

relax at school

Sometimes we all get upset or worried about different things. Parents and teachers get upset as well as children.

Some of the things that students can get upset about are:

- Leaving your parents to go to school
- When school work is hard
- When homework is hard
- Not having many friends
- Going on camp
- Getting into trouble
- Being teased
- Not liking some of the different things at school

There are also many other things that students could get upset about.

➔ What do you get upset about?

What to do when you get upset:

It is important to know if you get upset that there are people to talk to and help you including your parents, teachers and sometimes friends at school.

As well as talking to people, there are many things that you can do to help yourself when you get upset. One thing to do is to try and **STAY CALM**. When you stay calm you can decide what you need to do.

If you are getting worried, **TAKE A DEEP BREATH**. Make sure you breathe slowly. Breathe slowly through your nose and out of your mouth. Sometimes people count to three when they breathe in and then count to three again when they breathe out. This helps you to stay calm, which will help you to think more clearly so that you can fix your worry or get help. When some people get worried they also feel sick or get a stomach ache. Taking a deep breath and being more relaxed can help you to feel better.

Being positive also helps people to relax. Being positive means telling yourself and believing that things will work out and that there is a way to make things better. One way to be positive is to **THINK OF GOOD THINGS**. Good things can be things that have happened to you before or just things that make you happy. You could try to make a list of good things and things you like, so that you can remember them when you feel worried. Put the list somewhere where you can see it.

➔ What are you good at?

➔ What do you like?

Another thing to do when you get worried is to **TELL YOURSELF "I WILL BE OK"**. It is important to talk to yourself in a nice way. For example, if it is hard to go to school, tell yourself "I can be strong and I can go to school by myself". If your school work is hard tell yourself to do the best you can and I will be OK". Some people think of bad things, which can make their worries bigger, but if you think of good things, even if your worries don't go away, you can make them smaller.

All of these things together will help you to **STAY RELAXED AT SCHOOL**.

What other things could you do to help you stay relaxed at school?