George doesn't want to go to school

By

Elsa-Support

George was woken up by his mum. It was really early!

He had been at home for weeks due to the Coronavirus pandemic. Lots of things had happened but he had had a great time at home playing computer games, reading books, listening to music and just playing!

Today though mum said he had to go to back to school.

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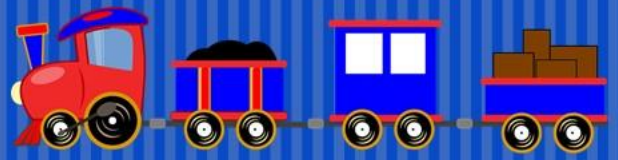
Weird things started happening to George!

His tummy felt like it had butterflies fluttering around inside

His head was hurting and he felt a bit sick

His heart was beating fast and he felt like he couldn't breathe properly

He felt hot, trembly and all shaky



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George didn't know why he felt ill like this. He wondered if he had Coronavirus? Perhaps he best stay at home where it was safe and he wouldn't spread it to other people. He had been really good at social distancing where you had to stay 2 metres away from anyone outside of your house.

He thought he best ask his mum.

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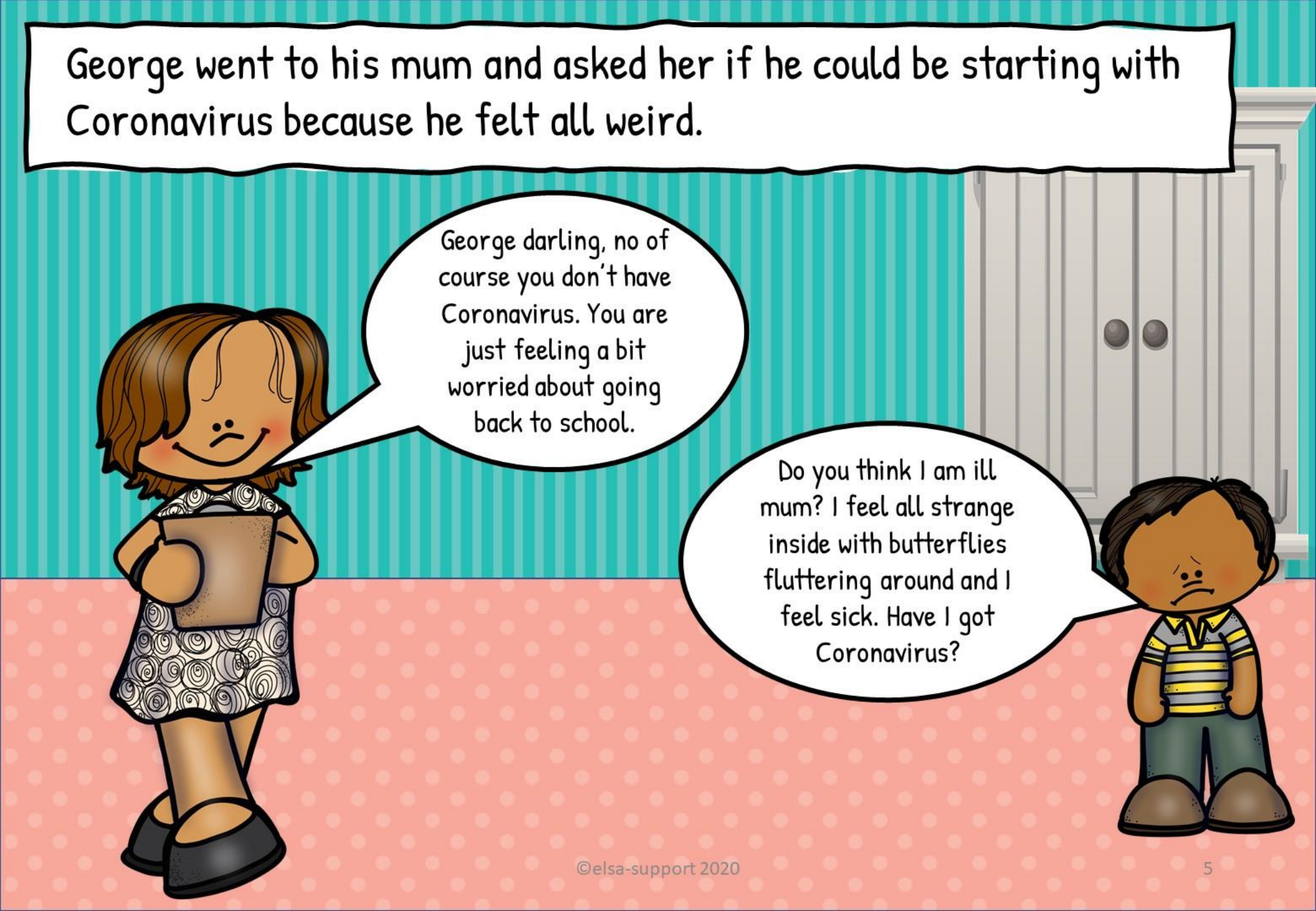
George went to his mum and asked her if he could be starting with Coronavirus because he felt all weird.



