School Anxiety Triggers



You can fill in the table below to let someone know what worries you about school. Colour in the boxes to decide how you feel about the school day







Before School

| Thinking about school | | Putting on the uniform | | | | | | |
|-------------------------------|--|---|--|--|--|--|--|--|
| Eating breakfast | | Packing school/pe bag | | | | | | |
| Driving/walking to school | | | | | | | | |
| Morning at School | | | | | | | | |
| Walking into the school doors | | Writing down homework | | | | | | |
| Lining up/waiting | | Taking books/stationary out of school bag | | | | | | |
| Break time | | Forgetting homework | | | | | | |
| | | | | | | | | |
| During the school day | | | | | | | | |
| Asking to go to the toilet | | People looking at me | | | | | | |
| Reading out loud in the class | | Knowing what to say to friends | | | | | | |



| Finishing work on time | | Getting an answer/work wrong | | | | | | | |
|-------------------------------------|---------------|--|--|--|--|--|--|--|--|
| When I get a new teache | er | Answering questions in front of the class | | | | | | | |
| Getting changed for P.E | | Asking for help if you don't understand the work | | | | | | | |
| Doing P.E | | Eating in front of other people | | | | | | | |
| Lunch time | | Thinking about who will collect you | | | | | | | |
| Someone touching your things | | Using the stairs at school | | | | | | | |
| When you don't know what is next | | Missing mum, dad or home | | | | | | | |
| Assembly | | People brushing up against you | | | | | | | |
| | -] | | | | | | | | |
| Smells at school | | | | | | | | | |
| Toilets | Dinner hall | | | | | | | | |
| Noises at school | | | | | | | | | |
| Playground | School Bell | Toilet Hand dryers | | | | | | | |
| Dinner hall | Class talking | g | | | | | | | |

School Anxiety Triggers Certain subjects-Secondary



| P.E Geography Technology & Design Home Economics Language: History Art I.C.T Music Other-Secondary Group work/projects Organising workload From time Second Se | English | Mat | Maths | | Science | | | | | |
|--|----------------------------|--------|-------|-------------------------|---------|--|--|--|--|--|
| Art I.C.T Music Other-Secondary Group work/projects Organising workload | P.E | Geog | raphy | | | | | | | |
| Other-Secondary Group work/projects Organising workload | | Langua | ge: | | History | | | | | |
| Group work/projects Organising workload | Art | I.C | .Т | | Music | | | | | |
| Group work/projects Organising workload | | | | | | | | | | |
| | Other-Secondary | | | | | | | | | |
| Conversations with friends Evan time | Group work/projects | | 0 | Organising workload | | | | | | |
| Exam time | Conversations with friends | | | Exam time | | | | | | |
| Moving between classes Multi-tasking | Moving between classes | | | Multi-tasking | | | | | | |
| Concentrating/focusing Concentrating/focusing | Concentrating/focusing | | | Concentrating/focusing | | | | | | |
| Having attention on you Busy corridors/doorways | Having attention on you | | | Busy corridors/doorways | | | | | | |
| | | | | | | | | | | |