

George was woken up by his mum. It was really early!

He had been at home for weeks due to the Coronavirus pandemic. Lots of things had happened but he had had a great time at home playing computer games, reading books, listening to music and just playing!

Today though mum said he had to go to back to school.



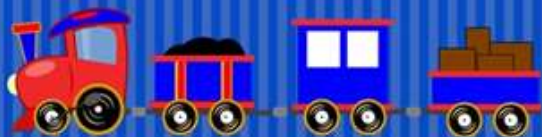
Weird things started happening to George!

His tummy felt like
it had butterflies
fluttering around
inside

His head was
hurting and he felt
a bit sick

His heart was
beating fast and he
felt like he couldn't
breathe properly

He felt hot, trembly
and all shaky



George didn't know why he felt ill like this. He wondered if he had Coronavirus? Perhaps he best stay at home where it was safe and he wouldn't spread it to other people. He had been really good at social distancing where you had to stay 2 metres away from anyone outside of your house.

He thought he best ask his mum.

I feel ill. I wonder if I have Coronavirus? I best ask mum



George tried all sorts of things to avoid going to school.

- He ran away and hid under his bed.
- He decided his teeth needed brushing again.
- He decided he needed to go to the toilet again.
- He decided he needed his blue school bag and not his red school bag.
- He decided he needed to wash his hands again
- He decided he needed to give his pet cat another cuddle.
- He took FOREVER eating his breakfast, one cocoa pop at a time!



George, now come on and let's get going we are going to be late!



George doesn't want to go to school

By

Elsa-Supp

Separation Anxiety Resource Pack

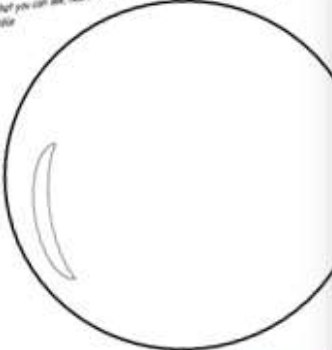


George doesn't want to go to school questions

Page 2
What sort of things had George done at home?
Did you have fun doing those things?
Did you get up early what you were at home or did you get to sleep in?
Worksheet 5: what I did at home
Page 3
What weird things started happening to George?
How did you feel when you were told you had to come back to school?
What happened to your body? Did you have weird things happen to you?
Can you point to the parts of your body where weird things happened to you?
Worksheet 7 - What weird things happened to me when I was ill
Page 4
Why did George think he had Coronavirus?
Can you remember what the symptoms are?
Are George's symptoms similar?
Can you remember what the rules were for when it is different now? How is it different?
Page 5
Do you think George has Coronavirus?
Why do you think that?
Did you think that George had Coronavirus?
What did the sign say when you were ill?
Page 6

My Special Memory

Close your eyes to begin with and think about a very special memory. One that makes you feel really happy and content. Now think about what you can see, hear, feel, smell and taste. See if you can draw your special memory below in the bubble.



Anxiety scale

Use this scale to monitor your levels of anxiety. Fill it in BEFORE reading the story and working through the worksheets.



How worried do you feel about coming to school?
How worried do you feel about leaving your parent/carer?
How worried do you feel about seeing your friends?
How worried do you feel about seeing your teachers?
Any other comments?

Name _____

Write a number from 1 to 5

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

What if bubbles

Think about the things you worry about when you have to come to school. Think about the things you worry about when you need to leave your parents. Fill the bubbles with your thoughts.