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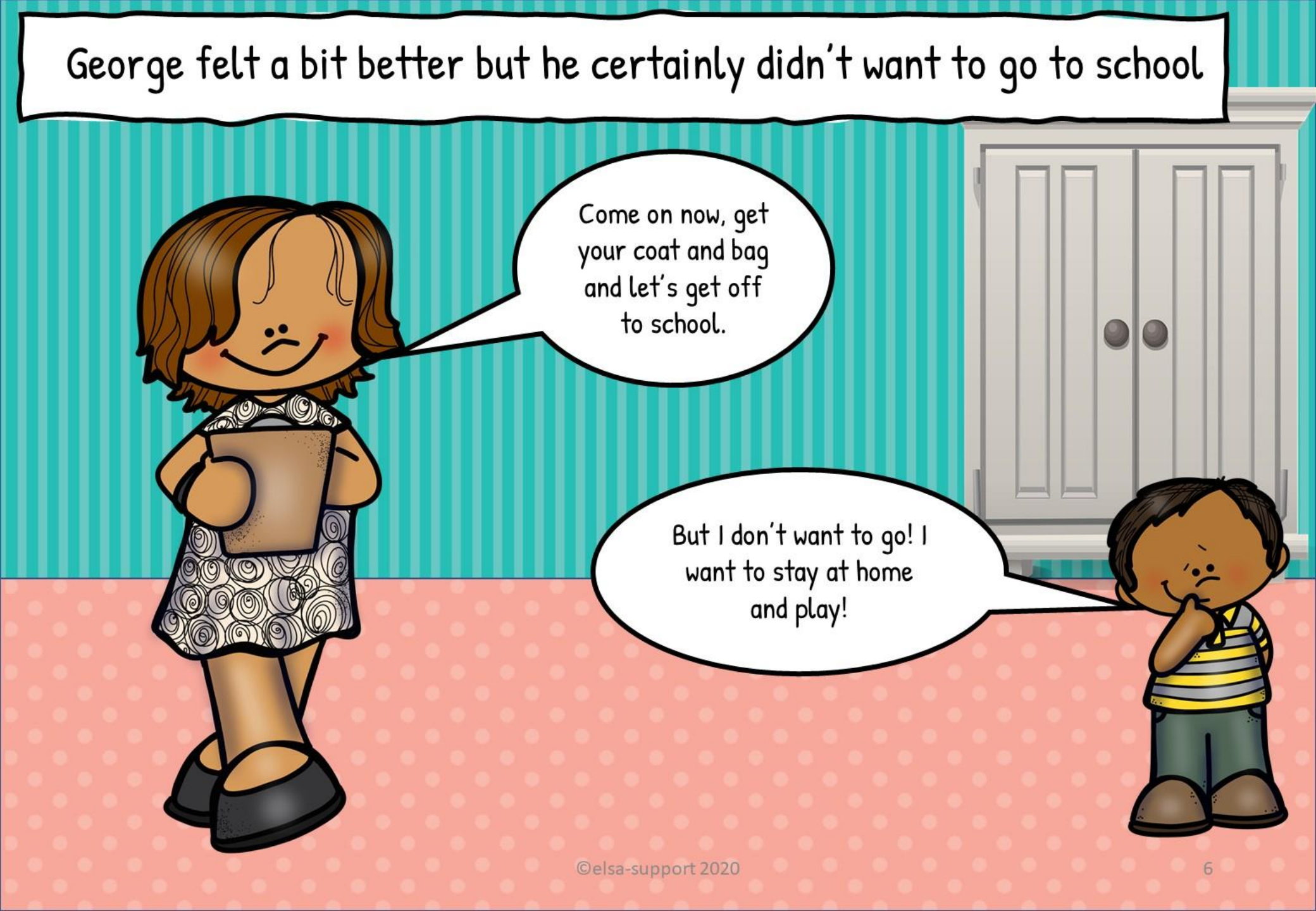
George felt a bit better but he certainly didn't want to go to school



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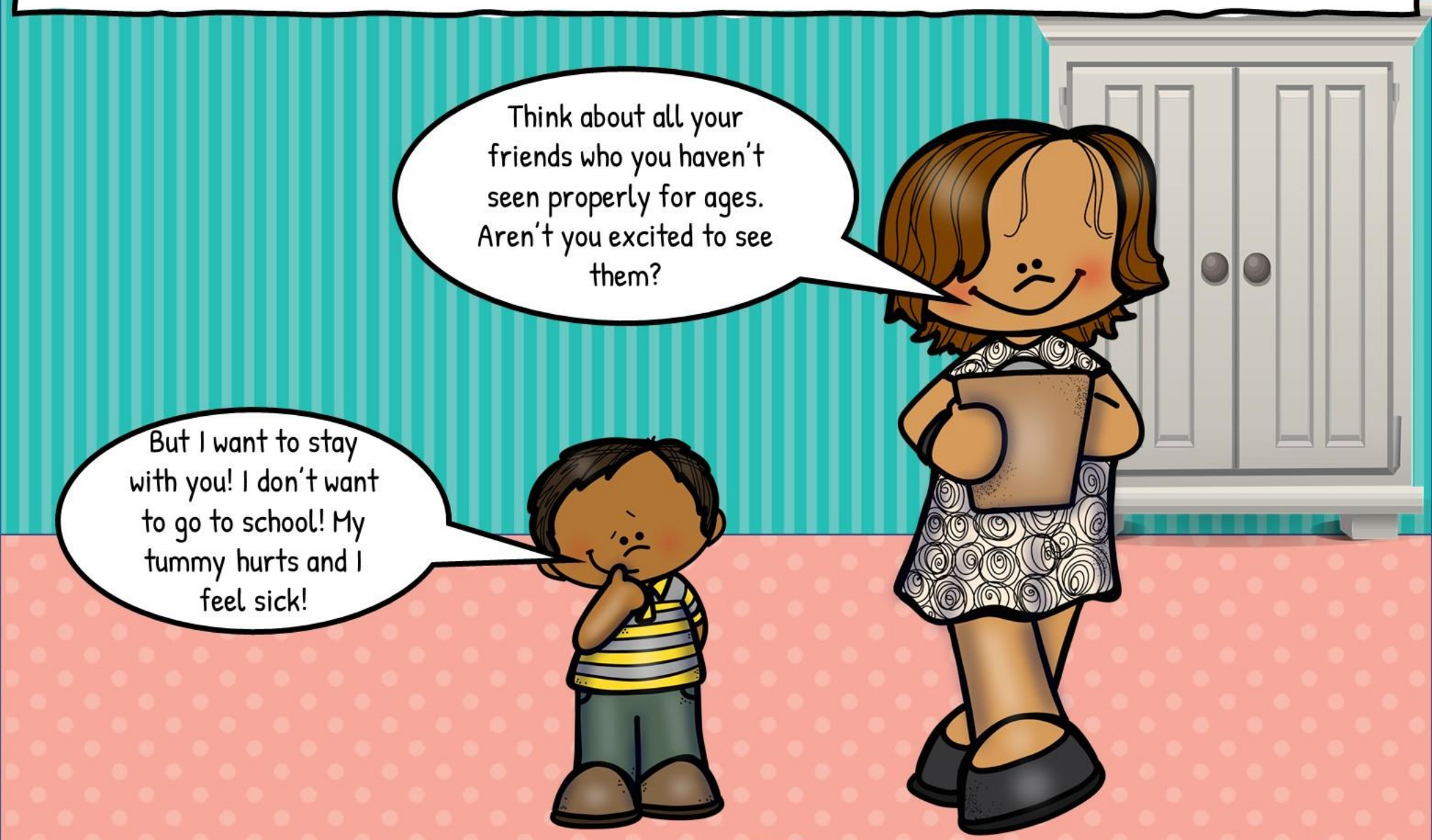
George was a bit interested in seeing his friends again. He had missed them.



