

'Not wanting to go to school' activity

The card sort activity can be used to help understand the reasons why a child or young person might not want to go to school. The cards explore a range of factors that may contribute to the child or young person's non-attendance. Some blank cards have also been included for the child or young person to record additional reasons which might affect whether they want to go to school. Some of the factors included in the card sort include:

- School environment
- Journey to and from school
- Social relationships
- Lessons
- Family dynamics
- Home environment

The cards can be used as an exploratory tool to open up discussions about why a child or young person does not want to go to school. This could help lead to discussions about what factors might support the child or young person.

These cards show different reasons why young people might not want to go to school. I would like you to choose the ones which you think make it difficult for you to feel happy in school.

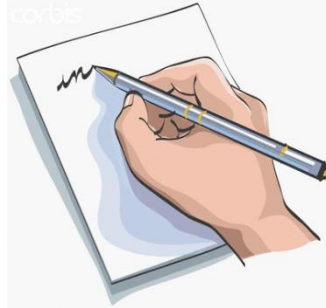
There might be some cards that show things that make you want to stay at home. You can put these cards on the picture representing home.



There might be other cards that show things that make you want to stay away from school. You can put these cards on the picture representing school.



If there is a card which does not affect whether you want to go to school put it to one side. There might be other reasons why you do not want to go to school. You can write these on the bank cards.



We might talk about and / or draw things that might help you to be happy to go to school. This can help us to think about ways that we can support you to go to school happily.



You could ask the child or young person to rank the cards from most to least important factor. This will depend on the child's level of understanding and development.

There have been lots of changes since we have come back to school after being in lockdown. Some cards might show some of the things that might be different to normal. Adults and young people might feel worried about these changes and this is normal. When worries stop us from doing things or start to make us feel unhappy this can be a problem. You can put the cards that show things that make you feel like you want to stay away from school because of the Corona Virus on this picture.



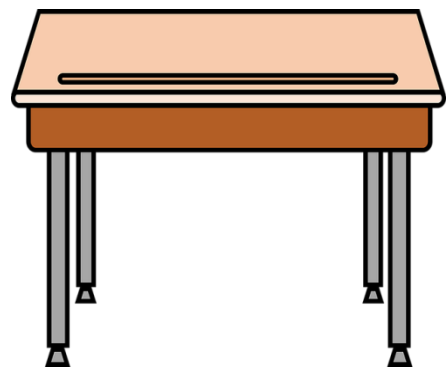
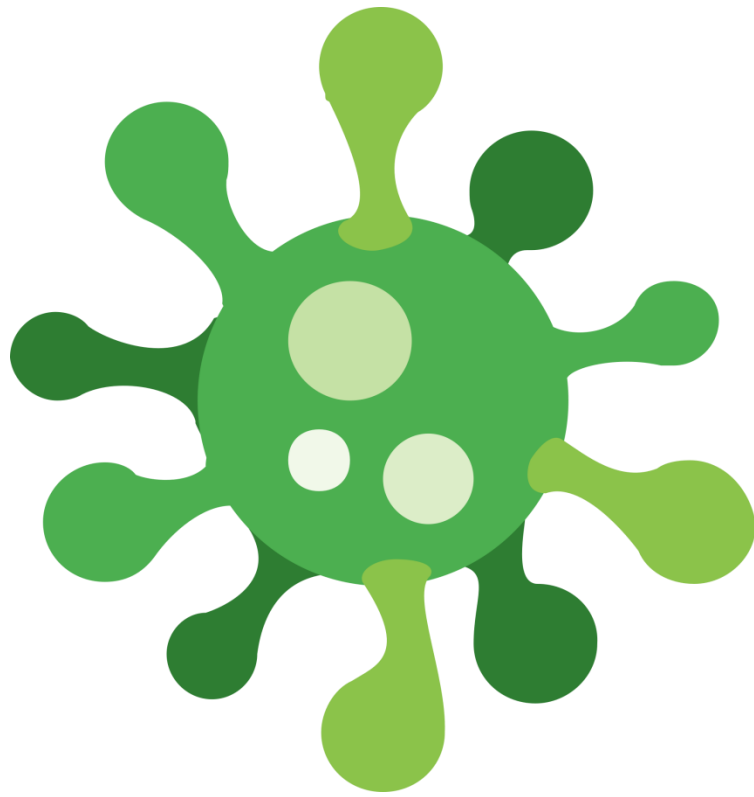
Home



