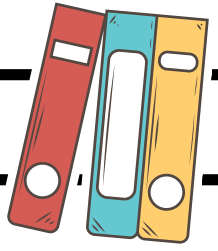
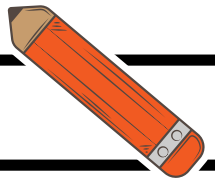


My name:

My school:



SCHOOL AND ME



BE HAPPY *olive & Pip*



WHY DOES GOING TO SCHOOL FEEL SO HARD?



It can feel difficult going to school and leaving the people you love for a short while. Lots of children feel this way. You may be worried about things at school, such as making friends, spelling tests or find lessons confusing. Sometimes, it can just feel a bit too much. If going to school makes you feel worried and upset, this toolkit may help you.

"SCHOOL AVOIDANCE"



You might feel:

- Like you don't want to get out of bed or get ready for school.
- Upset about going to school.
- Worried about things that may happen at school.
- Sick or have a tummy ache.
- Tired or unable to sleep.
- Like you don't want to do your school work.
- Angry or frustrated.
- Like you can't breathe.
- Like you don't want to do any of you usual activities such as playing outside.

You may have help from grown up such as your teacher, a doctor or another professional. You can show them parts of this toolkit if you like.



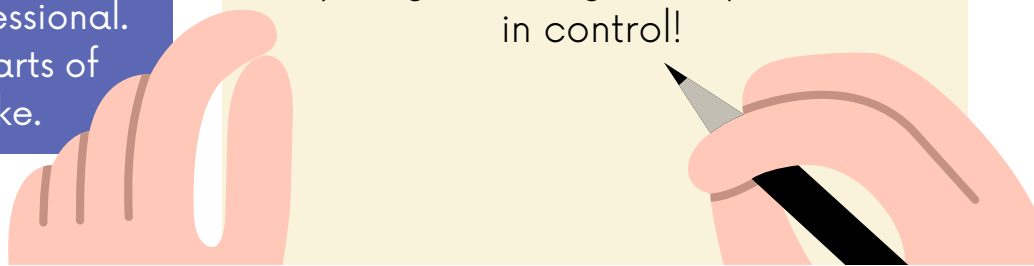
BE HAPPY

You may hear terms such as school anxiety, school avoidance, school refusal or EBSA - these are ways of describing the feeling you get about going to school.



Using this toolkit

Sometimes it can be difficult to work out what's making you feel worried or upset. This toolkit may help you. You can use this toolkit in any order and spend as much time filling it out as you wish. You do not have to do all the activities. If you need help at any stage, ask a grown up. You are in control!



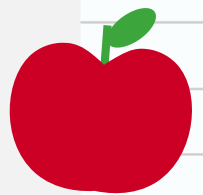
ABOUT MY SCHOOL

Things I like:

Things I don't like:



Draw a picture of your school:



WHERE I FEEL WORRY

Our bodies are very clever and like to tell us when we feel worried. We can feel worry all throughout our bodies. Can you think about how the body parts below may feel when you worry? If you get stuck, ask a grown up if you can.



MY SCHOOL OF WORRIES

Write down all the worries you have at school.



Things that I worry about at school are:

When you've finished, try to rank your top three worries in order of which worries you the most.

MY TOP 3 WORRIES:

A vertical list of 15 horizontal lines on a light yellow background, intended for writing the top three worries.

A large rectangular box with rounded corners, featuring a blue border on the top and left sides, and a green border on the bottom and right sides. This area is intended for writing the things that cause the most worry.

RATE YOUR WORRY

MY WORRY IS:

RATE THIS WORRY:



Can I do something about this worry?

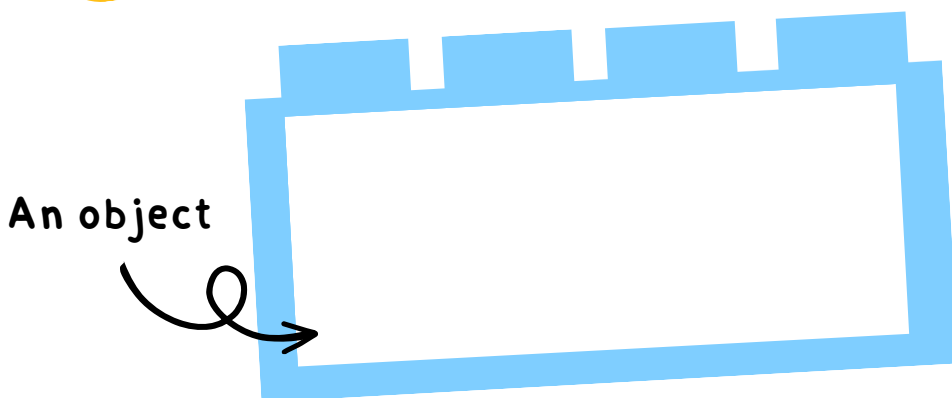
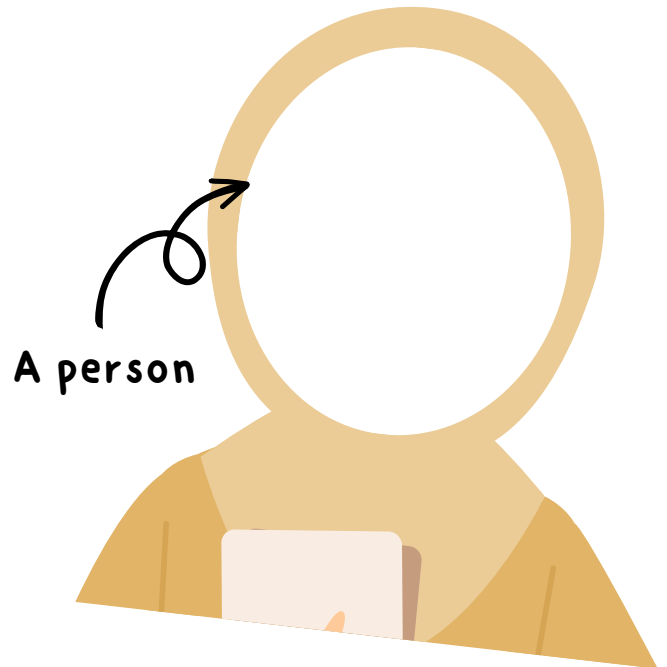
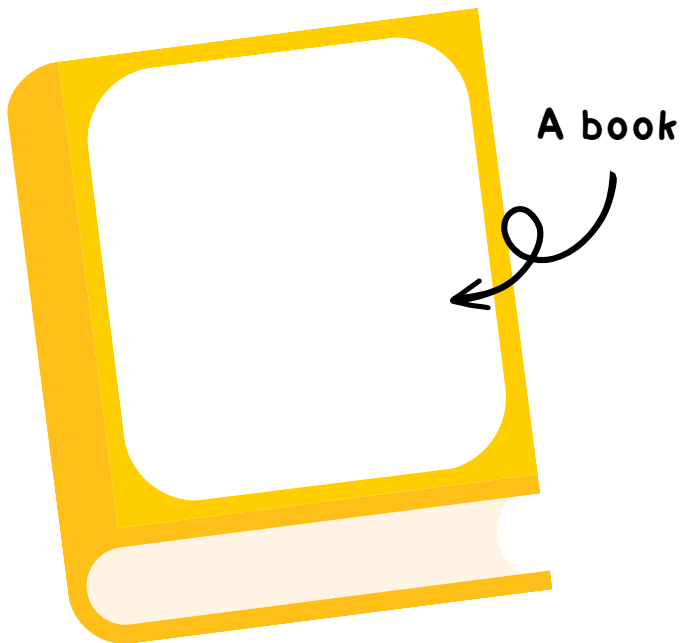
Yes / No

WHAT CAN I DO?

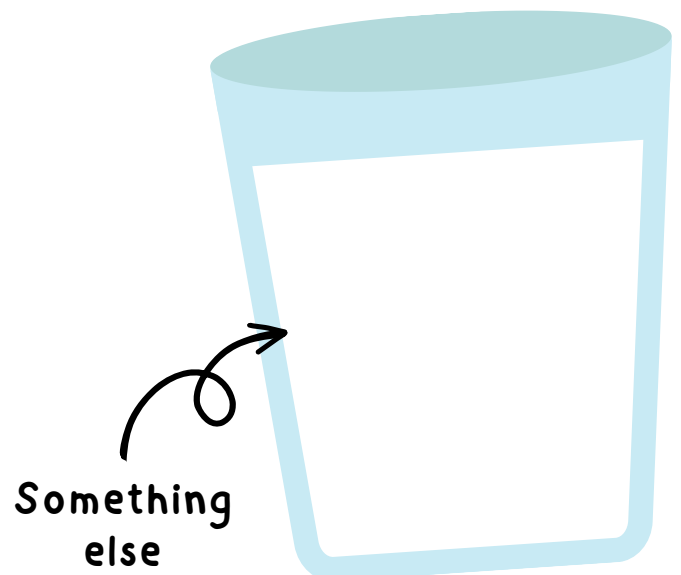
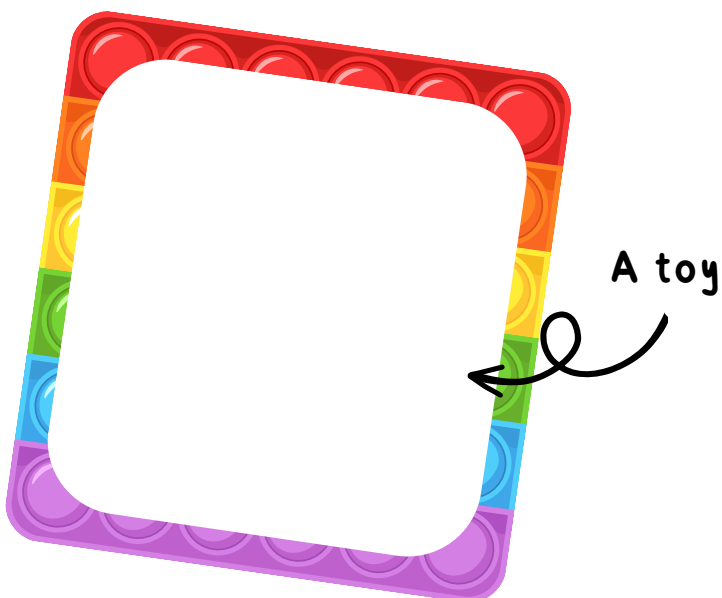
WHAT CAN I DO WHEN I FEEL THIS WORRY?

THINGS THAT MAKE ME FEEL SAFE

What makes you feel safe at school? There are lots of comforts we can find once we know what and where they are. Have a think and write down or draw all the things that help you when you're at school. If you can't think of something, leave it blank and come back to it.



Perhaps you could show this to your teacher so that they can help create a safe space for you?




MY SAFE PLACE

If you have a safe place at school, can you draw and write about it below? If you don't have one at school, can you describe your safe place at home?

Draw your safe place here

In my safe place I feel:

Write about your safe place here, think about what you can see, feel, smell and hear.

