

What Makes School Hard?

Explore academic, social, emotional, sensory, organizational, and other barriers.

Check anything that makes school harder. There can be more than one reason, and the reason may change from day to day.

Academic

- Reading
- Math
- Tests / quizzes
- Writing
- Keeping up
- Understanding directions

Social

- Peers
- Lunch / recess
- Feeling left out
- Bullying / teasing
- Group work

Emotional

- Worry
- Anger
- Fear of mistakes
- Sadness
- Embarrassment
- Separation from caregiver

Sensory

- Noise
- Lights
- Smells
- Crowds
- Clothing
- Busy classrooms

Organization / EF

- Starting work
- Transitions
- Planning
- Remembering materials
- Time management
- Finishing / turning in work

Other

- Transportation
- Health / fatigue
- Teacher relationship
- Bathroom concerns

■ Schedule changes

■ Something else

The three biggest barriers for me are:

One change that might make school feel more manageable:
