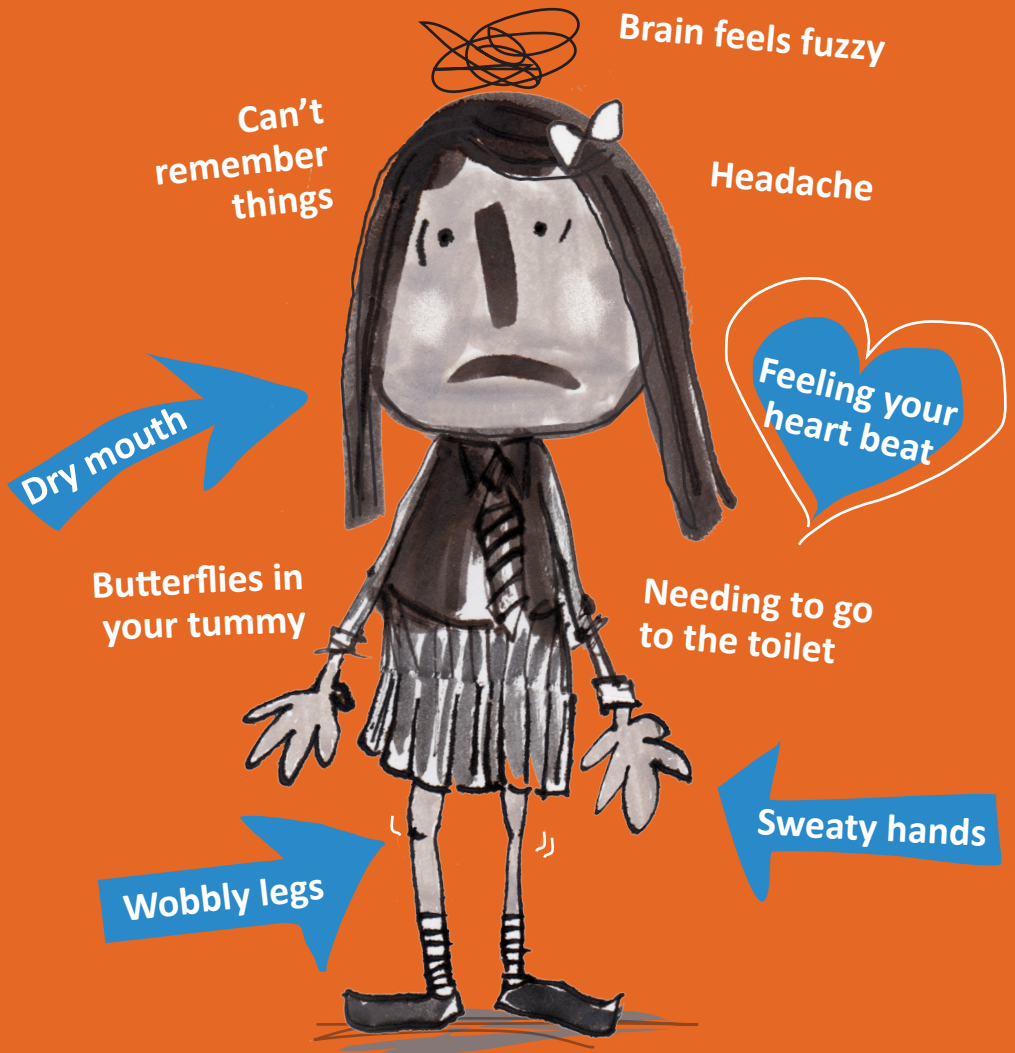
Anyone can feel worried when there is  
something they are not sure about.

Sometimes you might feel funny  
butterflies in your tummy before you go  
somewhere, or you might need to go to  
the loo a lot.

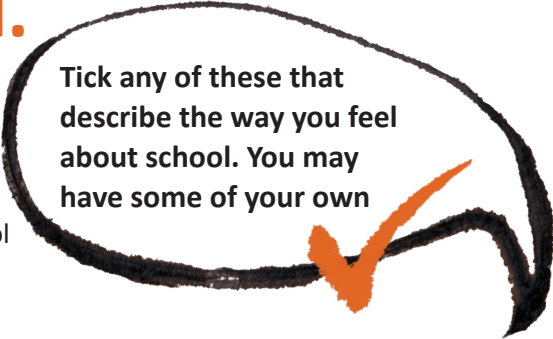
Ask a grown up you trust and they  
will probably tell you they know  
that feeling too!

Most of the time that feeling goes but for  
some children the feeling is a bit more  
sticky. Sometimes things like going to  
school might give you those worried  
feelings in your body.

