



School Avoidance



Tips for Kids from Kids

<https://www.sd44.ca/sites/SEL/Pages/default.aspx#/=>

Charles' Rules 😊

(of how to get into school)

Plan A

- 1.) Walk in with a friend.
- 2.) You tell yourself that I can do this and then you look away from your parents and start getting in a big chat with your friends.

Plan B

- 1.) Give your dad and mom a hug.
- 2.) In the class if you are feeling sad, tell the teacher or a staff. You can also tell a friend, maybe they feel the same.

Plan C

- 1.) Look for other kids who are lonely - there is strength in numbers.
- 2.) Look at the plan of the day and think about all of the fun things you will do at recess and at playtime/centers.
- 3.) Think about all the things you are excited about after school.

.... AND don't be afraid of school, because school is fun!

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