School



Corona Virus



Travelling to and from school on my own	Bullies on the way to school e.g. on the bus	Dogs on the way to and from school
Gangs	Drug dealers	Going through dark alleys on the way to or from school
Having to cross busy roads on my way to or from school	Not having money for the bus	Missing the bus
Having to change buses	No bus pass	Nobody likes me at school
I do not know anyone at school	Bullies at school	Nobody speaks to me at school

Being on my own at break or lunchtimes	Having nobody to sit with at lunch time	Teachers shouting
Teachers don't like me	I don't like my teachers	Teachers put me down in front of other people
Teachers pick on me	None of my friends go to school	People taking my things
None of my friends are in my class	Getting lost in school	There are too many rooms and corridors at school
Answering questions in front of the class	School changing rooms	School is too crowded

School is too noisy	School toilets	School dining room
School showers	School playground	Other children laugh at me
There is nowhere to go on my own at school	I do not understand the work	Lessons are boring
I do not like some of my subjects	I can't see the board in class	I can't hear what the teacher is saying
I don't like the class or set I am in	Test or exams	I have missed too much work

I do not like reading aloud in class	I will never catch up on my learning	homework
I find it hard to keep up in lessons	The work is too easy	I have not got the right uniform
I do not have dinner money	Other people call me names	I haven't got the right books or equipment
I can never find my PE kit	I can eat the food I want at home	I can watch TV or play on the computer when I am at home
It is safe at home	My Mum / Dad / Carer is always there when I need them	Everyone else stays at home

It is fun being at home	I visit my friends / family when I stay at home	I get to go to places when I am at home
I need to help out with the family business	Mum / Dad / Carer say that school is a waste of time	Mum / Dad / Carer need me at home
Mum / Dad / Carer need help with shopping / cooking	I am worried what Mum/Dad/Carer might do	I am worried about Mum/Dad/Carer
Mum/Dad/Carer are ill and need me to look after them	Mum/Dad/Carer might leave	I need to earn money
I can have a lie in when I stay at home	I miss my pet	I miss my old house / school

I miss my Mum / Dad / Carer	I miss my friend	I miss my younger brother / sister
Long journey to school	My friends go to a different school	I have fallen out with someone at school
I need more help in lessons		

I will catch corona virus	My Mum / Dad / Carer will catch corona virus	I can't sit next to my friends
You will die if you catch corona virus	I don't like washing my hands multiple times in the day	I can't hug my friends
I am worried about my Grandma or Grandad	I can't play the games I usually play	I don't want to touch door handles
My friend isn't in my class anymore	My Mum / Dad / Carer is scared I will get corona virus	I don't think school is clean
People will get too close to me	People won't follow the rules	My friend has not come back to school

<p>I can't eat dinner with my friends</p>	<p>School clubs are no longer running</p>	<p>People might cough or sneeze on me</p>
<p>My Mum / Dad / Carer doesn't want me to go to school</p>	<p>I liked being at home with my family in lockdown</p>	<p>I won't be able to catch up with my learning after lockdown</p>
<p>I will pass corona virus on to someone else</p>	<p>Scientists won't be able to find a cure for corona virus</p>	<p>I am scared of corona virus</p>
<p>I won't be able to get a job in the future because of corona virus</p>	<p>I don't understand the new rules</p>	<p>I won't catch corona virus at home</p>
<p>I can keep my family safe if I'm at home</p>	<p>I need to remind my Mum / Dad / Carer to wash their hands</p>	<p>I feel safe at home</p>