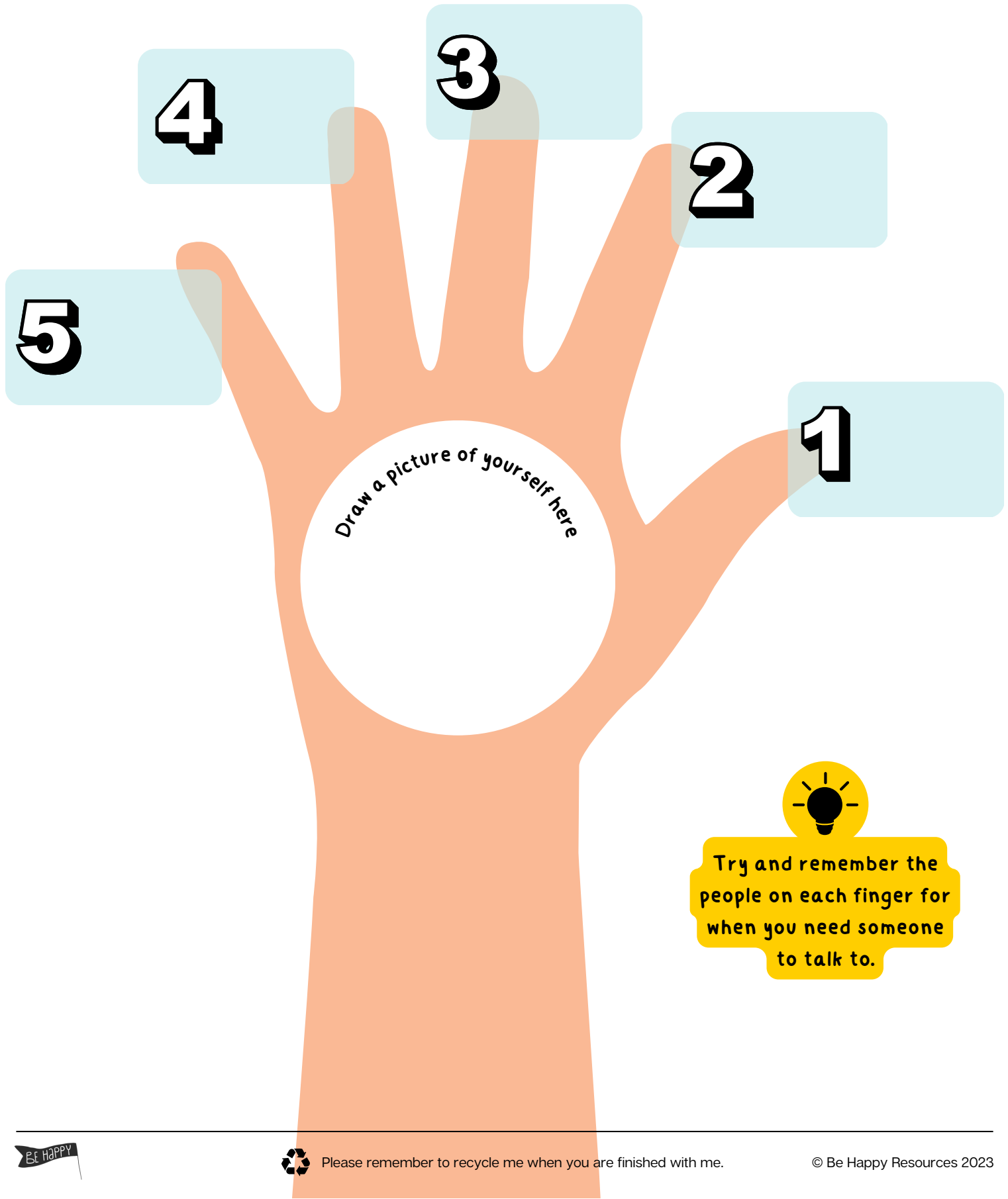


Have a grown up ask your teacher to help create a safe place for you if you don't have one.



MY SUPPORT NETWORK

Write down all the people you can talk to and feel safe with at school on each finger of the hand below.



MY WEEKLY TOP 3

Write three amazing things that happened this week in the stars.



Don't worry if you can't think of anything, perhaps you could ask your teacher or parent to help you.



Colour me in!



CONVERSATION CARDS

Have fun after school by asking questions. Kids get to ask the questions too! Directions:
Cut out the cards and lay flat on the table, pick one at random.

What or who made you laugh today?



© Be Happy Resources

Who made you smile today?



© Be Happy Resources

Who was kind to you today?




© Be Happy Resources

What are three things that make you happy?



© Be Happy Resources

If you could be an animal what would you be?



© Be Happy Resources

What would be your super power?



© Be Happy Resources

CONVERSATION CARDS

Have fun after school by asking questions. Kids get to ask the questions too! Directions:
Cut out the cards and lay flat on the table, pick one at random.

What always cheers you up no matter what?



© Be Happy Resources

If you could change one thing about the world what would it be?



© Be Happy Resources

Tell me something new you learned today



© Be Happy Resources

What was the best and worst part of your day?



© Be Happy Resources

Describe the best day ever



© Be Happy Resources

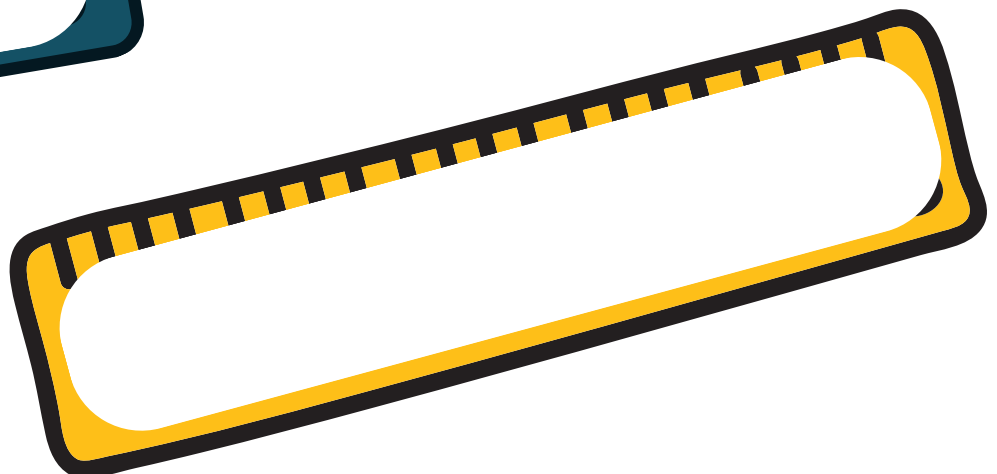
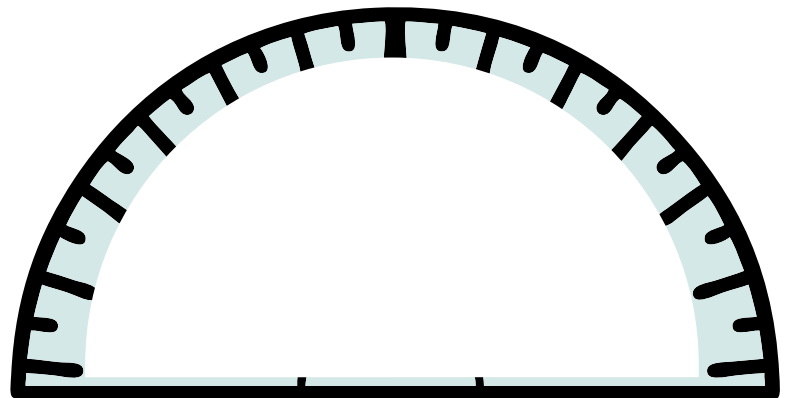
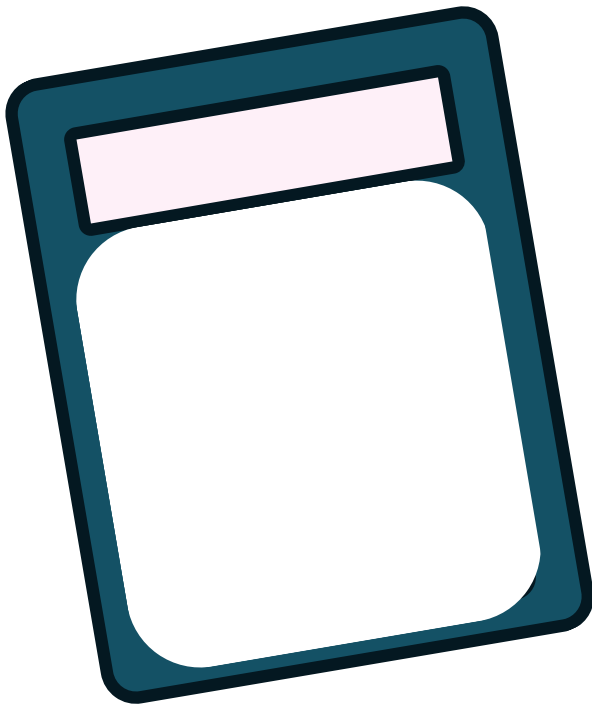
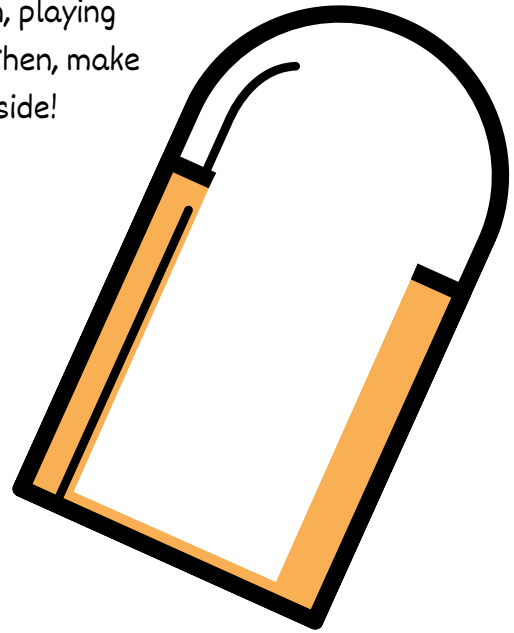
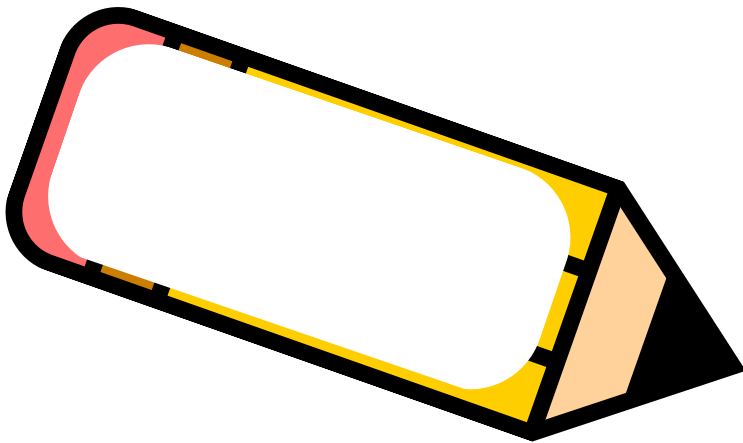
What's the hardest thing you've ever done?