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Suddenly George burst into tears. He couldn't help himself. He was so worried and scared about going back to school. He was UPSET!

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Then something even weirder happened George felt angry! He was NOT going to school!

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George tried all sorts of things to avoid going to school.

- He ran away and hid under his bed.
- He decided his teeth needed brushing again.
- He decided he needed to go to the toilet again.
- He decided he needed his blue school bag and not his red school bag.
- He decided he needed to wash his hands again
- He decided he needed to give his pet cat another cuddle.
- He took FOREVER eating his breakfast, one cocoa pop at a time!

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He had thoughts going around in his head.

George was very very SAD
and worried.

What if everything is different at school?

What if I am needed at home and I aren't there!

What if I don't see my mum and dad again?

What if my mum forgets to pick me up for school?

What if something happens to mum and dad when I am gone?

What if my friends don't like me anymore?

What if the work is too hard?

What if something bad happens at home and I am not there?

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They were
'What if?'
Monsters!

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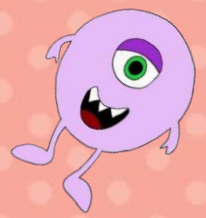
George remembered his teacher telling him about 'What if monsters'.

When the 'What if monsters' start in your head you need to do a few things to try and stop them.
He knew that the more he thought about them the bigger and bigger they would get.



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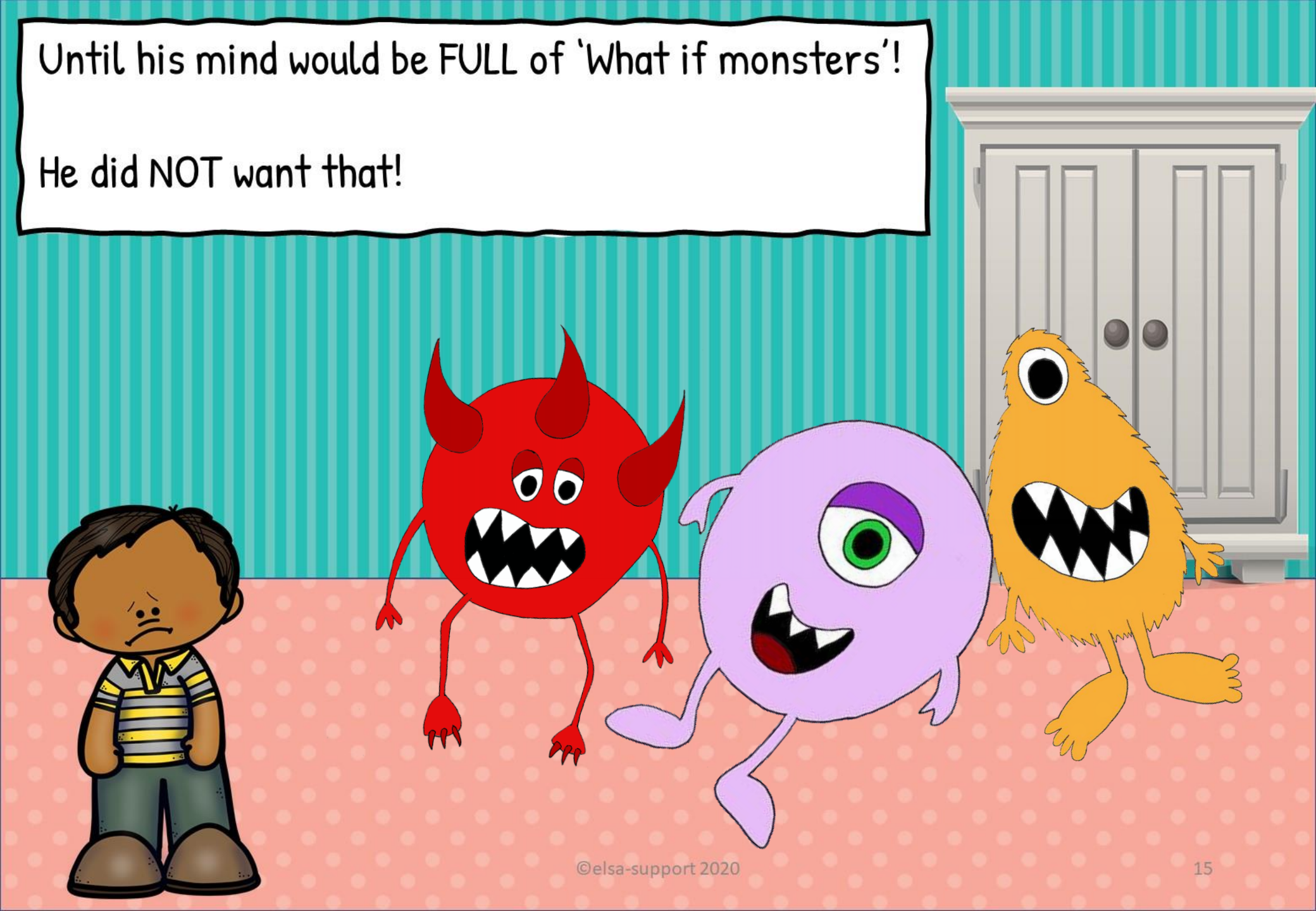
Until his mind would be FULL of 'What if monsters'!

