

**Things
that
could help**



**Things I
want
more info
about**



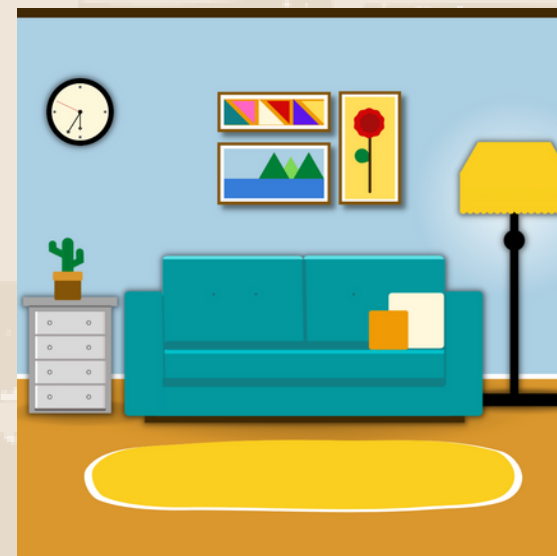
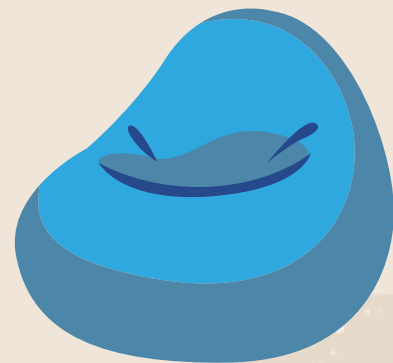
**Things
that won't
help**



Be able to avoid crowds



Have a safe space to go if stressed



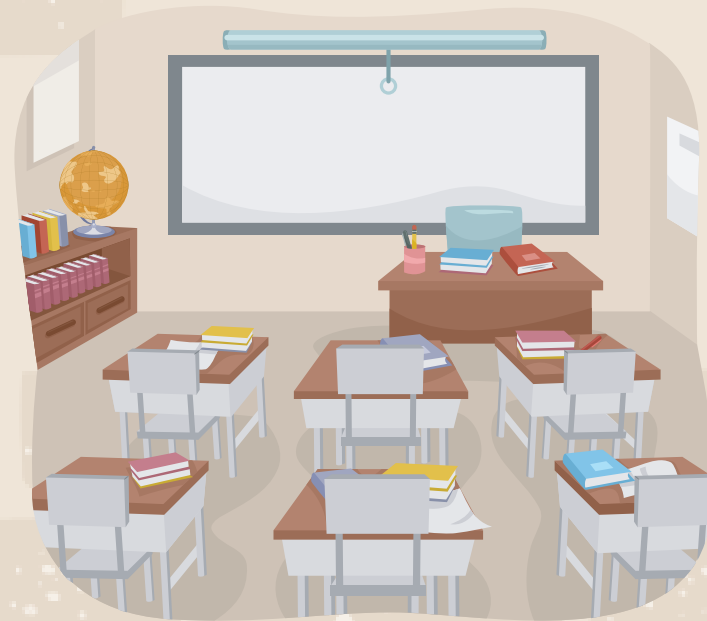
Travelling to School changes...



