



Back to School Anxiety Worksheet

It is completely normal to experience some level of nervousness or anxiety when you think about going back to school. You cannot predict the future but what you can do is prepare for it!. Use the table below to list your worries and how you can cope with them. Also make a checklist of all the items you need to take with you so that you don't miss anything important.

What am I worried about?	What can I do about it?

Things to take with me on the my first day back to school			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
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	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>

Reference

[Huebner, D. \(2005\). *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Magination Press.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.