He did NOT want that!



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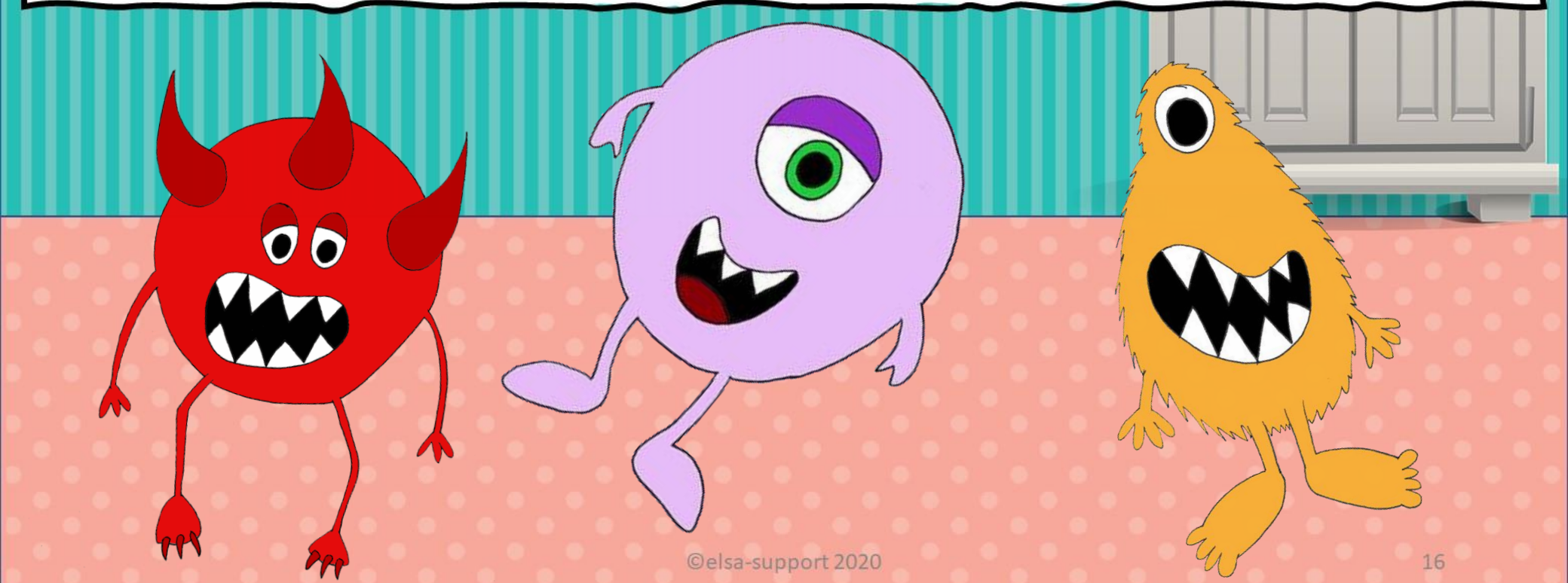
He remembered that he had been told to think about something else to get rid of them.
He needed to fill his mind with other things!
He thought he best try that because there was no way his mum would give in and let him stay at home. Those 'What if monsters' just had to go!



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He took some calming breaths where you breathe in for the count of 7 and breathe out for the count of 11.
He started thinking about the fun he had had last year on holiday. He went to the beach and played in the sand for ages and ages. His mum bought him an ice cream and they even paddled in the sea,

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George started to feel better. He even felt a bit happy.
He had such a good time on the beach. It was good to be able to go out and do things again. He had missed going out and doing fun things.

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He started feeling more positive. He started to think about his friends that he missed, and the great fun he had had with them when he was last at school.

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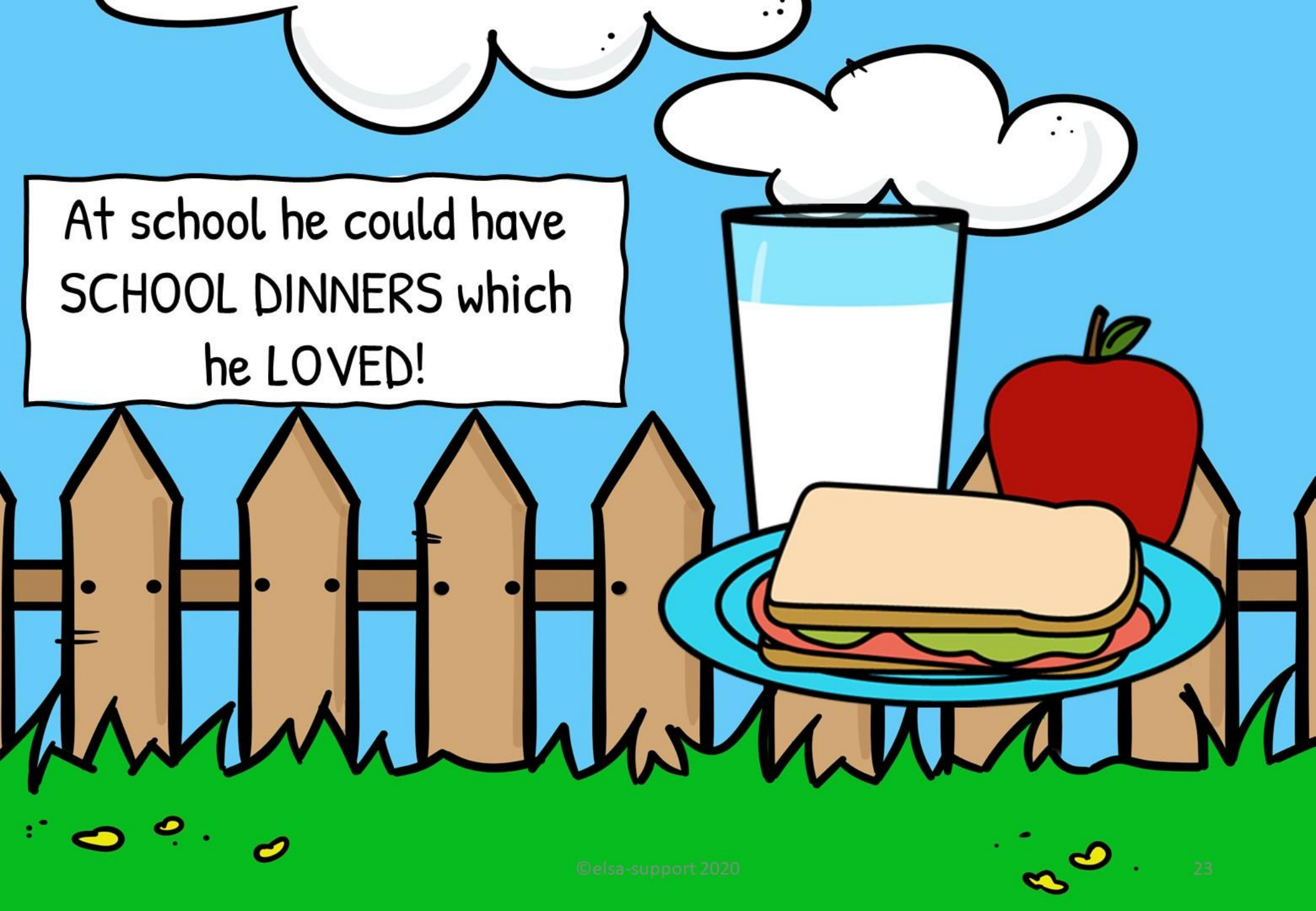