Go into School
with a friend



Go into School
before
everyone else



Go into school
after everyone
else



**Make work
easier**



**Make work
harder**



**Learn
relaxation/
breathing
techniques for
when stressed**



**Pick out areas
of school I feel
safe/don't like**



**Have key adult
check in /meet
at start and/or
end of day**



**Have
opportunities
to listen to
music/other
interest**



**Have time out
card in lessons
for when
anxious**



**Change
transition
between lessons**

**e.g. leave before it gets
busy**



**Choose where I
feel safest to
sit in class**



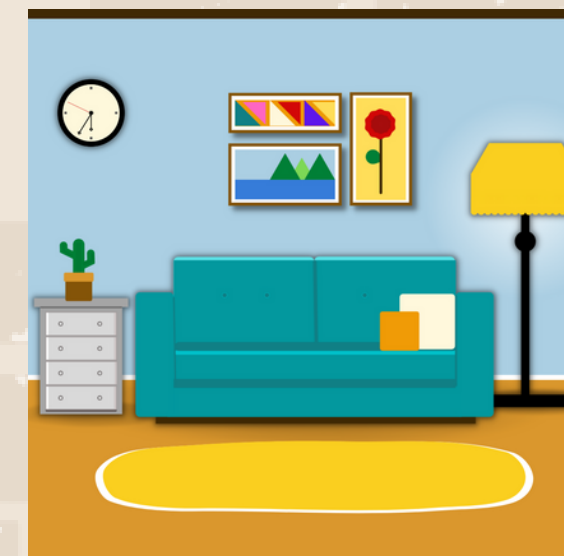
Choose a different space to eat lunch/spend break time



Choose different entrance &/or exit points from school



Have safe space in School for rest/calming breaks



**Work through
story that
explores
feelings of
anxiety in
school/other
worries**



**Not being
picked on in
class if hand
not up**



**Don't ask me to
read aloud in
class**



Be able to have shoes off in lessons



Be able to wear something different to school



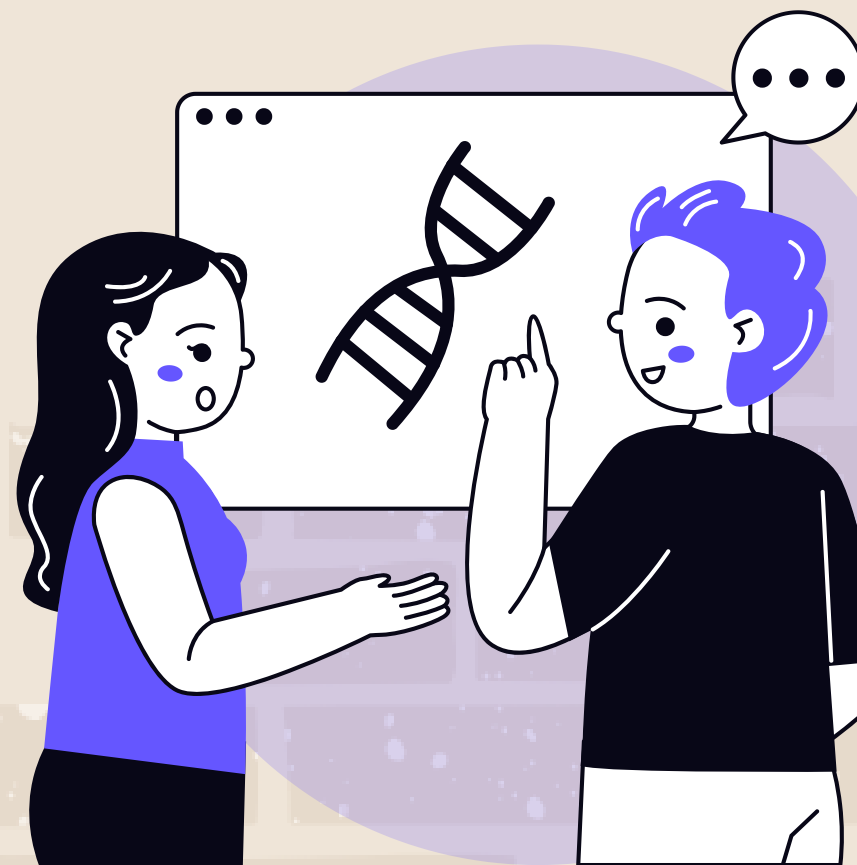
Have access to quieter spaces in School



**Change
lighting**



**Work with a
friend part of
the day**



**Role
play/rehearse
social
scenarios in a
safe space**



**Have a job/
responsibility
in School
(interest/
hobby)**



Change class



**More
support/help
with a specific
lesson/s**



Have help less obviously



Check in with someone from home specific time each day



Anything else you can think of?



