

HERE

MY WORRY BAG



HOW THE ACTIVITY WORKS

It can be helpful to understand what might be worrying your child and perhaps causing their school refusal or struggles.

Opening up this question to a child could help you understand if there is an issue with a certain element of school such as a fall out with friends, difficulty staying focused and falling behind, worries about travel to and from school, not being at home to support you, and so on.

Encourage your child to imagine this bag as holding any worries they may be feeling. Invite them to draw pictures or write words that represent the things weighing them down.



♥ ACTIVITY BENEFITS:

- Helps both parent and child understand worries about school by creating a tangible, visual representation of those concerns.
- By encouraging the child to draw or write their worries, it allows them to express emotions that might be difficult to verbalise.
- Opens the space for a conversation about what's causing stress or anxiety, providing an opportunity for reassurance and support.
- Helps normalise the child's feelings, showing them they are not alone in having concerns.
- The shared experience fosters a sense of connection, understanding, and problem-solving between the parent and child.

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Draw a picture and/or write down any words that help explain what your biggest worry is about school. Do you feel like you are carrying around a heavy bag of worries on your back all day? It is really important to talk to others about your worries, because sharing worries can make them feel smaller and help you feel stronger.



My biggest worry is that...