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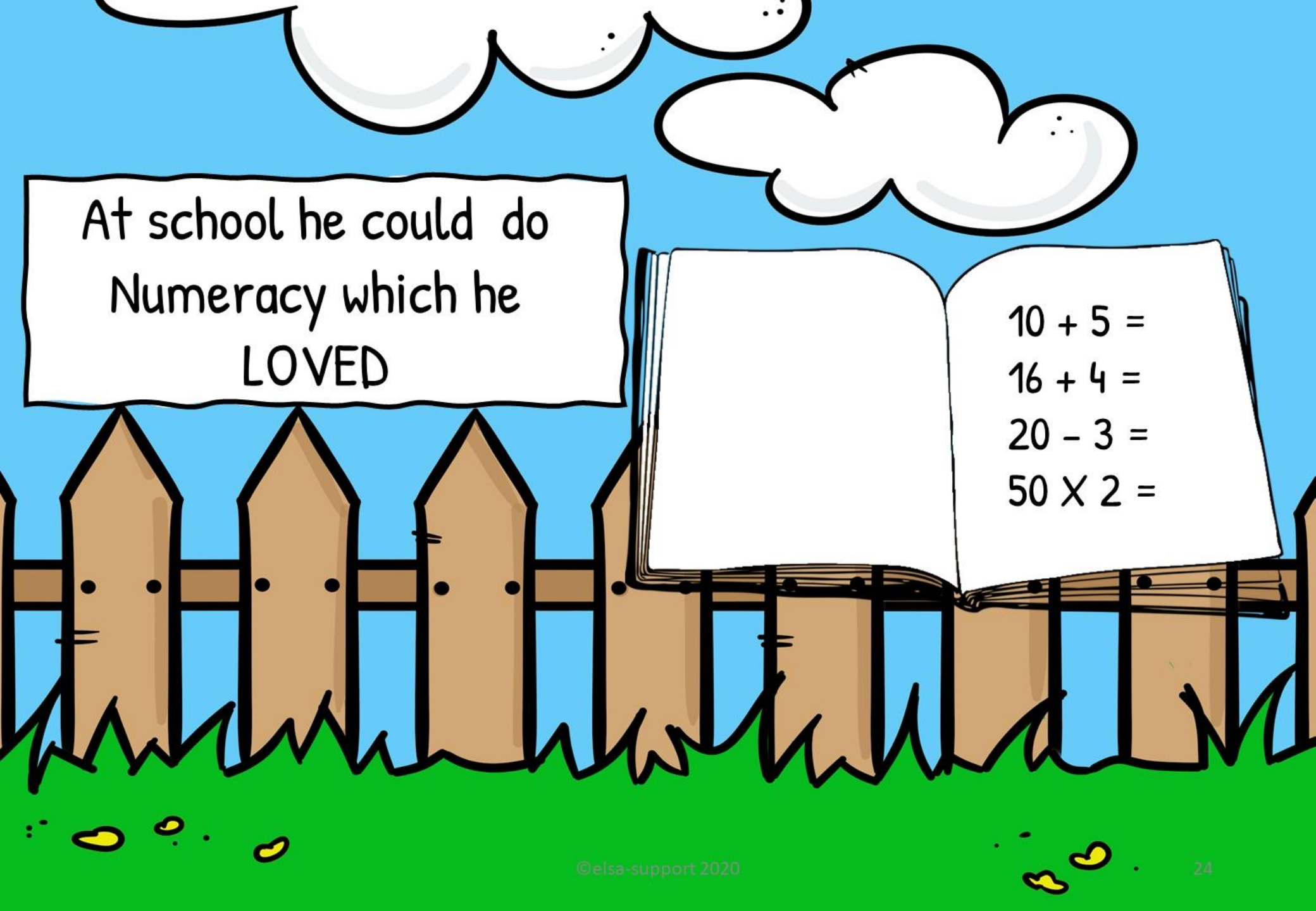