© Be Happy Resources

MY COPING PENCIL CASE

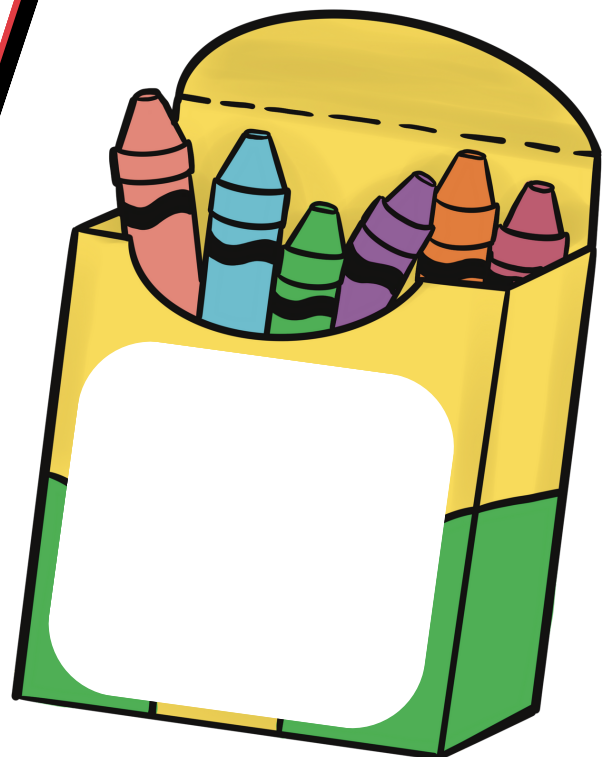
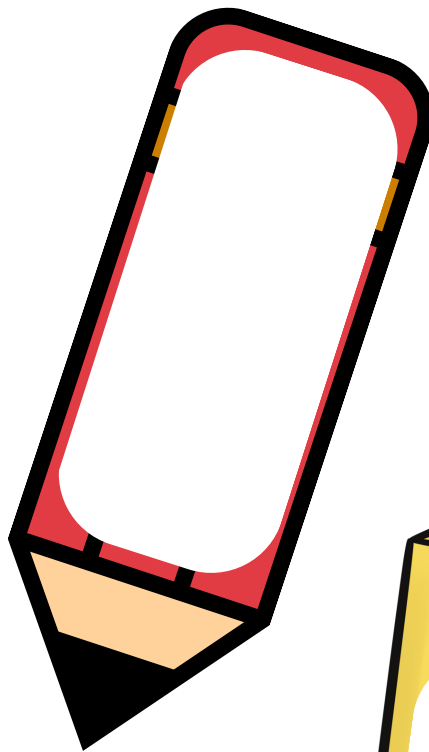
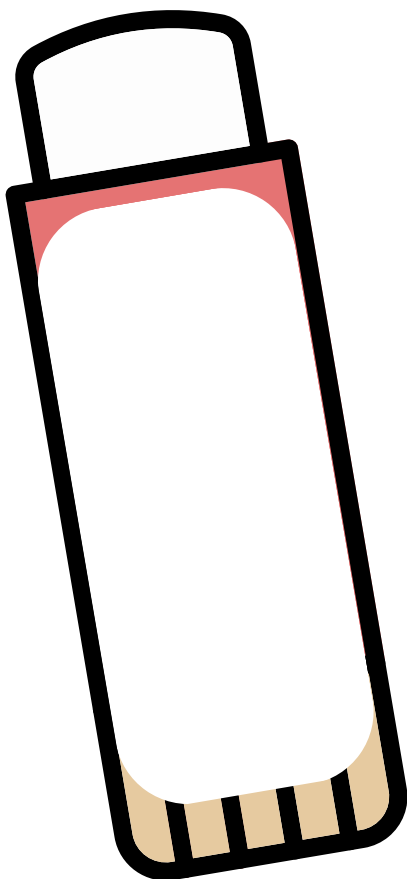
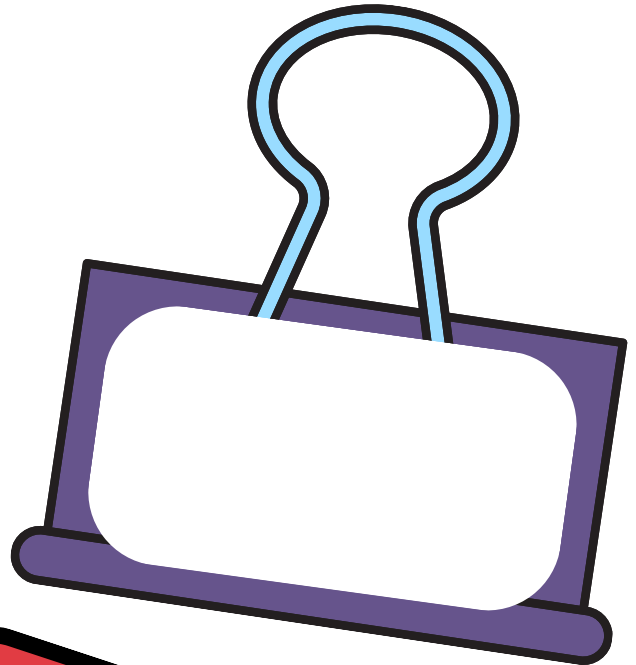
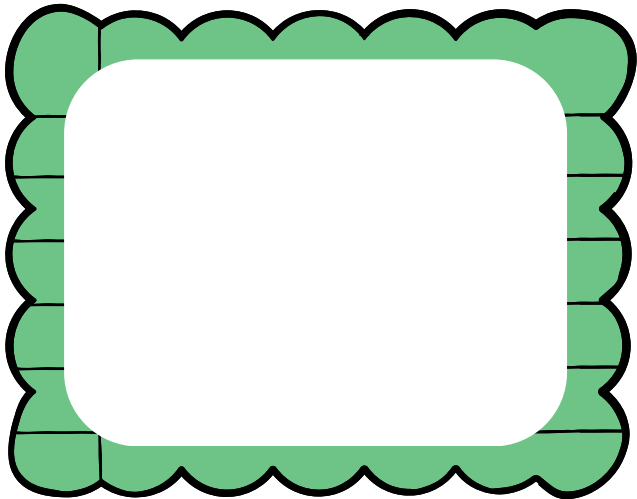
Write down ways you can feel calm at school in the stationery. Perhaps it's taking a deep breath, playing with a pop it toy or asking a teacher for help. Then, make your Coping Pencil Case and pop them inside!



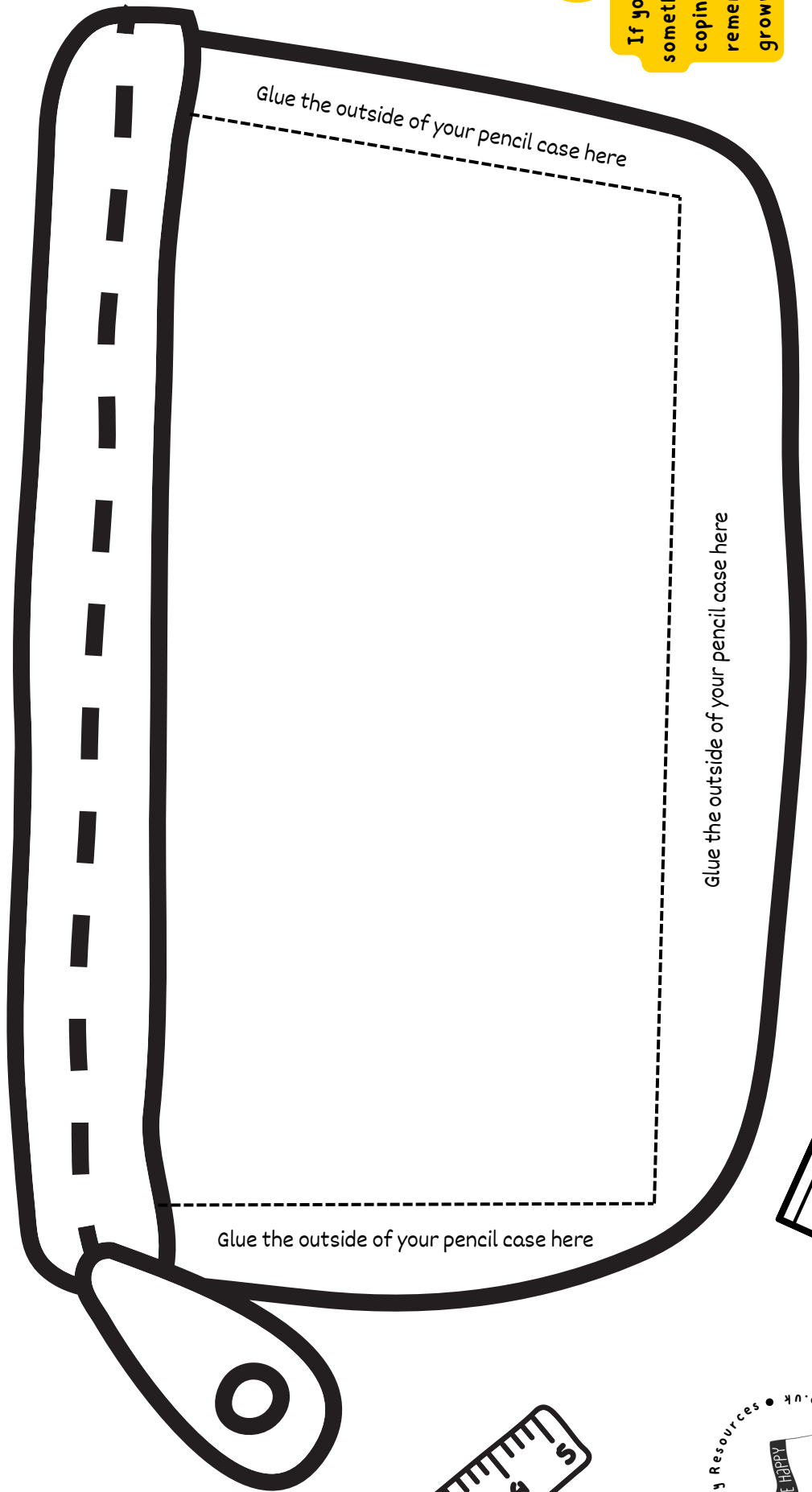
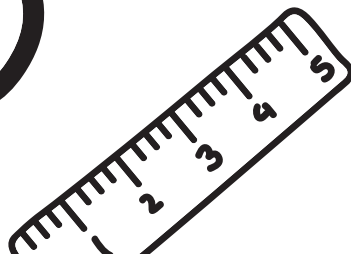
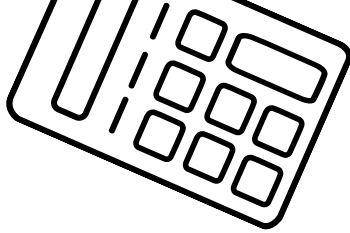
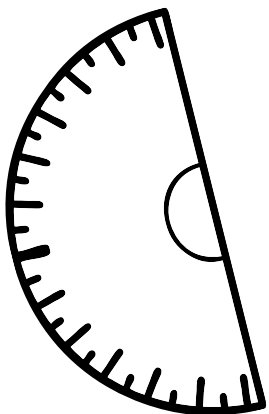
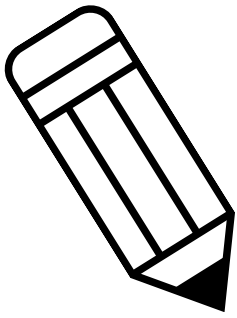
Coping means finding ways to feel calm when dealing with challenges or problems.