# Worry can make your body feel different.



# There are lots of reasons you might feel worried about school.



Tick any of these that describe the way you feel about school. You may have some of your own

- ☐ I don't like the noise at school
- ☐ I have lots of friends
- ☐ I enjoy playtime
- ☐ I worry about playtime
- ☐ I worry about what happens at home when I'm at school
- ☐ It's hard to get to school
- ☐ I like coming to school
- ☐ I don't like it when the teacher changes and I didn't know
- ☐ I miss my mum
- ☐ I miss my dad
- ☐ I miss my carer
- ☐ I would rather be at home than school
- ☐ I worry that I am not good at learning
- ☐ I worry about tests that I need to do
- ☐ I worry that the teacher doesn't know about me and what is important to me
- ☐ I worry about getting sick or ill at school

**Sometimes  
you may feel  
worried about  
things that happen  
at home or school.**

**We sometimes call this  
anxiety.**

If you get this feeling in the morning, evening, before school, or after a weekend or holiday, you may find it hard to go into school. If you feel like this you can talk to someone (perhaps you mum, dad, carer or teacher?) and together you may be able to think about what would help.

You may feel like you want to stay off school. For a short time it might make it seem like the feelings have gone away but (and this may seem strange) it can actually make the feeling more tricky when you do go back. That's why your parents or carer and teacher want to help.

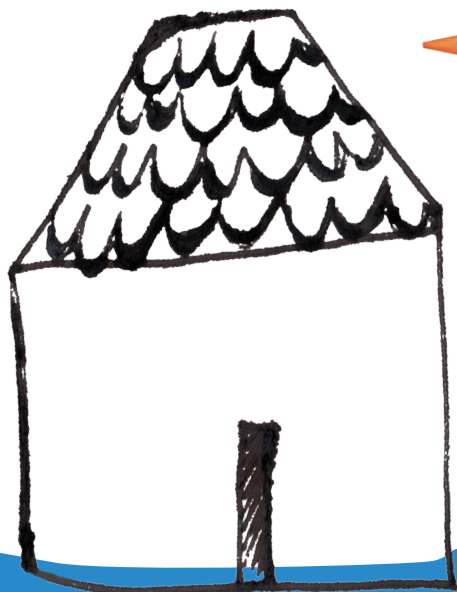
**You could say to a grown-up you trust:**

***“I feel worried before playtime” OR***

***“I feel worried on a Sunday before  
school on a Monday”***

Telling someone is really important. It means that the worry is no longer just yours and someone else can help.

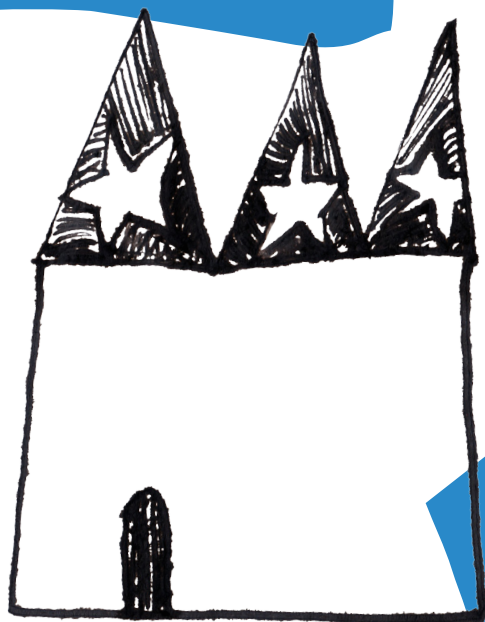
# Have a go at drawing or writing in these schools.



What are the worries you would put in?



What are the things you like in school?



What would help make it better for you?

# If you feel worried or anxious about school, some of these ideas may help.

1

- ✦ Spread your fingers out like a star
- ✦ Use your pointer finger from your other hand to trace around your star hand
- ✦ As you go up your fingers breathe in through your nose
- ✦ As you go down your fingers let all of your breath out
- ✦ Do the same for each finger



2

- ✦ Try doing something different - tapping or drumming. This can help you think of something else

3

- ✦ GET MOVING! In the kitchen, bedroom, or where ever you fancy, dance and sing along to your favourite music

4

- ✦ Sit or lie down somewhere you are comfortable
- ✦ Stretch out your arms and legs
- ✦ Make a fist and tense the muscles in your leg
- ✦ Relax your arms and legs
- ✦ Close your eyes and do it again

5

- ✦ Use up some energy - walk, run, climb or jump!



# You and your grown up might also find it useful to look at:

## READ

- The Huge Bag of Worries by Virginia Ironside
- Hey Warrior by Karen Young

## VISIT

- [bwc.nhs.uk/youve-been-missed](http://bwc.nhs.uk/youve-been-missed)
- [childline.org.uk/toolbox/for-me/](http://childline.org.uk/toolbox/for-me/)
- [youngminds.org](http://youngminds.org)

## APPS (remember to check with whoever pays the bills!)

- Stop, Breathe, think Kids
- Breathe, Think, Do with Sesame
- Positive Penguins
- Breathing Bubbles