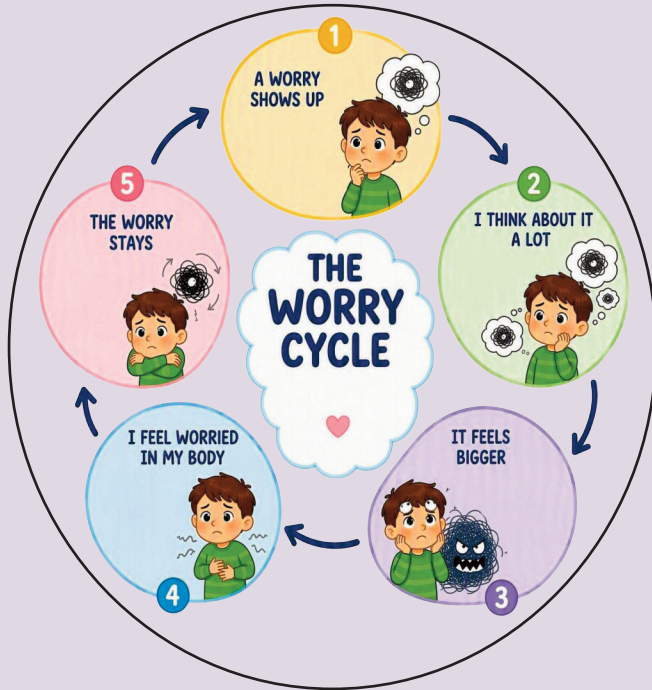


The Worry Cycle

When you stay home because of strong feelings, it can feel good at that moment, but, it can make it harder to go back the next day! This is called the EBSA Cycle. We want to break the cycle by going back to school.



How to Get Help

You don't have to deal with this alone!

1. Talk Right Away!

If you start feeling worried or notice any of the signs above, tell your family or a trusted adult at school immediately.

2. Share Your Feelings. It's important to talk

about how you feel - your feelings are real and we want to listen.

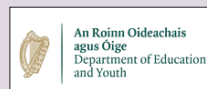
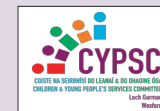
3. **Make a Plan.** Grown-ups will work with you to figure out:

- Things that are hard about school (push factors)
- Things that are nice about staying at home (pull factors)

They will help you make a plan to deal with them.

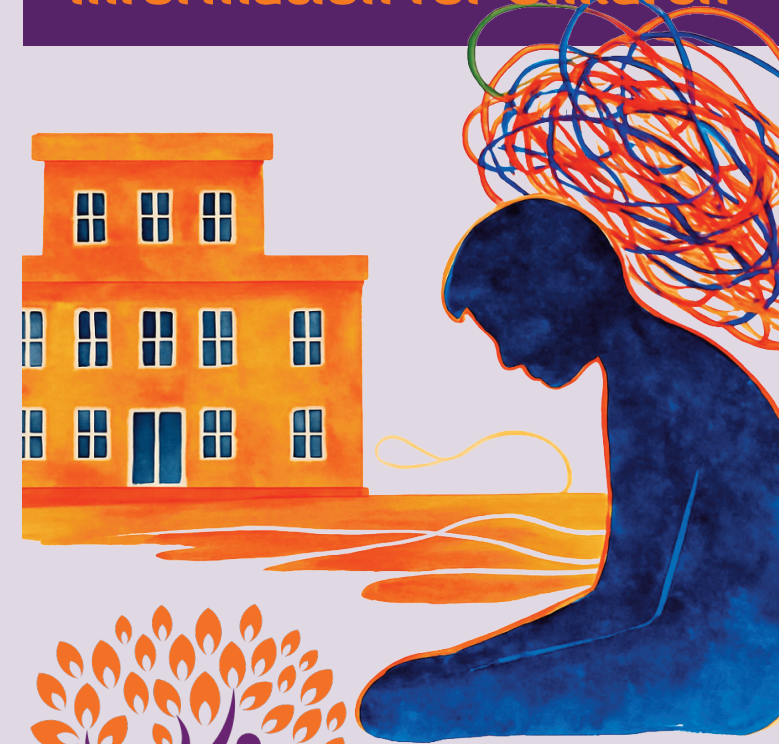
4. **Keep Your Routine.** Even if you are at home, make sure you get up on time and stick to your regular school day routine.

Lots of children find going to school difficult sometimes. With help from adults, you will be able to return to school and your friends.



Understanding Emotionally Based School Avoidance (EBSA)

Information for Children



CO. WEXFORD EBSA
GUIDANCE GROUP

What are Big School Feelings?

- Sometimes, our feelings can get so big and strong that going to school feels really, really hard or even a little scary.
- This is called Emotionally Based School Avoidance (EBSA). It means your body is telling you, "I can't go today".
- It is not your fault, and many kids feel this way.
- It happens for many different reasons, and every one's situation is unique.
- The reasons can be about you, your family, or your school, and they often get mixed up together.



How Your Body and Mind Show Big Feelings

When school is feeling too hard, your body might send you some messages. Tell a grown-up if you notice any of these signs:

- Feeling very tired or having trouble sleeping.
- Feeling sick a lot, like tummy aches or headaches.
- Feeling cranky, tearful, or easily annoyed
- Worrying a lot when you are away from your family
- Suddenly not wanting to eat.
- Not liking school, teachers, or subjects as much as before.
- Having problems with friends.

Everyone feels worried or scared sometimes and this is really normal.

Your Superpowers!

We all have things that help us feel brave and strong. These are your Resilience Factors. When we make these stronger, it helps stop EBSA.



You can get stronger by:

- Learning ways to calm your big feelings down.
- Doing a hobby or activity you love and are good at
- Having an adult at school you feel safe talking to
- Knowing that you and your family think school and learning are important
- It is the job of everyone - you, your family, and your school - to help build your superpowers.
- Identifying the things you like about school or that could make school better.

