SCHOOL REFUSAL: FOR CHILDREN

My School Worry Map

Colour one circle for each part of the day. You can point, and a grown up can colour for you.



Okay A bit hard Very hard

Getting ready	**Arriving**	**Saying goodbye**
The classroom	**Learning time**	**Recess and play**
Eating lunch	**The toilets**	**Other children**
Noise	**Changes**	**Going home**

The hardest part is

Something that might help

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SCHOOL REFUSAL: FOR GROWN UPS

Noticing Patterns



Fill this in for one week. Patterns are easier to see on paper than in a busy morning.

Day	Morning: okay, hard or very hard	What happened	Hardest part	What helped
Mon				
Tue				
Wed				
Thu				
Fri				

To ask the teacher

- [ ] How does my child seem during the day?
- [ ] Any friendship or bullying worries?
- [ ] Is learning support needed?
- [ ] Can we meet the counsellor or psychologist?

Changes to ask about

- [ ] A quiet space at lunch or recess
- [ ] Arriving early, before the rush
- [ ] One trusted adult to meet them
- [ ] A gradual return or shorter day

Our plan agreed with the school

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