MY COPING PENCIL CASE

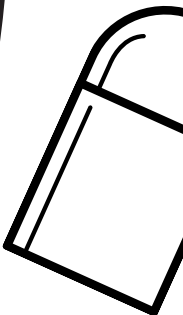
Here is more stationery if you need it! Don't worry if you can't fill them all - as long as you have 3 or 4 coping ideas this will help you!



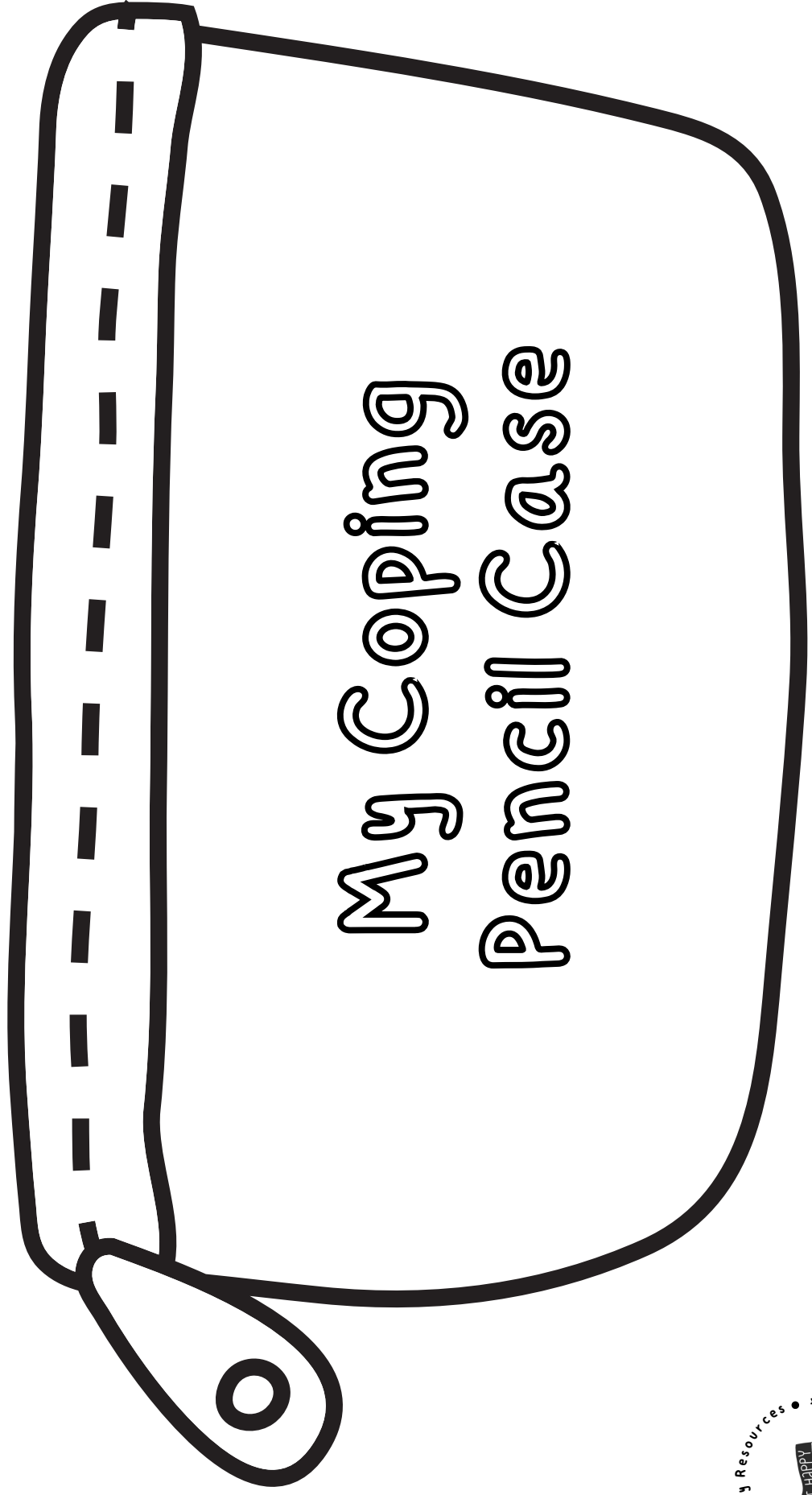
When things feel hard, or there are things I can't face,
I can reach inside my pencil case!
If I feel scared or have a worry or two,
My pencil case will help me know just what to do.



If you need to do something from your coping pencil case, remember to tell a grown up about it!



Directions: Colour in and decorate your coping pencil case. Cut out and glue the outside of bottom and sides to the blank pencil case, leaving the top open to create a pouch. Pop your coping stationery inside!

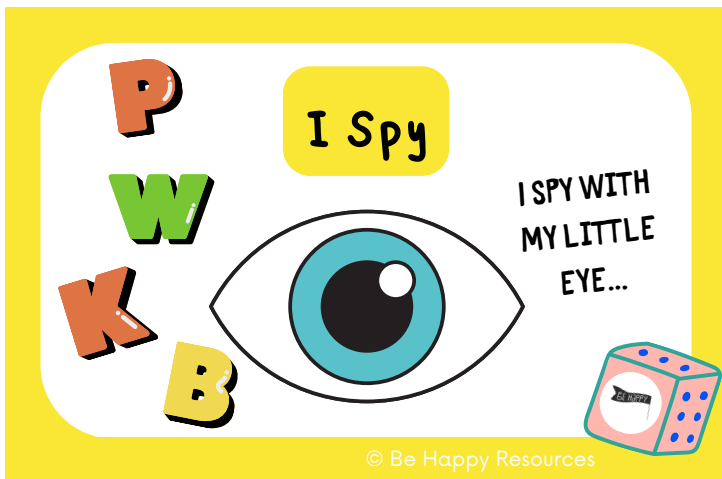


FUN THINGS TO DO ON THE WAY TO SCHOOL

Choose a card each day and play a game on the way to school! Can you think of some games you like to play? Write them on our blank cards on the next page!

I Spy

I SPY WITH MY LITTLE EYE...



© Be Happy Resources

Favourites

WHAT'S YOUR FAVOURITE COLOUR?

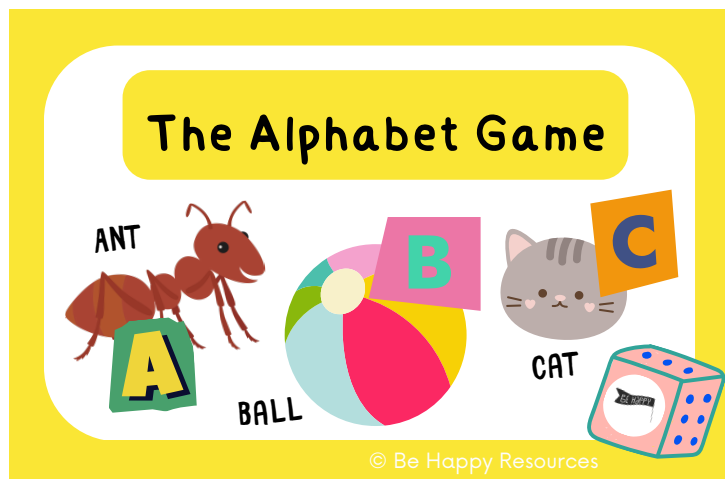
WHAT'S YOUR FAVOURITE ANIMAL?



© Be Happy Resources

The Alphabet Game

ANT BALL CAT

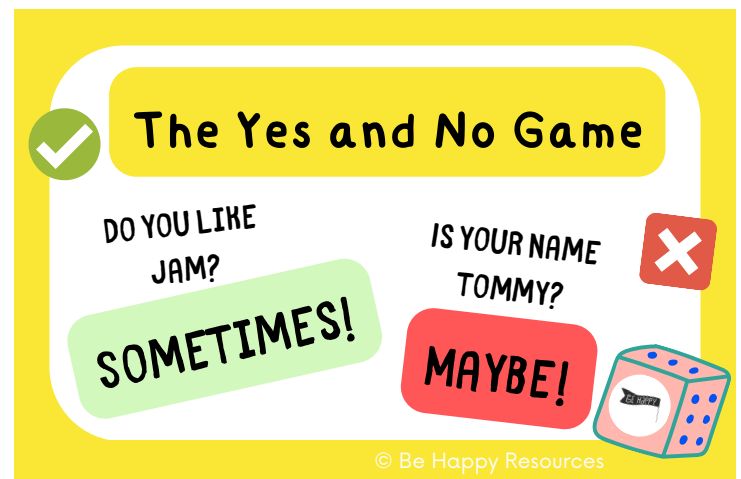


© Be Happy Resources

The Yes and No Game

DO YOU LIKE JAM? **SOMETIMES!**

IS YOUR NAME TOMMY? **MAYBE!**



© Be Happy Resources

Scavenger Hunt



© Be Happy Resources

Would you rather?

WOULD YOU RATHER HAVE HANDS FOR FEET OR FEET FOR HANDS?

