

School Pressure Check-In Pebble

School or college can feel different for everyone. This sheet can help you explain what feels hard, what helps, and what adults might not see.

What feels hard right now?

- ☐ Getting there
- ☐ Staying all day
- ☐ Lessons
- ☐ Homework
- ☐ Exams or assessments
- ☐ Friendships
- ☐ Bullying or conflict
- ☐ Noise or crowds
- ☐ Teachers or adults
- ☐ Feeling behind
- ☐ Expectations
- ☐ Something else: _____



How does it affect me?

- ☐ I feel stressed
- ☐ I feel tired
- ☐ I feel angry
- ☐ I feel anxious
- ☐ I avoid things
- ☐ I get headaches or stomach aches
- ☐ I stop talking
- ☐ I get into trouble
- ☐ I feel like giving up
- ☐ Other: _____

What adults might not see

What would make school or college feel more manageable?

What helps me get through the day?

- ☐ A trusted adult
- ☐ A quiet space
- ☐ Clear instructions
- ☐ Breaks
- ☐ Sitting somewhere different
- ☐ Help with work
- ☐ Knowing the plan
- ☐ Time with friends
- ☐ Leaving lessons calmly if needed
- ☐ Other: _____

One thing I want support with is...
