

School Re-Entry Ladder

Break returning to school into smaller, manageable steps.

Build the ladder from easier to harder. Re-entry works best when steps are specific, repeatable, and adjusted to the child's actual level of distress.

My School Re-Entry Ladder

Step	Practice step	Anxiety 0-5	Completed
1			■
2			■
3			■
4			■
5			■
6			■
7			■
8			■

Possible steps might include:

- Get dressed for school
- Walk onto campus
- Attend one class
- Attend a full day
- Drive past the school
- Meet a trusted staff member
- Attend part of the day

What helps me stay on the step long enough to practice?