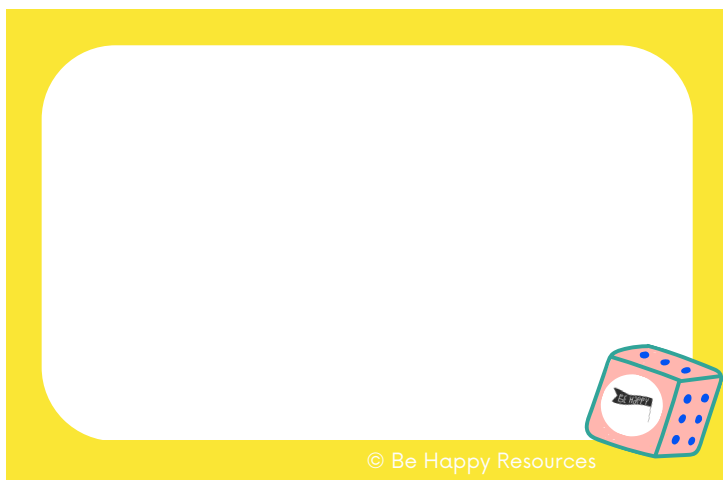
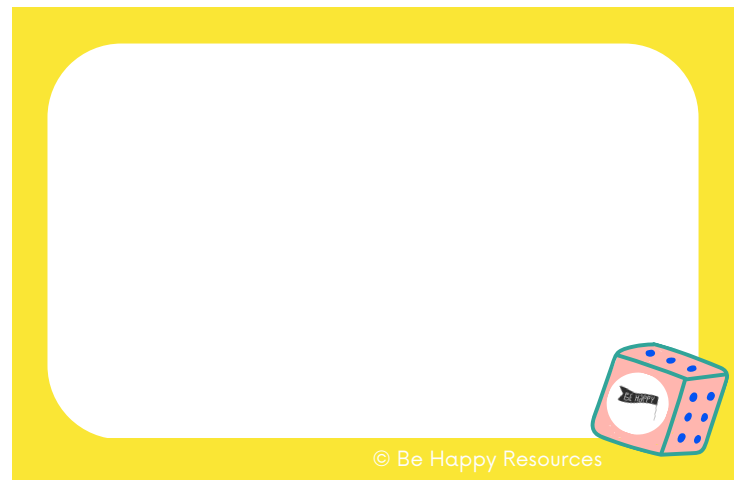
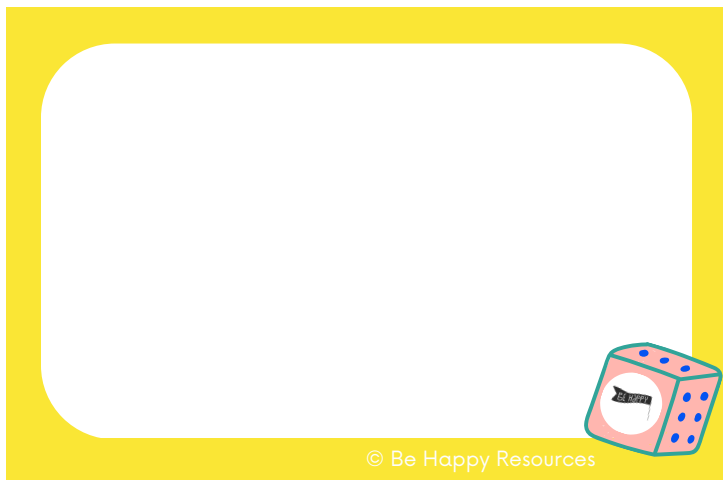
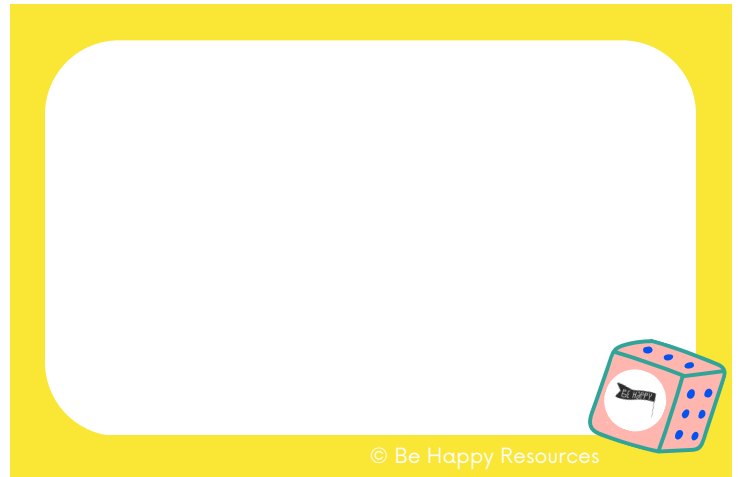
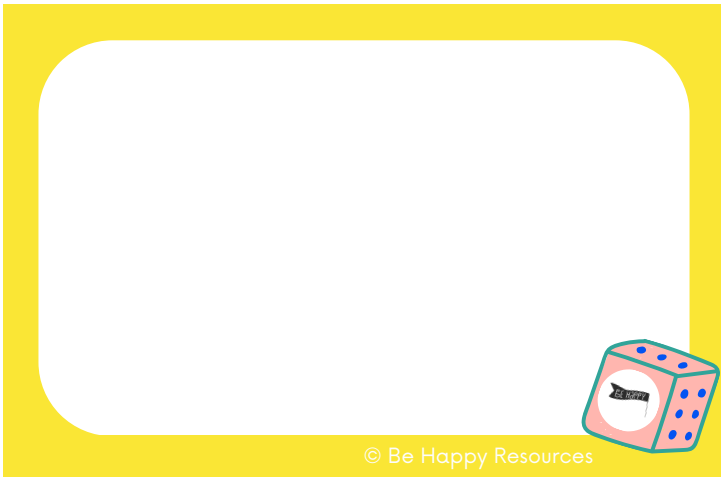
WOULD YOU RATHER HAVE SNAKES FOR HAIR OR A PIG'S SNOUT?



© Be Happy Resources

FUN THINGS TO DO ON THE WAY TO SCHOOL

Use our blank cards below to fill with your own fun games that you like to play.





MY JOURNEY TO SCHOOL

SCAVENGER HUNT



Tick off all the things you can see during your journey to school.



Red car

Cat



School children

Zebra crossing

Tree

Flower

Teacher

Crossing patrol

Grass

White van

Cloud



Cloud

Insect

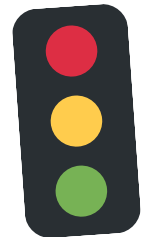


Playground



Traffic light

House



Rock

School

Dog

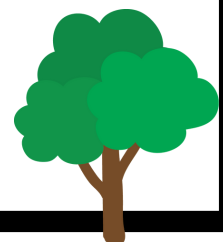
Blue car

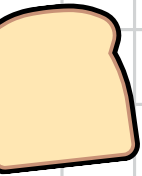
Something longer than your arm

Something shorter than your thumb

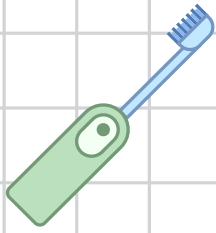


SAFETY FIRST! Do not complete near busy roads or junctions.





MY BEFORE SCHOOL ROUTINE

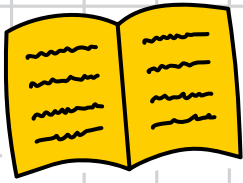


Write or draw your before school routine below.
Having a routine helps us to feel calm and focused.





MY AFTER SCHOOL ROUTINE



Write or draw your after school routine below. Having a routine helps us to feel calm and focused.





WEEKLY PLANNER

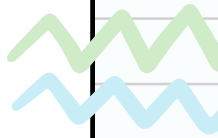
Planning the week ahead can let us know what to expect, this can help us feel prepared and calm. Write down your plans for each week.



Sunday

Monday

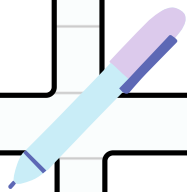
Tuesday



Wednesday

Thursday

Friday



Saturday

Notes

Note to self

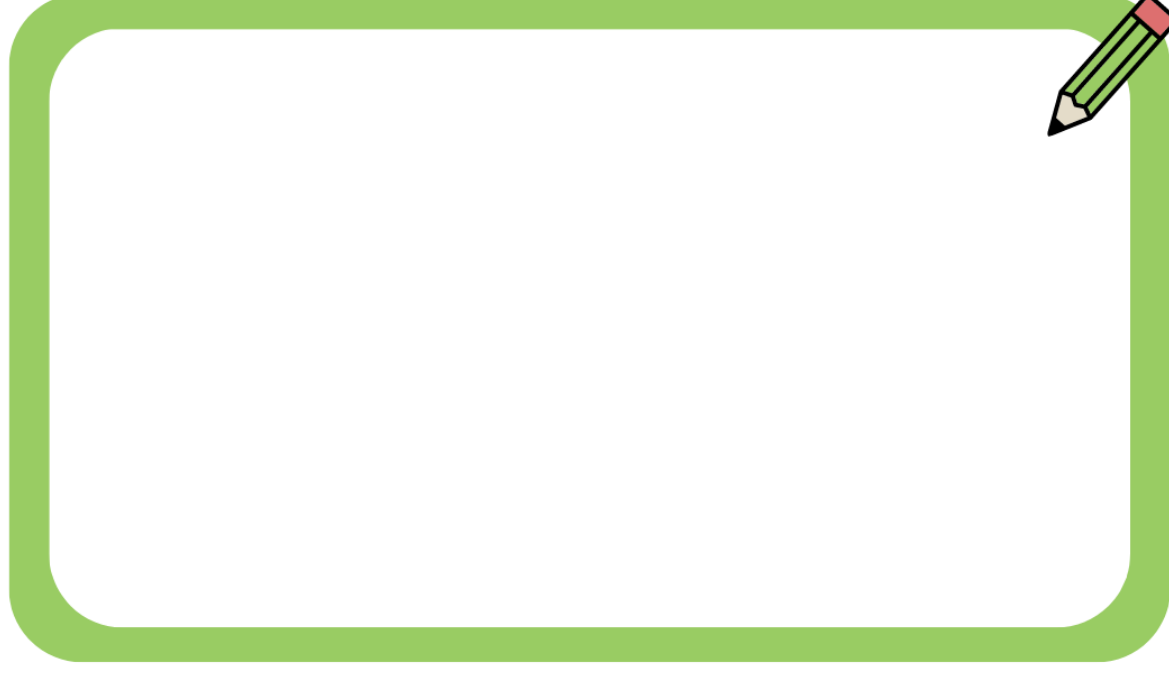
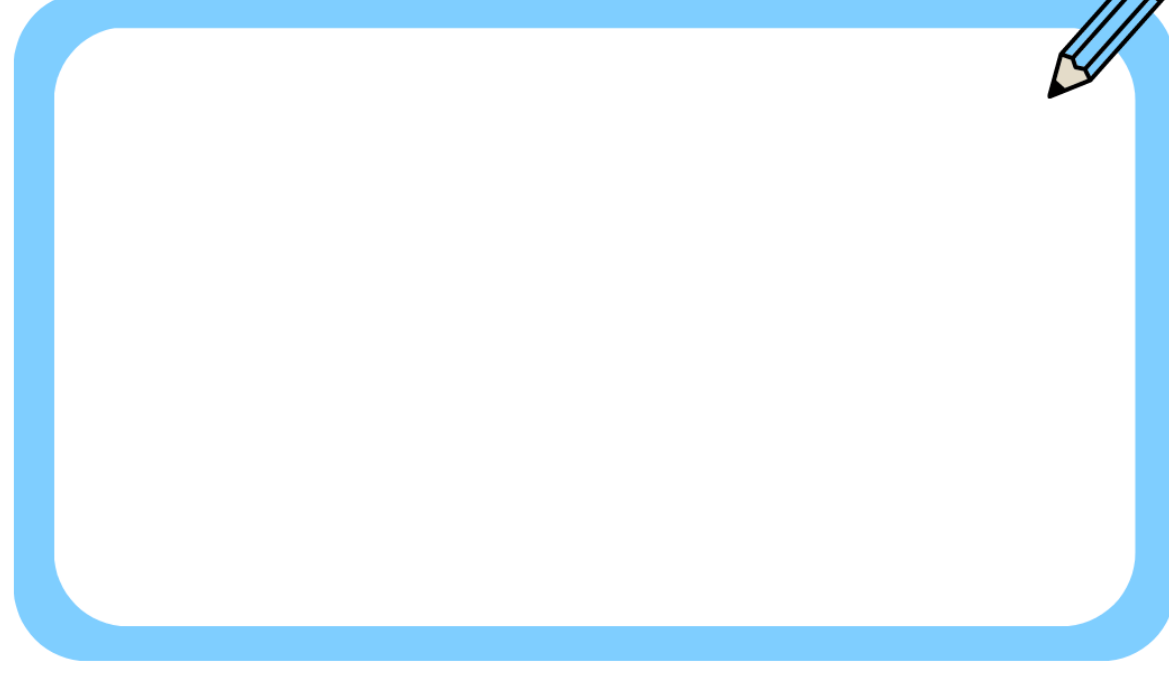


Use this board to write on throughout the day so that you know what's happening and when.

NOW


NEXT

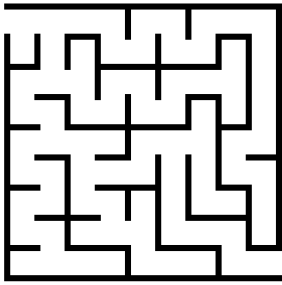
THEN

A large, empty rectangular box with rounded corners and a thick orange border. A small illustration of an orange pencil is positioned in the top right corner of the box.A large, empty rectangular box with rounded corners and a thick green border. A small illustration of a green pencil is positioned in the top right corner of the box.A large, empty rectangular box with rounded corners and a thick blue border. A small illustration of a blue pencil is positioned in the top right corner of the box.



