# School Anxiety Triggers

You can fill in the table below to let someone know what worries you about school. Colour in the boxes to decide how you feel about the school day
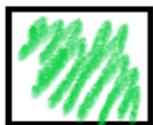
Green- I am ok with this	**Orange**- I might worry a bit	**Red**- This makes me panic
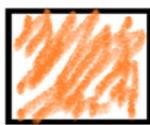
Before School

Thinking about school		Putting on the uniform	
Eating breakfast		Packing school/pe bag	
Driving/walking to school		_____	

Morning at School

Walking into the school doors		Writing down homework	
Lining up/waiting		Taking books/stationary out of school bag	
Break time		Forgetting homework	
_____		_____	

During the school day

Asking to go to the toilet		People looking at me	
Reading out loud in the class		Knowing what to say to friends	

During the school day

Finishing work on time	
When I get a new teacher	
Getting changed for P.E	
Doing P.E	
Lunch time	
Someone touching your things	
When you don't know what is next	
Assembly	

Getting an answer/work wrong	
Answering questions in front of the class	
Asking for help if you don't understand the work	
Eating in front of other people	
Thinking about who will collect you	
Using the stairs at school	
Missing mum, dad or home	
People brushing up against you	

Smells at school

Toilets		Dinner hall		----------------	

Noises at school

Playground		School Bell		Toilet Hand dryers	
Dinner hall		Class talking		----------------	

School Anxiety Triggers

AutismNI
Northern Ireland's Autism Charity

Certain subjects-Secondary

English		Maths		Science	
P.E		Geography		Technology & Design	
Home Economics		Language:		History	
Art		I.C.T		Music	
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Other-Secondary

Group work/projects		Organising workload	
Conversations with friends		Exam time	
Moving between classes		Multi-tasking	
Concentrating/focusing		Concentrating/focusing	
Having attention on you		Busy corridors/doorways	
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