

# The School Day & Anxiety

We all have to do things that we don't enjoy; stress or worry about. You're not alone and your stress and anxiety levels may vary from day to day depending on various things.

However, identifying the triggers is a key starting point to help ease this.

Think about your school day. What in your school day do you worry over? Discuss with your key worker.

## School Timetable

Students engage with their lessons with varying commitment & enthusiasm. Just look at your attitude to learning across all your subjects. Why aren't these all the same level? Why do you think they vary from one subject to the other?

Some students engage with different types of lesson e.g. practical. Different teaching styles e.g. strict. Environment – Quiet etc

Let's take a look at your school timetable. Can you identify 'hotspots'. Specific lessons you dread?

Colour code your timetable with traffic light colours: Red = Bad. Yellow=OK. Green= Great.

Red

Yellow

Green

Why have you highlighted these specific lessons in red? Is it the subject, content or current level you are studying at? It could also be the room, students, teacher, or any other reason?

List the red & yellow hotspots & the reason(s) you struggle, or feel anxious about them.

Hotspot	Reason(s)
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Think back, have these class/subjects always been an issue? List those that have always been a worry & the reason why?

Now list the subjects highlighted which are hotspots now that weren't before?

If it is an Option Subject what has changed from when you first picked it?

What made it a 'Green' subject prior to turning 'red/yellow'? What was good about it?

So, how could you make it great again? Removing the barriers to achieve in these areas.

*"Sometimes it is the smallest of things that make a difference. Something that has slowly become a bigger wider concern by not dealing with it".*

*"Communication and sharing how you feel is a key step (or strategy) in breaking barriers to feel comfortable, positive and able to achieve".*



Is there something you could do to challenge these hotspots?

Are there any classroom strategies that help you personally that the school should consider?

From a basic statement 'I don't like the lesson', hopefully you've managed to recognise in more detail some of the barriers to target. E.g. From talking to the subject teacher, to asking help after lesson on content.

Allowing you to feel comfortable, confident and less anxious.

**Self-Target Time** – What targets can you set yourself & put in place across your timetable?

Complete and discuss with your key worker.