EXIT CARDS


Discuss with your teacher about using an Exit Card to show when you need a time out. We've put a maze on each card which you could complete in your time away to help you feel calm. Cut out your cards below and use when needed.

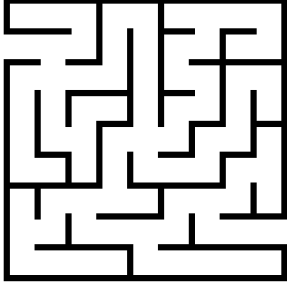
EXIT CARD 





Complete the maze!




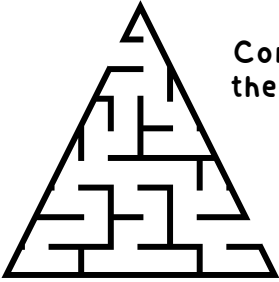
EXIT CARD 





Complete the maze!




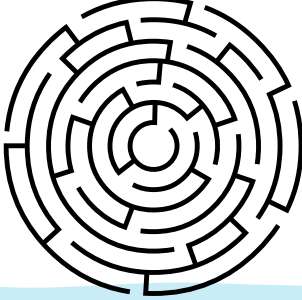
EXIT CARD 





Complete the maze!




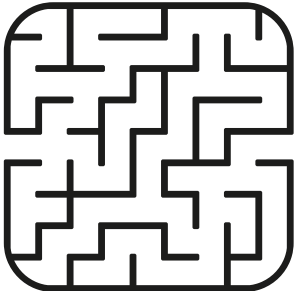
EXIT CARD 





Complete the maze!




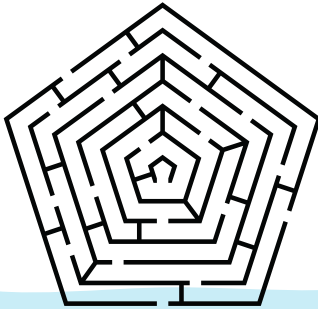
EXIT CARD 





Complete the maze!



EXIT CARD 

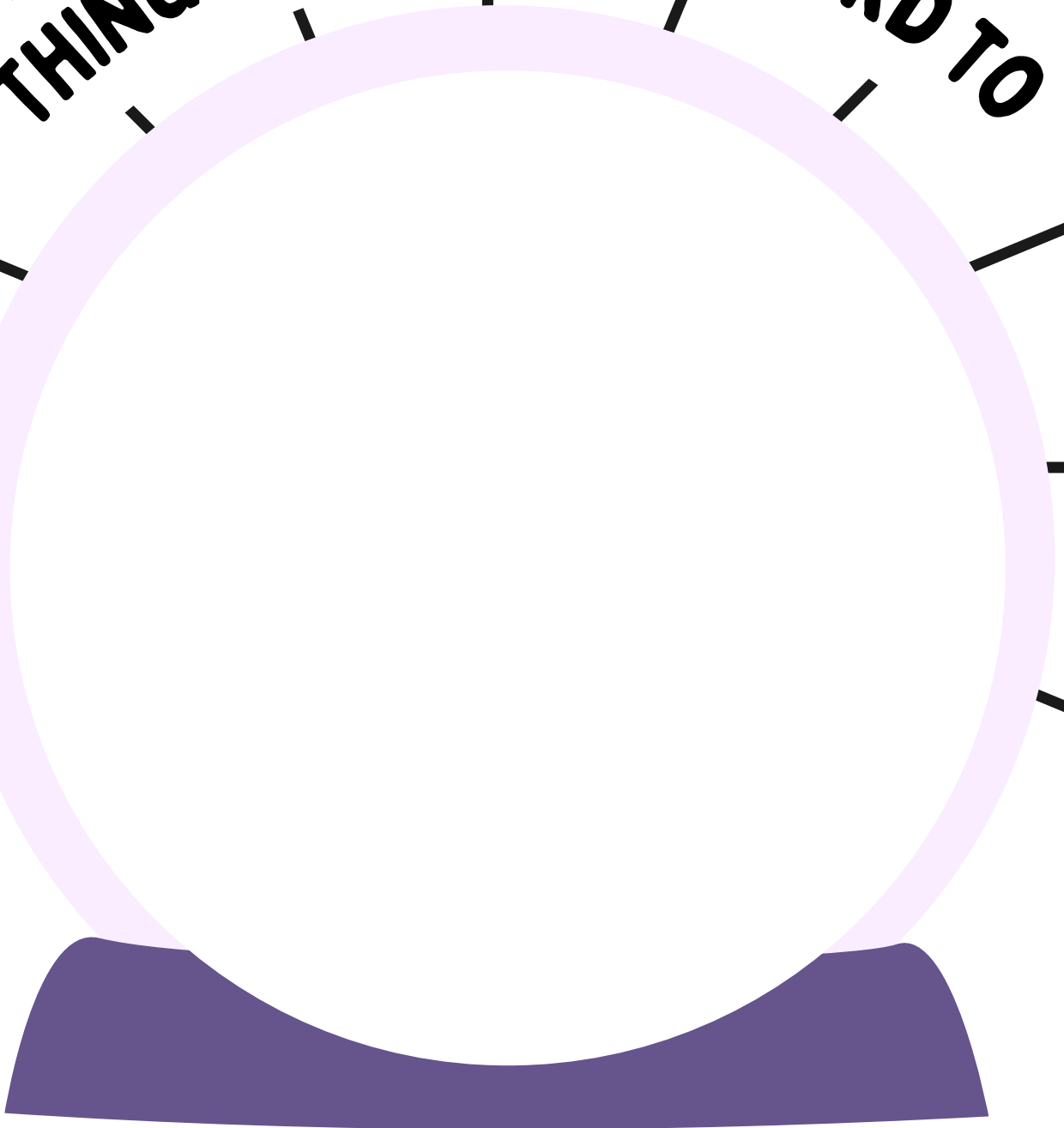


Complete the maze!



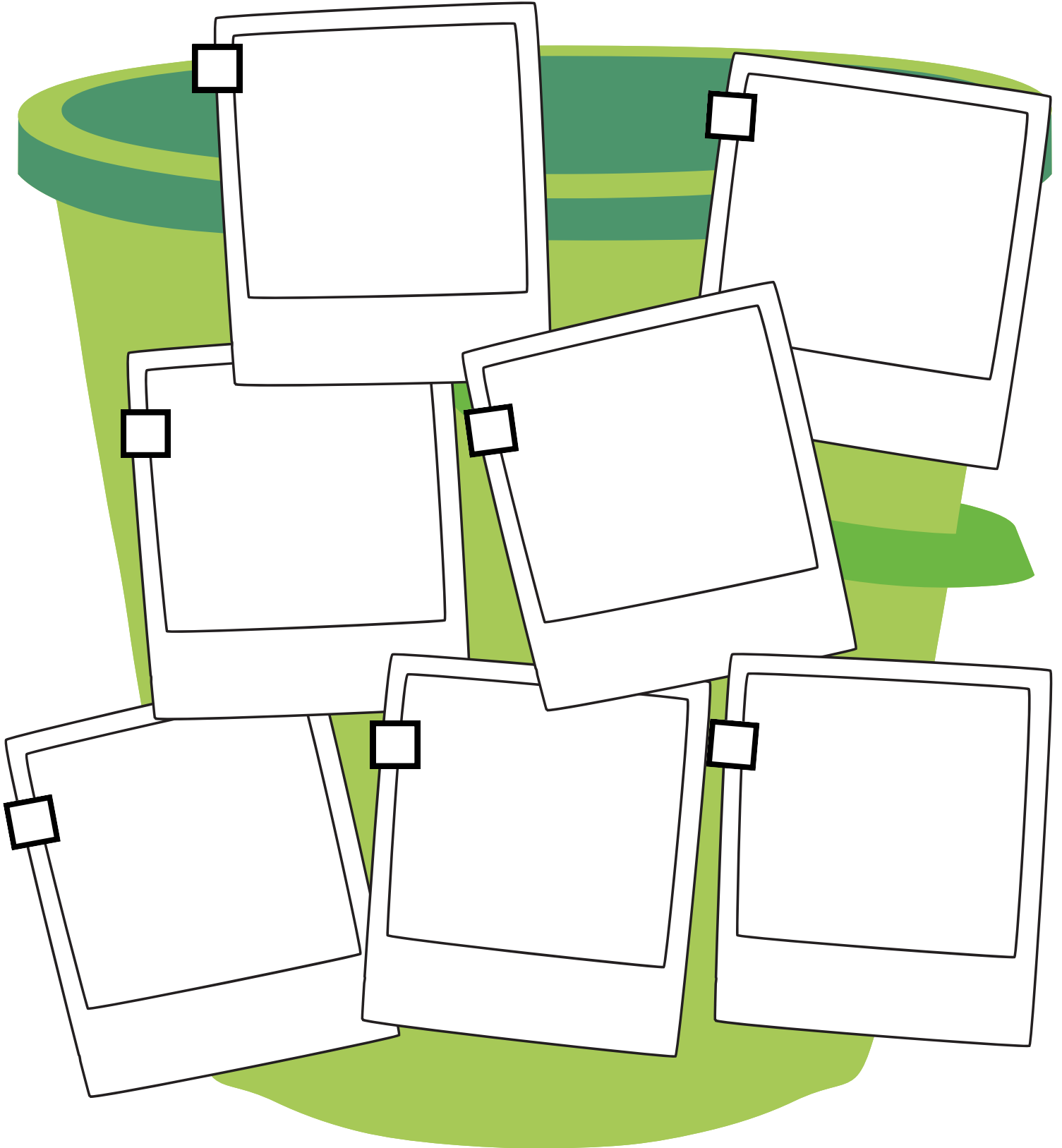
When we have things to look forward to, it can help us to feel happy. Can you think of some things you are looking forward to? Write them in the crystal ball!

THINGS TO LOOK FORWARD TO



My AFTER SCHOOL BUCKET LIST

Draw or write some things you'd like to do after school. Tick them off when you've done them!

