

Anxiety is a feeling everyone has sometimes. It's normal!

What does it feel like for you? Colour in where you feel it in your body.





Do you feel like there are too many thoughts in your head sometimes?

It can take some time but you can learn to watch them...

...pass like clouds...

...or pop like bubbles!

If you feel like Alex sometimes and you want to figure out what could help, ask an adult to work through this with you!



Do you worry about going to or being at school?

Avoidance: Guidance for Children and Young People





Educational Psychologists EBSA Group 2023

This leaflet is designed to help children and young people understand what might be going on for them and get support if they want to.







She loves learning and being with friends, but something inside just makes it hard to go to school



Alex is confused, she doesn't know why she feels like this. Alex's parents and teachers are worried.



Sometimes she stays at home. She misses out on things. It makes it even harder for Alex to feel better.





Everyone made a plan together. Now Alex sits with Miss P in the mornings and they chat and colour.



If Alex has big feelings in school, she goes to her safe place to calm down.



It feels like a headache or a poorly tummy. It can make Alex cry until she feels like she can't breathe.



She finds someone she trusts to talk to about how she's feeling. Things start to feel a bit better.



Alex feels so much better about school now. Everyone helped work through it together.