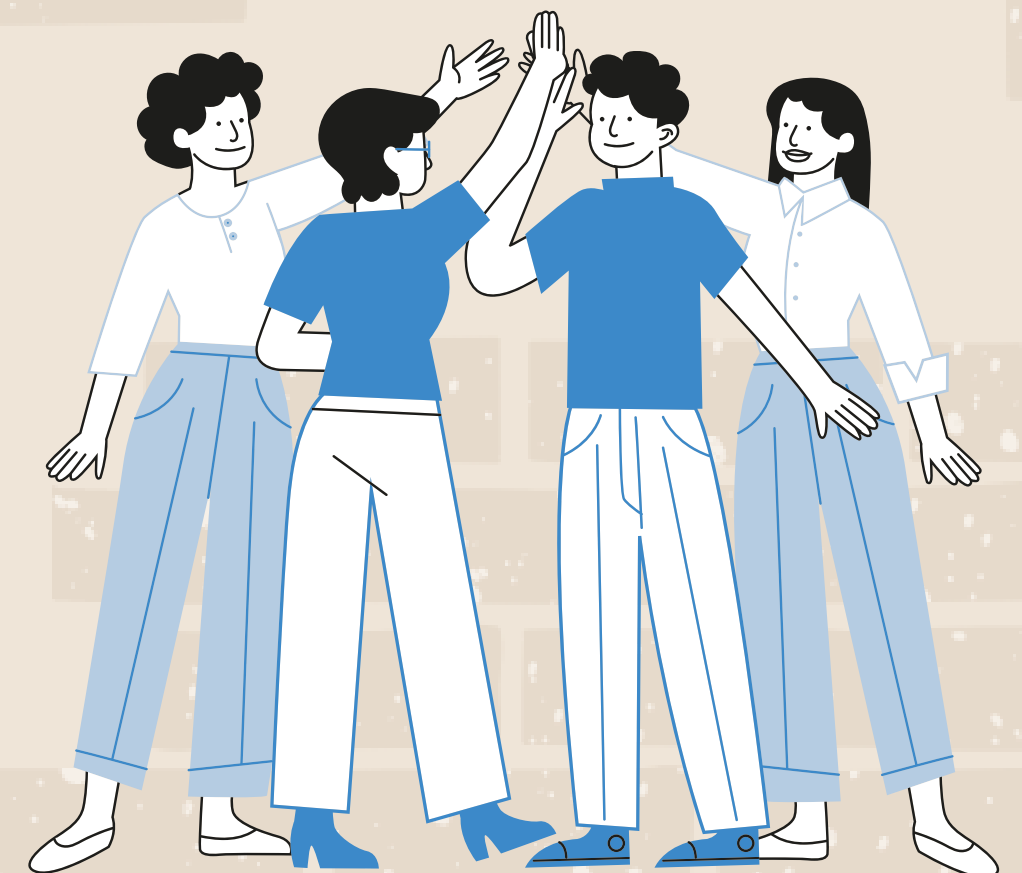
Join an after school club



List and go through what-if scenarios (around worries)



