



EMOTIONALLY BASED SCHOOL AVOIDANCE GUIDANCE

SECONDARY Student version

Mapping the Landscape of Your School

1. The Physical Environment

- Look carefully at the map of your school
- Use the highlighter pens to mark how the areas on the map make you feel.
 - Green = I feel calm and relaxed in this space
 - Yellow = I feel anxious/uncomfortable in this space
 - Red = I would like to avoid this space as it makes me very anxious
- For the areas that you have coloured red, are there any circumstances, e.g. time of day, which make you feel more safe?

- What might the school do to help you feel safer in your 'red' areas?

Thank you for colouring the map.





2. The Social Environment

During the school day we are expected to work with and talk to both adults and other students. Sometimes these social situations can be pleasant but at other times they may cause us anxiety. Some social situations are described below. Mark on the rating scale to show how you feel about them, e.g.



1 Greeting other students in the tutor group in the morning.	
2 Walking down corridors at less changeover time.	
3 Lining up to go into the classroom before a lesson.	
4 In class, if there is no teacher in the room.	
5 Waiting to go into the canteen for lunch.	
6 Buying food in the canteen.	
7 Sitting in the canteen	
8 Break times when I have to go out with the other students	
9 Changing for PE	
10 Taking part in PE, games	
11 Talking to subject teachers	
12 Talking to support staff/ staff in RP	





Working in class continued



13 Getting to school and home from school:

Walk

Bus

Taxi

14 Talking to other students in my tutor group

15 Talking to classmates

For the situations that you find most difficult – please write down what would make them easier for you.

What could make a difference....

Situation	Idea
•	
•	
•	
•	
•	





3. The Learning Environment

Subject Preferences

Many different subjects are taught in school and some we find easier and more interesting than others. Rate the subjects on the list on a scale of 1 – 5.



e.g. If you really enjoy maths ...

List of subjects	Rating
Maths	5

My subject ratings are

Subject	Rating	Subject	Rating
Science		Art	
ICT		DT	
Reading		Geography	
PE/Games		French	
Drama		Spanish	
Topic work		Other language	
RE		Dance	
Maths		Music	





Classes involve different ways of working and some we will find more comfortable than others. Use the 5 point rating scale to indicate how you feel about different things that happen in classes.



1 Answering questions in class	
2 Listening when the teacher explains what we are going to do in the lesson.	
3 Following instructions.	
4 knowing what to do to start a task.	
5 Working on my own.	
6 Working with a learning partner.	
7 Working in a group.	
8 Asking a teacher for help when I have not understood something.	
9 Working in a quiet class	
10 Working when other students are messing about.	
11 Reading aloud in class.	
12 Written work – handwriting.	





13 Recording what I have done using pictures, diagrams or graphs	1	2	3	4	5
14 Using the computer to record what I have done	1	2	3	4	5
15 When the teacher tells off other students	1	2	3	4	5
16 When the teacher is giving back our homework	1	2	3	4	5
17 When the teacher is marking my work	1	2	3	4	5
18 When I go into class and my usual teacher is not there, but a cover	1	2	3	4	5
19 When our class has been moved to a different room	1	2	3	4	5
20 Making sure that I have all the books and equipment I need for the class	1	2	3	4	5
21 Writing down homework so that I can understand what to do when I get home	1	2	3	4	5
22 When I have an LSA supporting me in class	1	2	3	4	5
23 When I have to stop what I am doing before I have finished	1	2	3	4	5
24 When the teacher writes down what we have to do as well as telling us	1	2	3	4	5





25. When the teacher uses pictures, diagrams, videos, etc to help to explain things.	
26 Homework.	
27 Sharing equipment in practical lessons, e.g. art or DT.	
28 When other students try to distract me.	
29 When the teacher introduces a new topic I know little or nothing about	
30 Class tests and assessments	



Look at your rating about what happens in class. Can you describe your ideal class/lesson.



