



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

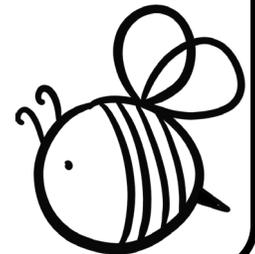
Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk





Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

School Separation Anxiety Resource Pack

*Story PowerPoint and PDF, Questions and supporting worksheets
Girl and boy version*

George doesn't want to go to school

Isla doesn't want to go to school

ELSA support

ELSA support

Weird things started happening to Isla!

Her funny feet like to hop backwards

Her head was hurting and she felt a bit sick

Her heart was beating fast and she felt like she couldn't breathe properly

She felt hot, thirsty and all shiny

He had thoughts going around in his head. George was very very SAD and worried.

What if my mum forgets to pick me up for school?

What if something happens to mum and dad when I am gone?

What if my friends don't like me anymore?

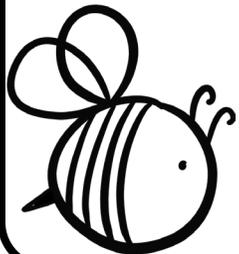
What if the work is too hard?

What if something bad happens at home and I am not there?

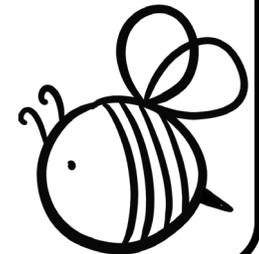
What if something has changed at school?

What if I am needed at home and even there?

She took some calming breaths where you breathe in for the count of 3 and breathe out for the count of 4. She started thinking about the fun she had last year on holiday. She went to the beach and played in the sand for ages and ages. Her mum bought her an ice cream and they even paddled in the sea.



www.elsa-support.co.uk



Top Tips

- Never sneak away
- Make a goodbye routine with your child
- Consistent approach
- Be kind, firm but don't give in
- Ask a familiar person to take them to school, it might break the cycle
- Don't hang around, pass your child to a trusted adult, say your goodbyes and reassure you will see them later. Leave

Thoughts

- I will never see them again
- Something might happen when I am gone
- What am I missing at home
- I don't feel safe
- Something bad might happen at home
- They might not come back
- Something is scaring/worrying me at school

Physical sensations

- Feel sick
- Tummy ache
- Fast heartbeat
- Hot
- Rapid breathing
- Butterflies
- Trembling or shaking
- Headache

Feelings

- Scared
- Worried
- Angry
- Agitated
- Panicky
- Tense
- overwhelmed

SEPARATION ANXIETY

Book recommendations

- Huge bag of worries
- The kissing hand
- The invisible string
- Owl babies
- The kiss box

Proactive work

- Emotions and feelings
- Mindfulness
- Relaxation techniques
- Likely/unlikely to happen scenarios
- Anxiety work
- Worry dolls
- Visual timetable
- Social stories
- Allocate time to talk to carer

Strategies for support

- Celebrate achievements
- Give them a job in school
- Transitional object from carer
- Make a plan with carer and stick to it
- A morning transition group with fun things to do

Behaviours

- Delaying tactics
- Clingy
- Tears
- Running away
- Not sleeping
- Angry
- Attention seeking