Have help with friendships



**Have
timetable of
how each day
will look**

timetable

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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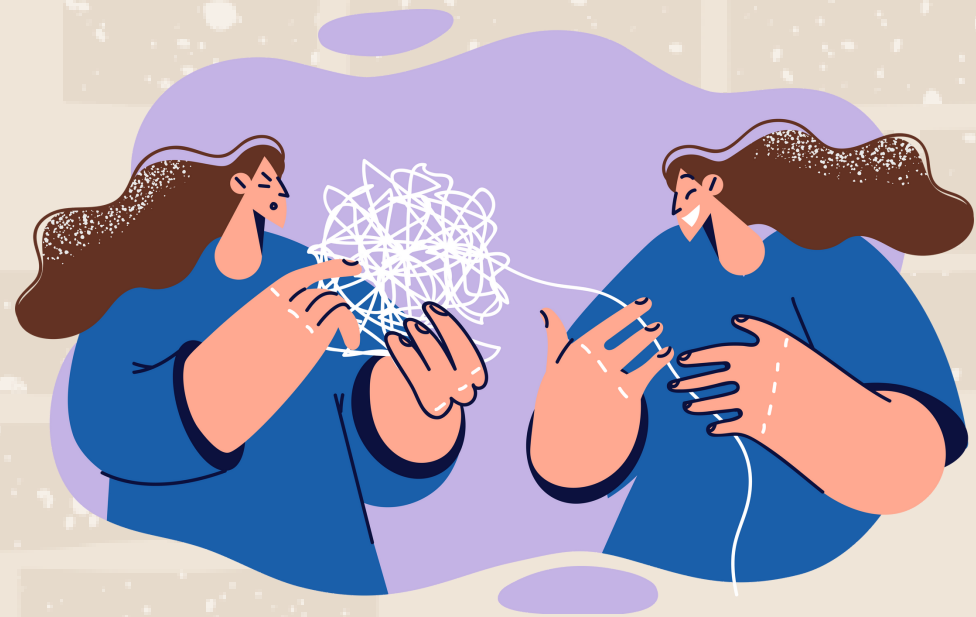
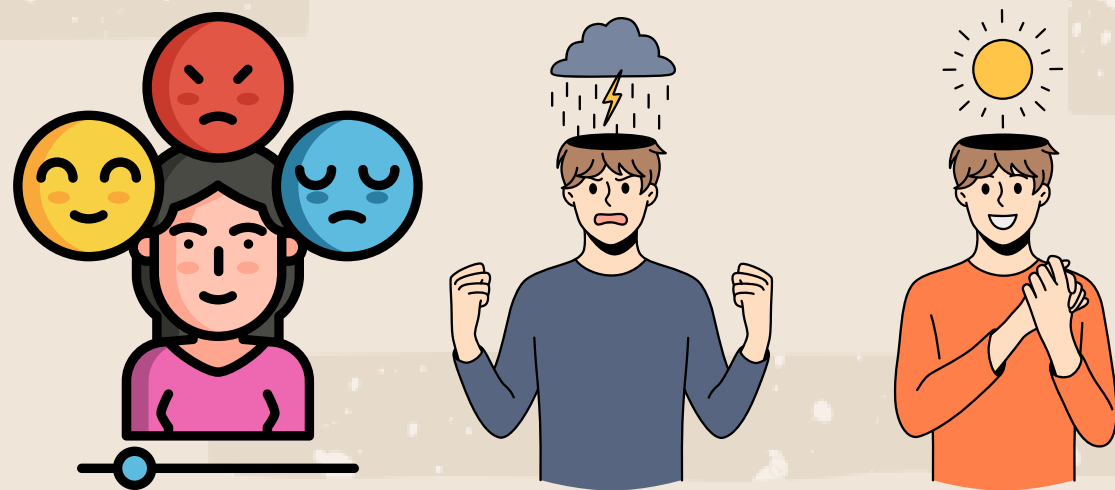
**Come to school
earlier/later**



