

School Worries Family Questions

Today we explored school worries. School is a great place to learn and spend time with friends however, sometimes it can become overwhelming with the pressures that may arise. Learning to work through the worries experienced at school is an important life skill. In today's session we explored how we can manage school worries in healthy and productive ways.



I heard today's topic was about school worries...

Do you feel worry about school or when you are at school?

What things makes you feel the most worried?

What can we do to help? How can we ease your worry?

TIP: Dealing with school pressures can be a difficult issue for not only children but parents as well. It's important for us as parents to create a safe space where our children can talk about their worries. On a regular basis, sit down with your child and ask them about what makes them feel worried at school. This should include both study pressures as well as social pressures. A great idea is to look at the top three pressures your child is facing and together, create a strategy to reduce these pressures for your child. Topics you can discuss include staying organised, friendship changes and subject priorities.