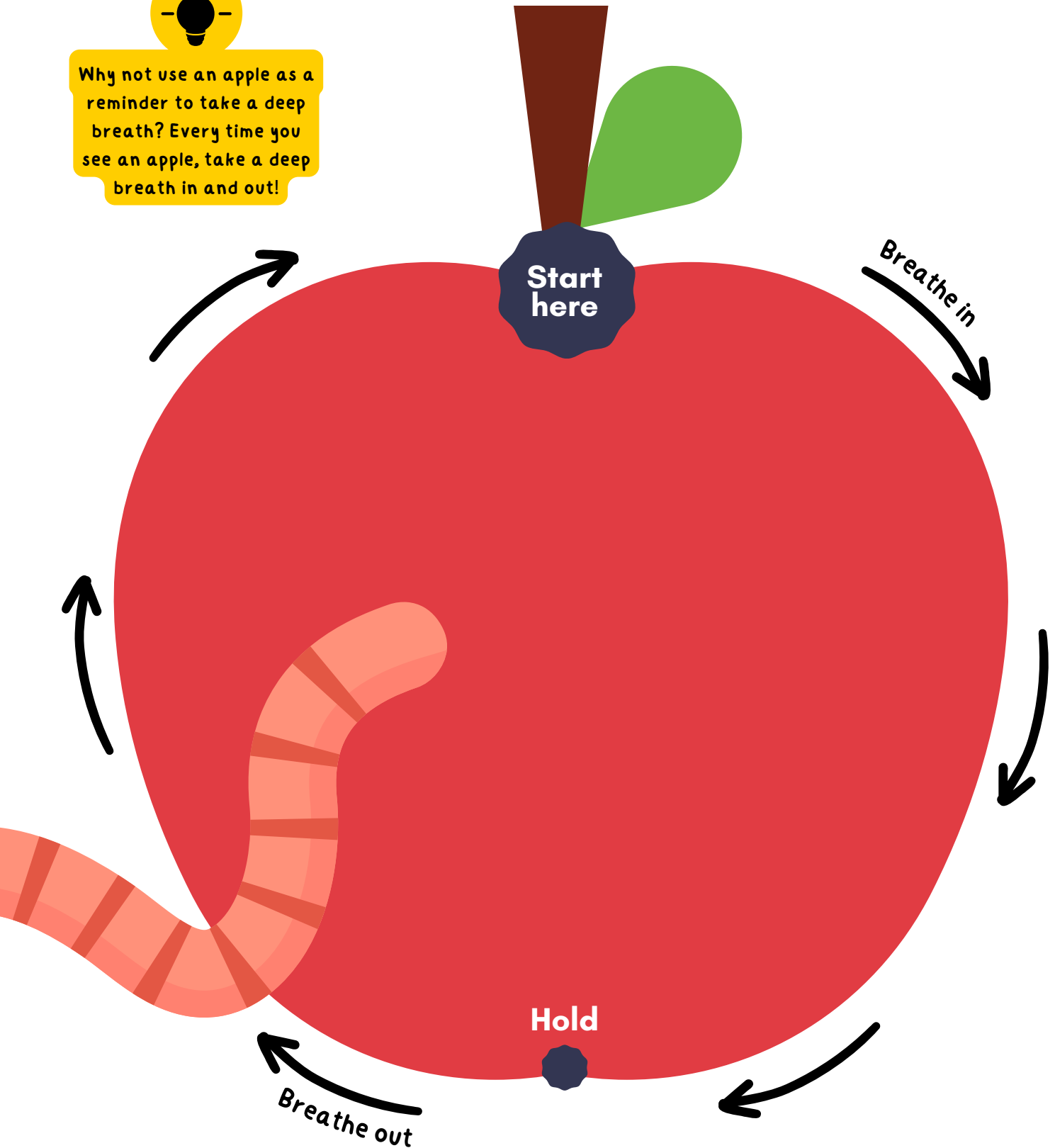


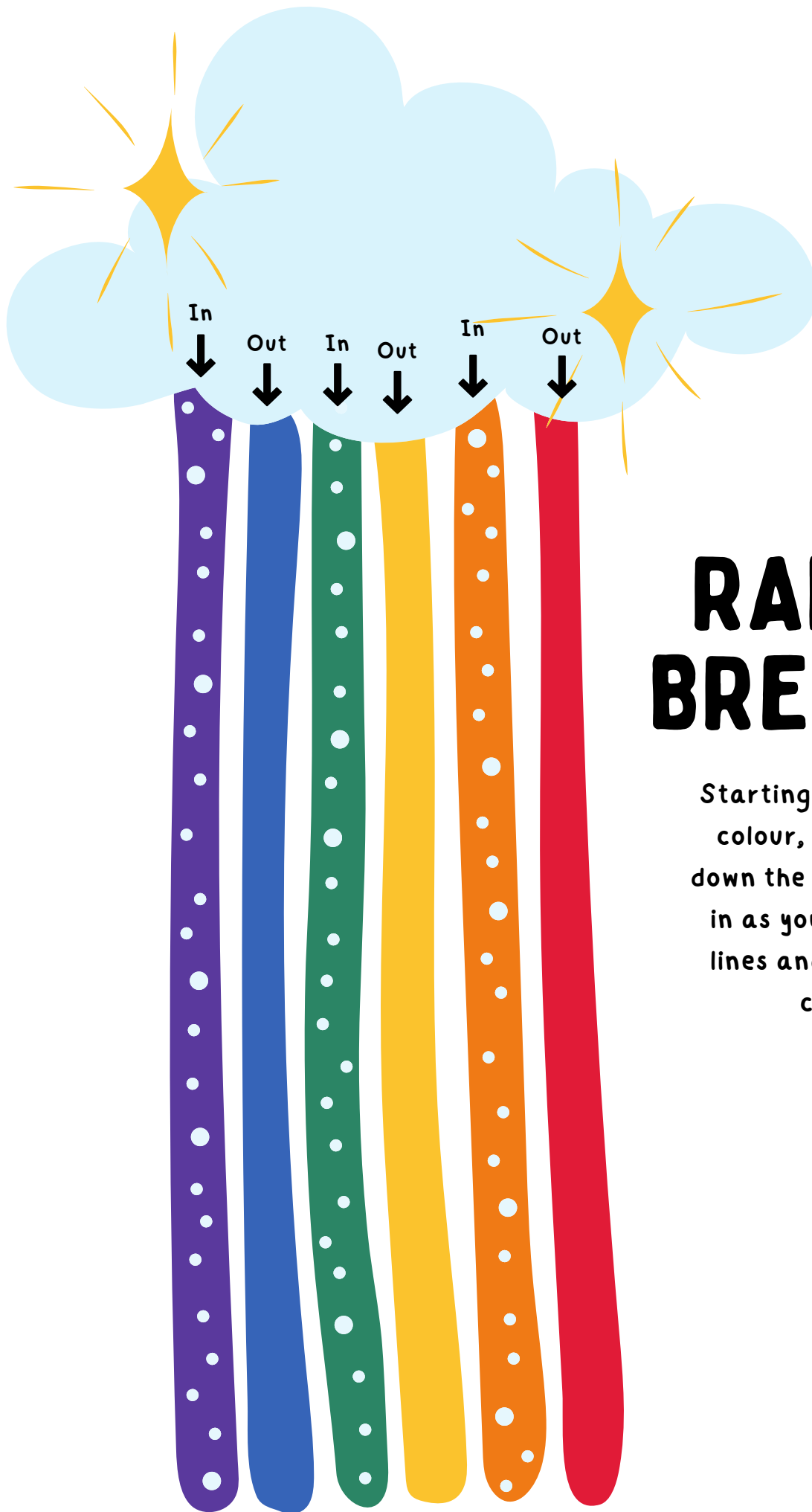
APPLE BREATHING

Directions: Trace the outside of the apple with your finger, following the prompts to breathe in, hold and breathe out.



Why not use an apple as a reminder to take a deep breath? Every time you see an apple, take a deep breath in and out!





RAINBOW BREATHING

Starting at the top of each colour, trace your finger down the rainbow, breathing in as you trace the spotty lines and out on the block colour lines.



INFORMATION FOR CAREGIVERS

'School and Me' is a helpful toolkit to explore EBSA/School Avoidance in children age 5-10. This toolkit has been co-produced with children experiencing school avoidance and anxiety in collaboration with Lucy and her daughter Ella, 8, from Olive & Pip.

Disclaimer: This toolkit is not a replacement for professional support. It may help your child in exploring and communicating how they are feeling and things that may be troubling them. We would recommend you share this toolkit with your child's teacher or any professionals in your child's life. If you have any concerns about your child's mental health, or you feel that their mental health may be worsening, please visit your GP or contact a mental health professional. If your child is experiencing a mental health crisis, call 111 immediately.

About this Toolkit

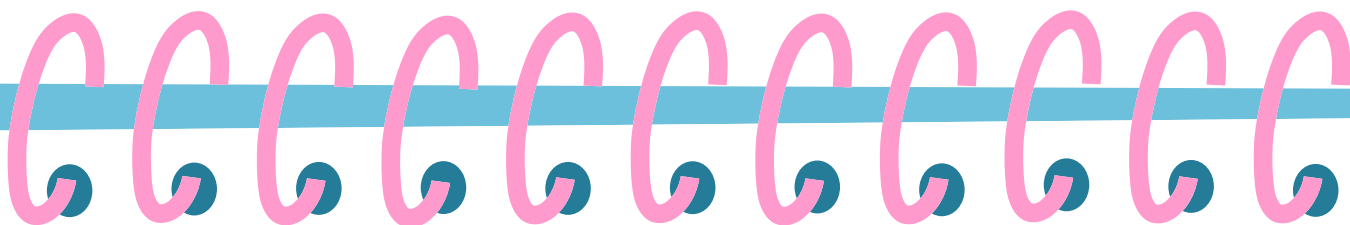
This toolkit has been developed to help children communicate and explore their school anxiety or avoidance. It can also be a helpful tool to share with any teachers and professionals in your child's life. For example, if a certain topic keeps coming up, you can show this to someone who may be able to help.

Your child can complete this toolkit in any order, we would always advise to take your child's lead. Try to choose a time when they are relaxed and comfortable, and avoid times when they are tired. If your child doesn't want to do it, put it away and try again another time.

There may be new topics and things in this workbook your child may not understand or that may be an entirely new concepts. This is where you can help - we hope to give you enough advice and guidance on each activity so that you can feel confident in supporting your child through this toolkit.

Once you have downloaded this toolkit, it is yours to keep and you can print out as many times as you wish. All we ask is that you do not share, distribute or copy this resource. A lot of time and care has gone into creating each and every activity.

If you have any questions about this toolkit, you can email us at anytime at hello@behappyresources.co.uk. If you'd like to check out our Hub, full of over 500 downloadable mental health resources, you can visit www.behappyresources.co.uk.



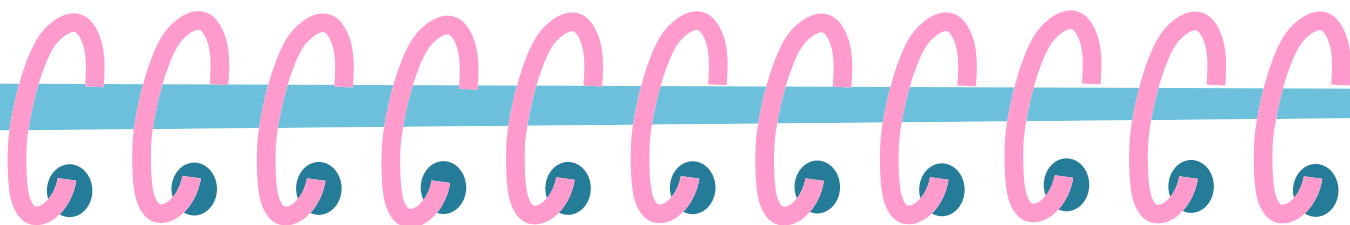
Activity 1 - What I Like/Dislike About School - Our toolkit starts off with a little introduction about your child's school and asks them to think about what they like/dislike. This can get them thinking straight away about things that bother them about their environment, but also helps them to realise the good things too.

