

School Anxiety Scale

Notice the intensity of school-related distress and where it shows up.

This tool is for noticing and communicating distress, not diagnosing it. Circle or mark the number that best matches how school feels right now.

How strong is my school anxiety right now?

0	1	2	3	4	5
Calm	A little worried	Uncomfortable	Pretty worried	Very worried	Overwhelmed

Where do I notice it?

- Head / thoughts
- Chest / breathing
- Energy level
- Appetite
- Stomach
- Muscles / body tension
- Sleep
- Other: _____

What is my worry saying?

What part of school feels hardest right now?

What would help the number come down by just one point?
