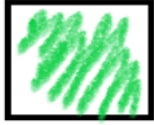


School Anxiety Triggers

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



Green- I am ok with this



Orange- I might worry a bit



Red- This makes me panic

Before School

Thinking about school	<input type="checkbox"/>	Putting on the uniform	<input type="checkbox"/>
Eating breakfast	<input type="checkbox"/>	Packing school/pe bag	<input type="checkbox"/>
Driving/walking to school	<input type="checkbox"/>	-----	<input type="checkbox"/>

Morning at School

Walking into the school doors	<input type="checkbox"/>	Writing down homework	<input type="checkbox"/>
Lining up/waiting	<input type="checkbox"/>	Taking books/stationary out of school bag	<input type="checkbox"/>
Break time	<input type="checkbox"/>	Forgetting homework	<input type="checkbox"/>
-----	<input type="checkbox"/>	-----	<input type="checkbox"/>

During the school day

Asking to go to the toilet	<input type="checkbox"/>	People looking at me	<input type="checkbox"/>
Reading out loud in the class	<input type="checkbox"/>	Knowing what to say to friends	<input type="checkbox"/>

During the school day

Finishing work on time	<input type="checkbox"/>
When I get a new teacher	<input type="checkbox"/>
Getting changed for P.E	<input type="checkbox"/>
Doing P.E	<input type="checkbox"/>
Lunch time	<input type="checkbox"/>
Someone touching your things	<input type="checkbox"/>
When you don't know what is next	<input type="checkbox"/>
Assembly	<input type="checkbox"/>
-----	<input type="checkbox"/>

Getting an answer/work wrong	<input type="checkbox"/>
Answering questions in front of the class	<input type="checkbox"/>
Asking for help if you don't understand the work	<input type="checkbox"/>
Eating in front of other people	<input type="checkbox"/>
Thinking about who will collect you	<input type="checkbox"/>
Using the stairs at school	<input type="checkbox"/>
Missing mum, dad or home	<input type="checkbox"/>
People brushing up against you	<input type="checkbox"/>
-----	<input type="checkbox"/>

Smells at school

Toilets	<input type="checkbox"/>	Dinner hall	<input type="checkbox"/>	-----	<input type="checkbox"/>
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Noises at school

Playground	<input type="checkbox"/>	School Bell	<input type="checkbox"/>	Toilet Hand dryers	<input type="checkbox"/>
Dinner hall	<input type="checkbox"/>	Class talking	<input type="checkbox"/>	-----	<input type="checkbox"/>

School Anxiety Triggers

Certain subjects-Secondary

English		Maths		Science	
P.E		Geography		Technology & Design	
Home Economics		Language:		History	
Art		I.C.T		Music	
-----		-----		-----	

Other-Secondary

Group work/projects		Organising workload	
Conversations with friends		Exam time	
Moving between classes		Multi-tasking	
Concentrating/focusing		Concentrating/focusing	
Having attention on you		Busy corridors/doorways	
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