**Have reward
system for
attendance**



Have help understanding my emotions



Less teacher shouting/punishments



Don't receive praise in front of everyone



**Options to use
technology to
learn**



**Be able to
type instead of
writing**



**Have
guaranteed
time doing
activity of
choice**



**Choose what to
tell other
students if not
in school**



**Have 1-1 lessons
to understand
what anxiety is**



**Wear ear
defenders**



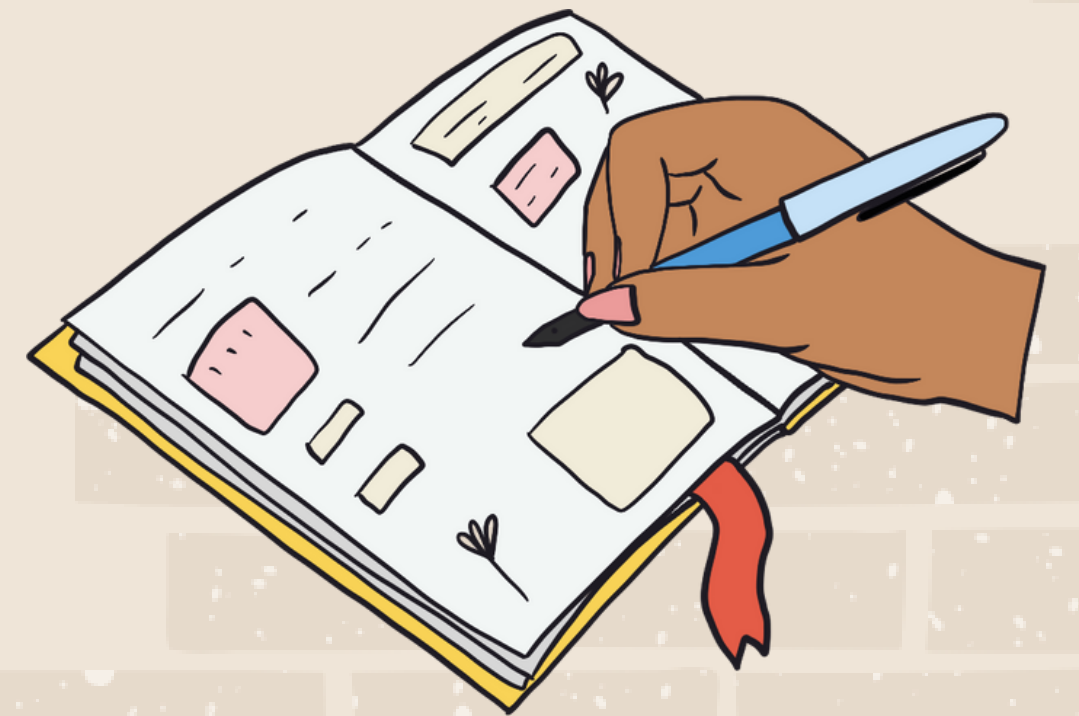
Go through worries with chosen adult



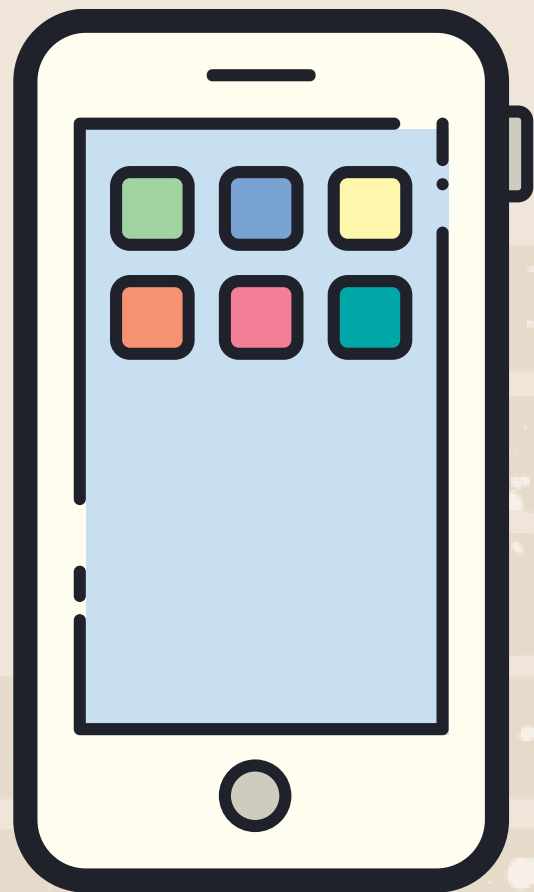
Let me know what I have missed in school, if I have been off



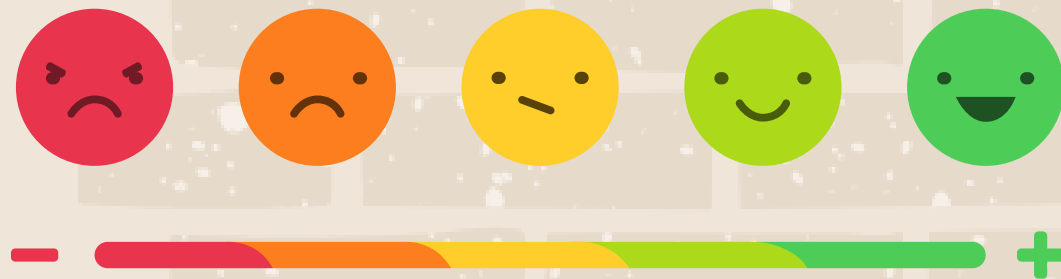
Start writing a reflective journal



Start using an anxiety/mood tracker app



Teachers and I have mood scale to use on a key ring



Learn ways to communicate anxiety to adults