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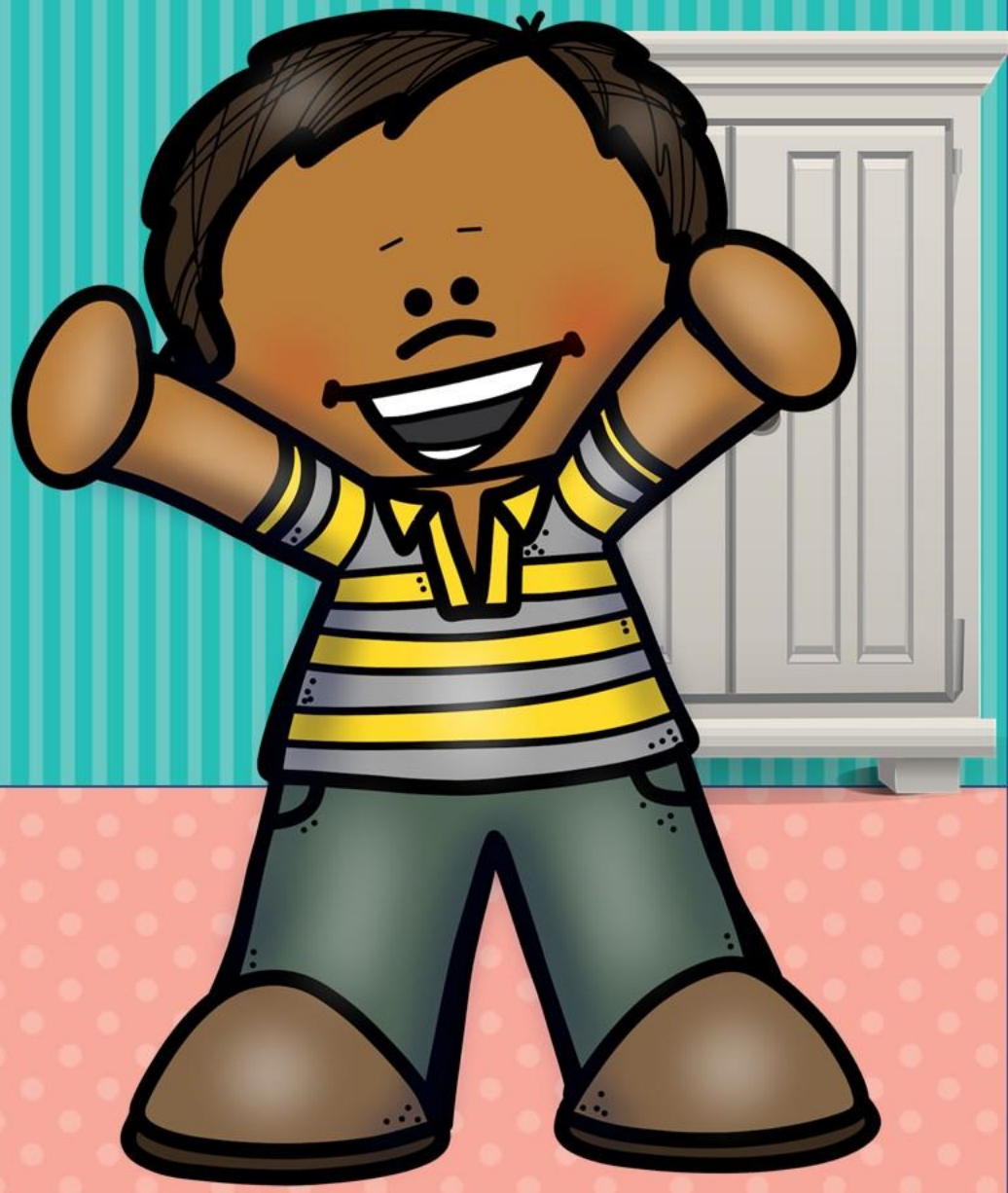
George decided it was a good idea to go to school today!



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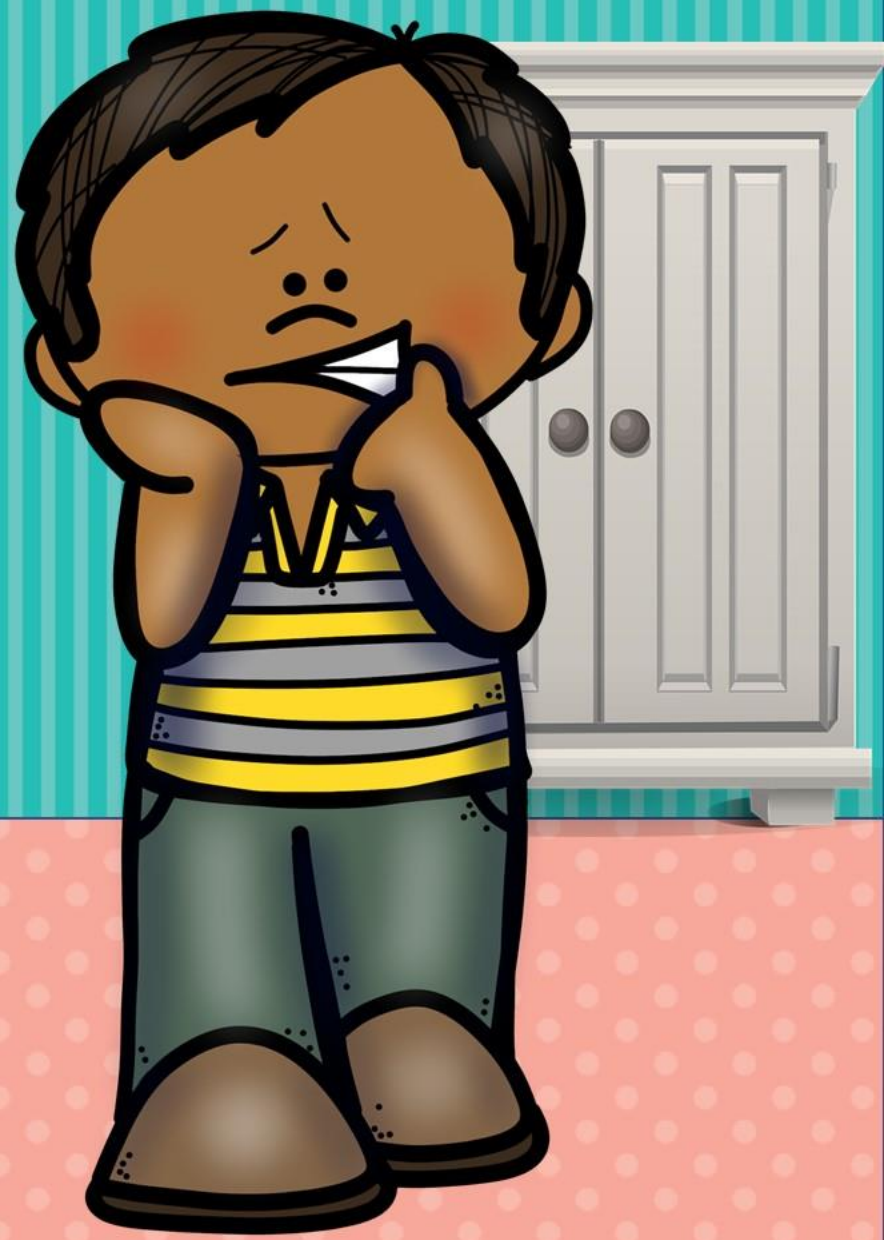
He was still a bit worried and scared about leaving mum. It was hard to admit that this was the problem. He felt safe at home and felt scared about leaving his mum.

