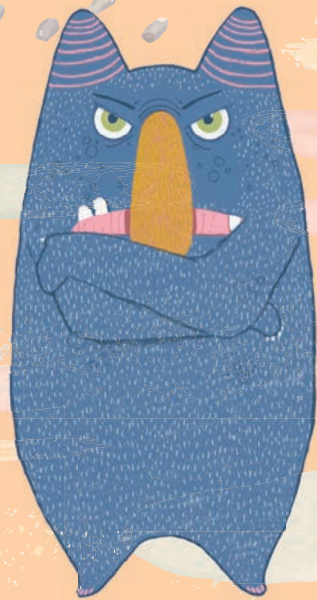


SCHOOL &
FRIENDS





DON'T WANT TO GO TO SCHOOL



Write down all the reasons why



Talk to a teacher and tell them how you feel



Ask your grown-up to create a plan using the 'School Support Card' in Pip's Kit with your teachers for what to do if you are having a bad day






Try to think about some of the things you usually like about school

* Being in school can distract you and provide a space where you can park your feelings for the day.

I
T IS HARD
TO WAKE UP
IN THE MORNINGS
FOR SCHOOL



-  Get things ready the night before
-  Try the different ways to help you sleep better.
Look at 'My Sleeping Brain' activity in Pip's Kit
-  Set an alarm/ask a grown up to wake you



CAN'T CONCENTRATE AT SCHOOL



Talk to your teachers and your grown-ups and see if you can do school work differently. Use the 'School Support Card' activity in Pip's Kit



Write down when your concentration is at it's best and tell your teachers as they may plan some work for you at this time



It is normal to not be able to concentrate as there are lots of feelings and worries you are dealing with

I

CAN'T KEEP
UP WITH
MY HOMEWORK



Talk to your teacher and ask them if you can have a break from doing any homework, or only doing a little amount



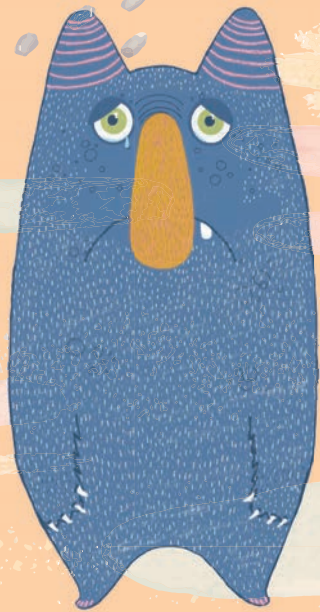
Ask if you can complete the homework in school with support from a member of staff



SCHOOL WORK SEEMS POINTLESS

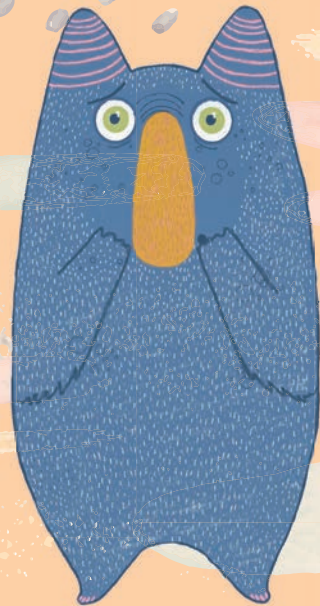
- School can provide a break from big emotions. To be in a normal place, doing normal school things can take your mind off what is happening at home
- Think of school as your 'Feelings' Time Out place, and place you can play with your friends
- Write a diary before school

I FEEL VERY LONELY AT SCHOOL



- Take a 'pocket friend' to school with you, like a small pebble or a piece of something from home. Touching it in your pocket might make you feel better. Try to make your 'pocket friend' something not too precious (in case you lose it) or too flimsy like paper (in case it rips and breaks)
- Ask your teacher if they can organise activities during break and lunchtime play
- Tell your friends how you feel
- Sew or stick a heart that your parent has kissed inside your school jumper sleeve. At school rub your cheek with the sleeve and receive the kiss when you feel lonely.



I WORRY ABOUT
MY SICK PARENT
WHEN I AM
AT SCHOOL



- Organise with your teachers and grown-ups a way of keeping in contact with home
- Create a worry box to keep at school. You can park your worries in there for the school day to give you a clear head.
- Have some Time Out doing breathing or exercise or Lego within school time
- Carry a pocket friend to connect you with home






I WORRY ABOUT MY TESTS

-  Ask your grown-up to ask your teacher if you can have a break from doing tests
-  Ask your grown-up about getting extra help in school with any tests

I DON'T WANT
TO TALK ABOUT
MY MUM/DAD
AT SCHOOL



-  Talk to your teacher and ask them to have a chat with your class
-  Tell your friends when you are ready to talk about it, you will let them know
-  Ask a close friend to help you and tell other school friends to stop talking about your Mum or Dad (for now)

I

DON'T WANT TO
CRY AT SCHOOL



Work out with your teacher what you would like to do if you start to feel upset. Use the 'School Support Card' in Pip's Kit



Start a Feelings at School Chart activity with your teacher





NONE OF MY FRIENDS UNDERSTAND ME



- Your friends won't be able to fully understand as they have not experienced what is happening to you, but they still can be kind, caring, make you laugh or sit with you when you are sad
- Read stories about other children who have experienced what you are going through
- If other children are being unkind ask a teacher to talk to them and explain what is going on

M Y FRIENDS HAVE STOPPED ASKING ME OUT TO PLAY






-  Tell your grown-up and they might be able to organise some play times together with your friends
-  Your friends may feel like they do not know how to act around you, reassure them that you are still you
-  Write them a letter asking them if they are OK
-  Tell them how to be a good friend at the moment by sending them the 'Card for a Good Friend' in Pip's Kit



FEEL AND
ACT ANGRY
TO MY FRIENDS



-  Remember that your friends may not have had similar experiences to you so find it hard to know how you feel
-  Tell them that you need some alone time
-  Remind them it is nothing they have done and send them a 'Card for a Good Friend' in Pip's Kit

I T ANNOYS ME WHEN
MY FRIENDS TRY
AND CHEER ME UP



Tell them that you are OK with being sad for a while and you will tell them when that changes



Tell them that you are glad they are trying to help you



Remind them it is nothing they have done and send them a 'Card for a Good Friend' in Pip's Kit