Activity 2 - Where I Feel Worry - This one may be a tricky one for children who are new to worries and anxiety. The aim of this activity is to help children explore their physical responses to anxiety. Perhaps they may get a tummy ache before school, or their legs may feel like jelly. Here are some physical symptoms of anxiety in children to help you; tummy aches, head aches, feeling tired, having bad dreams, not sleeping or sleeping too much, trembling legs, sweaty palms, wetting the bed, fast heartbeat, feeling your heart in your chest, feeling like you can't breathe and changes in appetite. You can share these with your child and ask which symptoms they feel they may get. It's also important that you reiterate that all these symptoms are normal and part of feeling worried and anxious. You can also talk about the mental side of anxiety such as racing thoughts and feeling panicked.

Activity 3 - My School of Worries - When we are worried about something, it's always better to talk about it! But it might be hard to find out what we're worrying about or what is worrying us the most. This activity helps your children to get down all the thoughts out of their head onto paper. Then, it asks them to think about which worries are affecting them the most. Maybe they only have one worry, or maybe they have a few - this activity is all about exploring how each worry makes us feel. Once they have identified which worries are upsetting them the most, they can complete our Rate Your Worry activity.

Activity 4 - Rate Your Worry - Now that we have identified our worries, it's time to think about what we can do about them. This activity is all about managing those worries and thoughts that are affecting your child. If it is a real worry - this is a worry that is happening right now, such as bullying - make a plan of action to do something about this worry. If it's a hypothetical worry - a worry that hasn't happened yet and may never happen - make a 'plan of actions' - things they can do when they feel this worry. For example, they could talk to a grown up and take some deep breaths.

Activity 5 - Things That Make Me Feel Safe - This activity is about helping your child realise what things at school can comfort them if they are feeling anxious or upset. It also helps them to think of school as a safe and comforting place. If they can't think of something, let them know that's ok, perhaps they could ask a teacher - or perhaps you could arrange with the teacher for some items to be made available to them.



Activity 6 - My Safe Place - Some children with EBSA may have a dedicated safe place at school, such as a calm corner or comfort area. If your child has one of these, have them write and draw their safe place in this activity. This is a mindful activity, reinforcing the comfort this safe place gives them by using their senses. If they don't have a safe place at school, perhaps they could write about a safe place they have at home, or you could ask a teacher if a safe place can be created?

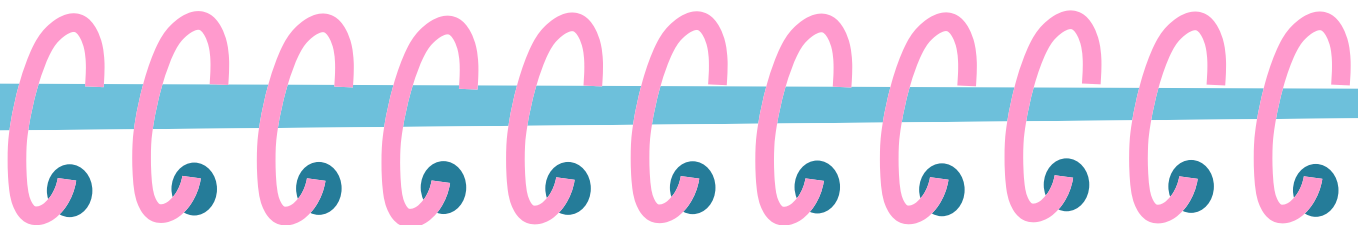
Activity 7 - My Support Network - In this activity we want your child to think about all the grown ups in their lives they can go to and talk to. Perhaps it's a teacher, the school nurse or you, help them to memorise their safe people using their fingers. We would also recommend you share this with your child's school and the people listed.

Activity 8 - My Weekly Top 3 - This activity is all about helping your child think positively about school and the good things that happen. We understand that for children with anxiety, it can be hard to think of positive things, your child may say for example that nothing good has happened. This can be a natural reaction. You can help your child realise their own positives, perhaps it was something they told you such as getting 10/10 on a spelling test, or maybe it's an improvement they made in a subject - or something as simple as having pizza for lunch! They don't have to be huge accomplishments, but small weekly wins that made them feel good.

Activity 9 - Conversation Cards - Our Conversation Cards are fun ways to learn about your child's day. Have you ever picked your child up from school and instantly asked them 'did you have a nice day?' and they just say 'yeh' or 'can't remember?' When children finish school they are still processing the day's events, and for children with EBSA they may have spent the day masking. We would recommend you use our Conversation Cards when they have settled at home - they are designed to get your child thinking about the good things that happened in their day. Our Conversation Cards work both ways - it's much more fun when they get to ask the questions too!

Activity 10 - My Coping Pencil Case - This activity is all about helping your child to learn about ways that help them feel calm when they are experiencing distress or panic. This can be an entirely new concept for some children, so we have included some suggestions for you below:

- Take deep breaths
- Count as high as they can
- Speak to a grown up
- Go to their safe place
- List animals alphabetically
- Imagine their favourite place
- Get a cold drink of water
- Squeeze a toy
- Grab a pop it / sensory toy
- Stretch as wide and tall as they can



Activity 11 - Fun Things To Do On The Way to School - All our activities have been suggested from our expert contributors! These can be used as a distraction technique to keep minds busy on the way to school. Don't forget to have your child list some games they like to play in the blank cards.

Activity 12 - My Journey to School Scavenger Hunt - This scavenger hunt is a great mindful activity to complete on the way to school to help children feel calm and focused. We have created this so it can be completed in a car, on public transport or whilst walking. Please only complete this if it is safe to do so in your environment.

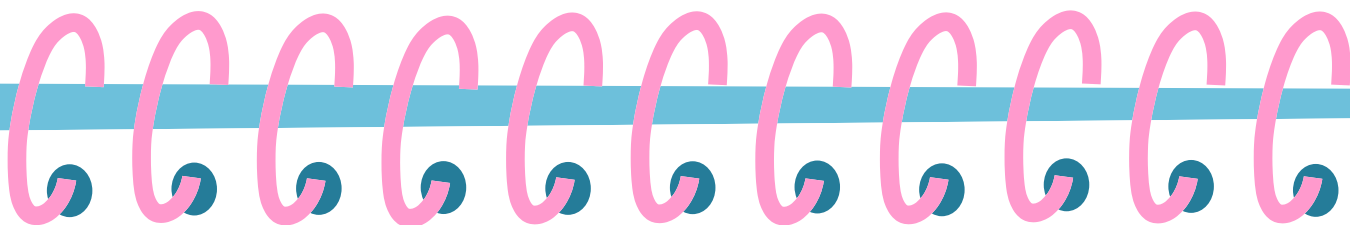
Activity 13/14 - My Before and After School Routines - Routines can help children with EBSA and anxiety - in fact, every child benefits from routine and stability. Helping children to understand their routines helps too - they can feel much more confident and secure when things are predictable and familiar. Help them learn that routines are good for us by asking them to draw their before and after school routines in the squares. If you don't have a set routine, this is the perfect opportunity to create one!

Activity 15 - Weekly Planner - Some children may benefit from a weekly planner, but we know not all - especially if the week is likely to be affected by changes. If you are using our weekly planner, you can write down all of your child's activities for the week, who will pick them up from school and any clubs or extra-curricular activities they have so they know what to expect each week. This can help them feel calm and prepared.

Activity 16 - Now, Next, Then - Now, Next and Then boards are used by many children at school to help them see at a glance what is coming next. This helps them to cope with transitions and makes the day's activities easier to process. We would suggest you give this to your child's school for them to use with your child, the school could laminate the board and use a dry marker to let your child feel more prepared during their school day.

Activity 17 - Exit Cards - Exit Cards can be used by children who may struggle in class and allows them to be excused for a few minutes. This will need to be discussed with your teacher, but most schools would allow for Exit Cards to be used. We have included a maze on each of our Exit Cards so that your child can complete a calming activity before returning to class.

Activity 18 - Things to Look Forward to - It always helps us to feel good when we have exciting things ahead! Have your child list all the things they are looking forward to - it could be at the weekend, the school holidays or something fun you have planned



after school. If they can't think of anything - perhaps you could work together to plan some activities. These don't have to be expensive trips or holidays, perhaps it's making hot chocolates, baking cookies or a trip to the park?

Activity 19 - My After School Bucket List - We're sticking with the theme of things to look forward to in this activity and helping your child through the school day. What's on their after school bucket list? Is it watching their favourite programme, making a fun craft or maybe it's having their favourite evening meal? Don't forget to have them tick each activity off as they do it!

Activity 20/21 - Breathing Exercises - Deep breathing can help children bring their focus to something they can control - their breath - instead of thoughts and fears that can exasperate anxiety. Not only this, but deep breathing has many benefits for both mental and physical wellness. We've included two fun breathing exercises, combined with some mindful tracing. If you'd like some tips on how to help your children learn how to take a good deep breath, you can read our blog post here:
<https://www.behappyresources.co.uk/post/how-to-teach-your-child-deep-breathing>



FURTHER READING, INFORMATION AND SUPPORT

To read more about EBSA, school avoidance or school anxiety and seek support we have provided some helpful websites below. If you are viewing this toolkit on a computer you can click the links that are underlined.

- Your local government will most likely have a page about EBSA - simply search EBSA and the name of your local council.
- [The Anna Freud Centre - Addressing Emotionally-Based School Avoidance](#)
- [YoungMinds - School Anxiety and Refusal](#)
- [ParentKind - School Anxiety and Refusal](#)
- [NHS - Anxiety in Children](#)
- [Kooth - Free, online information and support.](#)

You can also talk to your child's school and your GP.



THANK YOU FOR DOWNLOADING OUR TOOLKIT!

We hope you have found this toolkit useful and it has helped your child learn more about themselves and feel confident in exploring and communicating their worries. Here is a little bit about us below:

ABOUT OLIVE & PIP

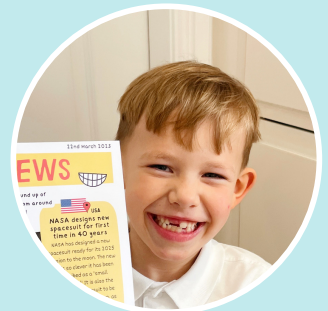
Olive & Pip is a unique small business helping children to feel confident and happy when away from the ones they love. Set up by mum of two, Lucy in 2016, the business prides itself on delivering high quality, personalised children's drawing gifts alongside products to inspire positive mental wellbeing. In 2022, Lucy designed a collection to help her daughter, Ella, with separation anxiety, by designing heart patches to be sewed into school uniforms and clothes to comfort children whilst away from home. The collection has gone on to support many children through starting school and with school anxiety. Lucy is also the founder of the Cheerful Letter Project, a project which sees children write and draw gifts for elderly residents in care homes.

olive & Pip

Thank you to our amazing co-producers!



Ella, 8



Zach, 6



Visit us for more:

oliveandpip.co.uk
behappyresources.co.uk

ABOUT BE HAPPY RESOURCES & THE BE HAPPY HUB

Be Happy Resources creates fun and engaging mental health resources for children. Used and loved by mental health professionals, teachers and parents across the UK, our unique and educational resources have supported and educated thousands of children. After working in mental health for four years and having suffered from anxiety and panic attacks since the age of 6, mum of two, Jenny, set up Be Happy Resources in response to her three year old son developing anxiety and agoraphobia during the Covid pandemic. Together they created over 100 resources to help support his wellbeing at home - which launched as the Be Happy Hub in September 2021. Now, the Hub is a huge platform of over 500 downloadable tools and resources to support children's mental health, and comes highly recommended by teachers and psychologists.

BE HAPPY