It actually felt good to admit it to himself that this was the problem. He knew he could beat this!



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He remembered his teacher talking about making a plan if you are a bit worried about something.

He thought he best make a plan in his mind on what would happen when he got to school. He didn't want to cry or get all upset when he left his mum. She might feel sad if he did that and he didn't want his mum to be upset.

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He decided he would:

1. Give mum a kiss on each cheek.
2. Give mum one BIG HUG
3. Give mum one BIG WAVE
4. Give mum a BIG SMILE
5. He would say 'HAVE A GOOD DAY MUM!'

He would think about all the FUN things he was going to do at school today and not let those 'What if monsters' into his mind.

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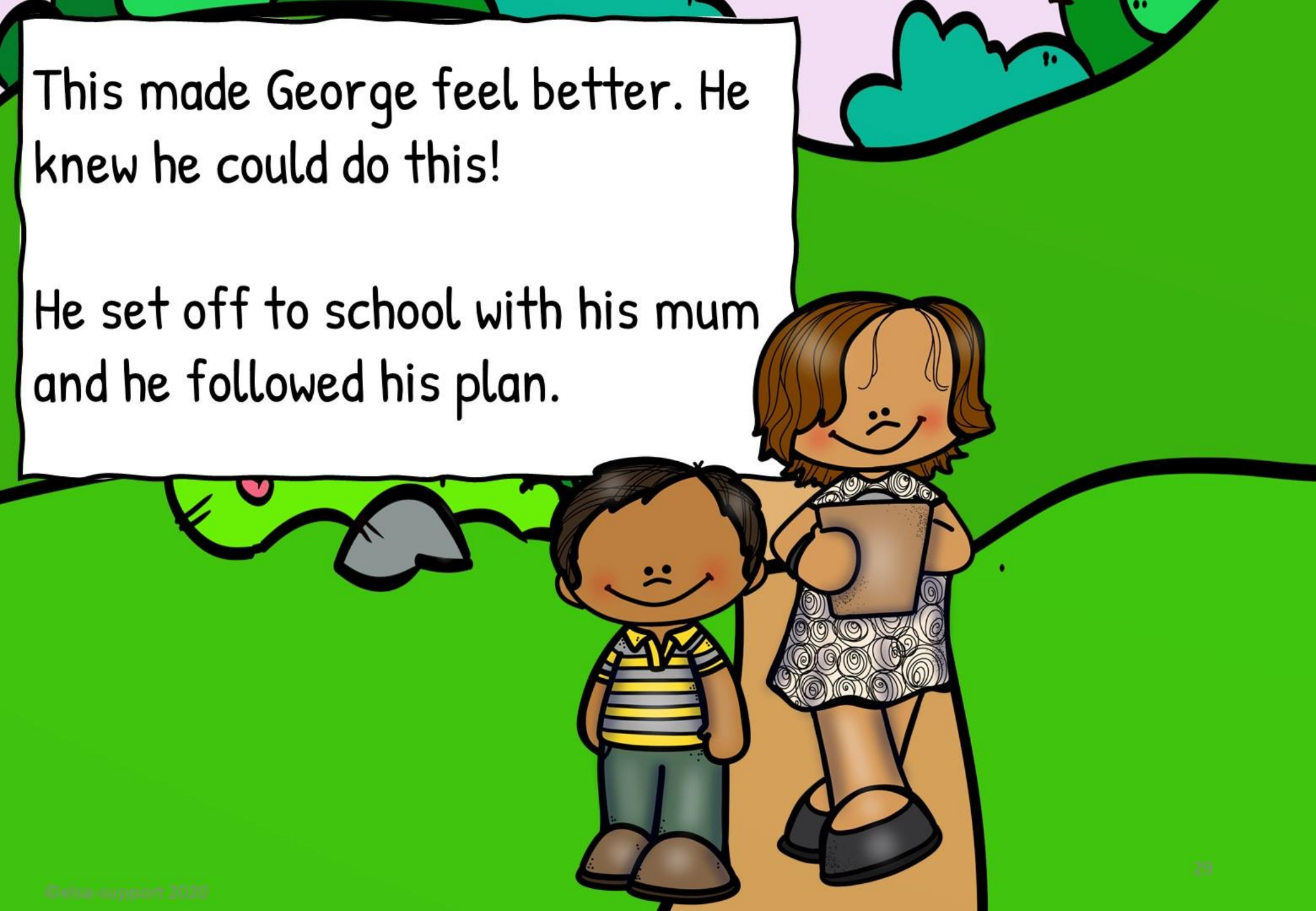

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He gave her a KISS on each cheek!

