My School Avoidance Map

Avoiding school makes sense for a moment. Mapping it is the first step back.

Name: _____ **Date:** _____

1 What makes school hard right now

Tick all that fit. There is no wrong answer

- [ ] Mornings at home
- [ ] Getting there
- [ ] Tests or grades
- [ ] Talking in class
- [ ] Friends or lunch
- [ ] A class or teacher
- [ ] Panic or feeling sick
- [ ] Something else

2 What staying home does for me

Be honest. Knowing the reason helps you pick the right plan

- [ ] Fewer bad feelings
- [ ] Not being judged
- [ ] Time with family
- [ ] Sleep, games, phone
- [ ] Avoid a person
- [ ] Less pressure
- [ ] I'm not sure
- [ ] Something else

3 My morning warning signs

What shows up in my body and mind before school

- [ ] Stomach ache
- [ ] Headache
- [ ] Poor sleep
- [ ] Racing heart
- [ ] Tears or anger
- [ ] Feeling numb
- [ ] Dread at night
- [ ] Something else

4 Notes for me and my team

Share what you choose with a parent, counselor or doctor

The hardest moment of the day: _____

One part of school that is okay: _____

I want adults to understand: _____

My team (parent, school counselor, doctor, a teacher I trust):

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My Step Back to School Plan

Small steps, every school day. Hard mornings are part of the plan, not the end of it.

Name: _____ **Date:** _____

1 My return ladder

Start at step 1. Move up when a step feels about 3 out of 10

Step 1 (easiest): _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5 (my goal): _____

2 My morning plan

Choose a few with your parent or counselor

- ☐ Phone off at bedtime
- ☐ Same wake up time
- ☐ Eat something
- ☐ Bag packed at night
- ☐ Coping skill ready
- ☐ Ride planned
- ☐ Safe person at school
- ☐ Something else

3 My week

Tick each one you did today

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Up at my time	☐	☐	☐	☐	☐	☐	☐
Did my step	☐	☐	☐	☐	☐	☐	☐
Used a skill	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Be warm and steady, and keep the expectation of school

Book a doctor visit for stomach aches or headaches, then keep the plan going on hard mornings.
Long breaks from school usually make going back harder. Agree on a step for every school day.
Ask the school for a key adult, a quiet place to reset and, if needed, a 504 plan or IEP meeting.
US: crisis, call or text 988. Emergency, call 911. These pages do not replace professional care.

Adult notes: what we agreed with the school, next review date

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