



WHAT ARE MY STRESS TRIGGERS AT SCHOOL?

STUDENT'S NAME: _____

DATE: _____

IF YOU CAN FIGURE OUT WHAT YOUR STRESS TRIGGERS ARE AT SCHOOL, YOU CAN FIGURE OUT SOME SOLUTIONS OR STRATEGIES TO HELP!

Remember your answers might be different to someone else's and that is perfectly okay

Score the scenarios below from 1-5

1- this does not affect me at all

2- This stresses me a little bit

3- This does stress me out

4- This makes me very stressed

5- I feel really stressed and find it very hard to cope

SCHOOLWORK

I am doing my favourite subject in school

I have to start some work but don't know what to do

The teacher gives me lots of homework

I have to do a test

When I don't get my work finished on time

When I'm doing a subject I find really hard

I have forgotten to finish my homework

I get full marks in a test

When a teacher corrects my work and shows me that I have done something wrong

When I have to read out loud in front of the class

When I have to do lots of writing

When we start something new



SOCIAL

When I have to do group work with other students

When other people tease me

When I need to work in a pair with one other person

When people do not include me in an activity

When someone is talking to me about something I am not interested in at all

When I disagree with a classmate about something

When a teacher tells me to do something

When someone interrupts me when I am speaking

Greeting people when I arrive at school

Playing games with other people at break time

When someone tells me I have made a mistake

Someone tells a joke and I don't understand why it is funny

When the teacher tells me I can't do something that I want to do

Someone is not following the rules of a game

When I think someone is being very bossy



MY SCHOOL DAY

When I have to move between different classrooms for different subjects

When I have to do P.E.
(Physical Education)

When we go on a school trip

When there is a change to my timetable

When I have to go to the canteen

When I have to go to assembly

If my teacher is absent

If I have to go to a different class for the day

If I have to do lab work for science



SENSORY

When the lights in the classroom are really bright

When the classroom is very noisy

When there are strong smells in the classroom

When the school bell rings

When my hands are wet or dirty

When my clothes are wet or dirty

When people are shouting at breaktime

When people are talking loudly near me

When my clothes are uncomfortable

When there are announcements over the school intercom

When I do not like the texture or smell of the food I have for lunch

When we have a fire drill



IS THERE ANYTHING ELSE THAT CAUSES ME TO
FEEL STRESSED?

LIST YOUR 5 BIGGEST STRESS TRIGGERS AT
SCHOOL

NOW IT'S TIME TO BRAINSTORM SOME SOLUTIONS
WHICH CAN HELP!