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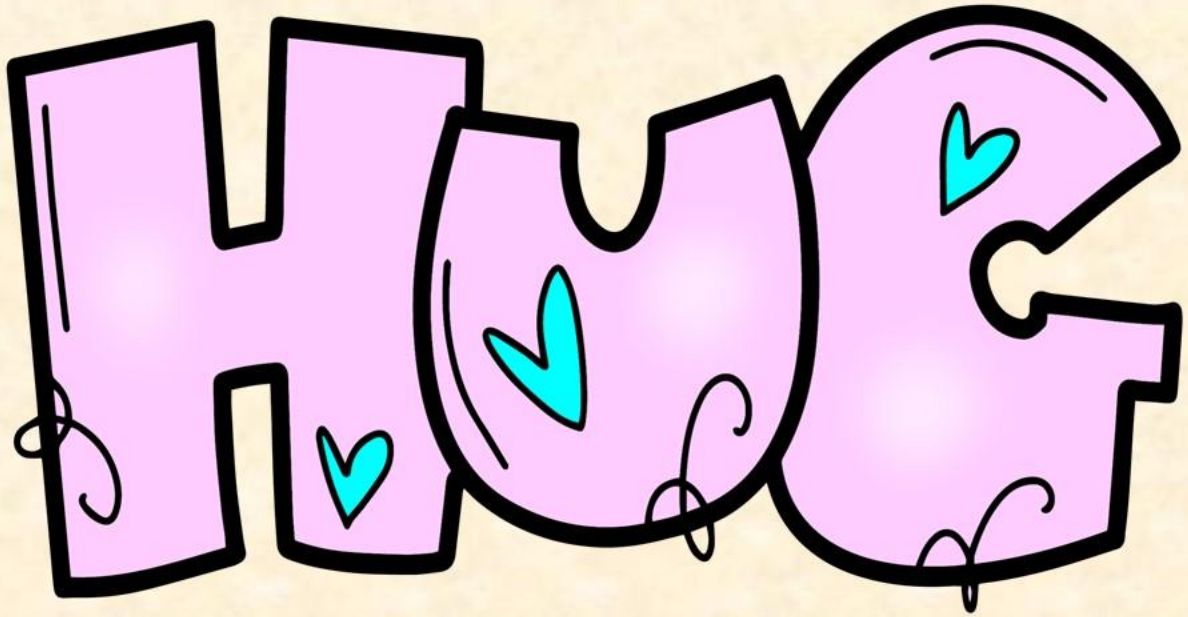
He gave her a BIG hug



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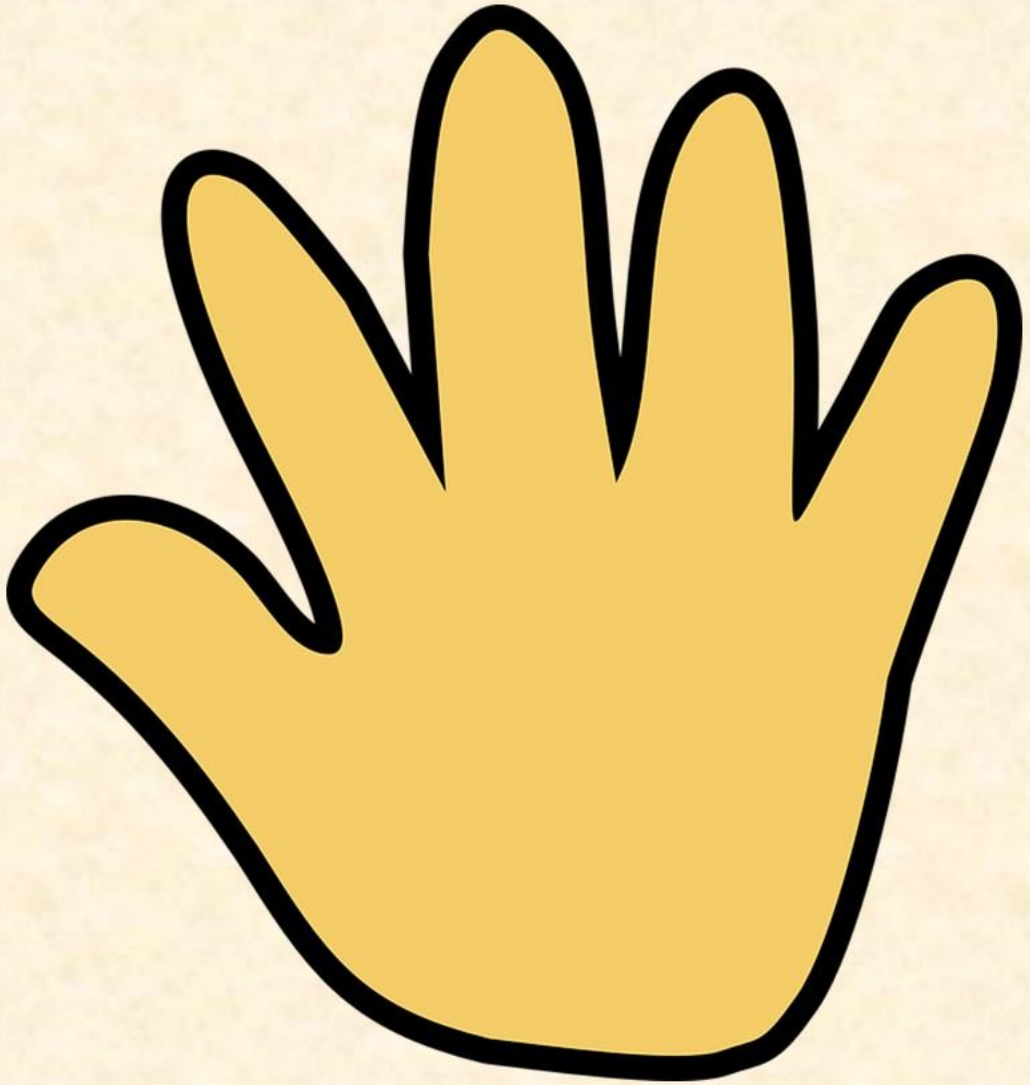
He gave her a BIG wave



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He gave her a BIG smile

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Mum gave him something to look after too! He was a bit surprised about that and knew he had to take good care of it! It was her SPECIAL bracelet. She kept it in a special box in her bedroom.

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George had a GREAT day at school with all his friends.
George felt HAPPY and all his aches, pains, butterflies, and 'what if monsters' disappeared! He couldn't wait for tomorrow!

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