

Hello, I'm Miss Carroll and I come into Bishop Ullathorne to help pupils. Here's some advice to help you at home if you are worried about school.

If you are worried about school and you are starting to feel overwhelmed, write down your concerns. This immediately helps you to feel calmer and more objective.

If you feel that by writing your worries down it has not helped, talk to someone you are close to about your concerns.

If you feel worried while getting ready for school, breathe slowly and deeply.

- Empty your lungs out and hold for as long as possible.
- Then breathe in slowly and as easy as possible.

Watch a funny film/programme or read a funny book in the evening – humour is a great way to take your mind off of your worries.