

EBSA, A SOCIAL STORY FOR OSCAR

My Feelings Are Important



Sometimes I find it hard to go to school.
My tummy might feel wobbly.
My body might feel tight or shaky.
These feelings are real, and they are important.
Lots of children feel this way sometimes.
I am not alone.

This does **not** mean I am naughty.
It means I need support, comfort, and understanding.

What EBSA Means

EBSA means *Emotionally Based School Anxiety*



This does **not** mean I am naughty.
It means I need support, comfort, and understanding.

Why School Can Feel Hard for Me



School can feel difficult for many reasons.

Sometimes there are lots of people.

Sometimes I don't understand what I have to do.

Sometimes I think things are too hard for me.

Sometimes other children can annoy me.

Sometimes there are unexpected changes.

Sometimes I worry about getting things wrong.

Sometimes I get very tired or overwhelmed.

These feelings are OK.

Grown-Ups Want to Help Me



The adults who care about me want to help me feel safe.

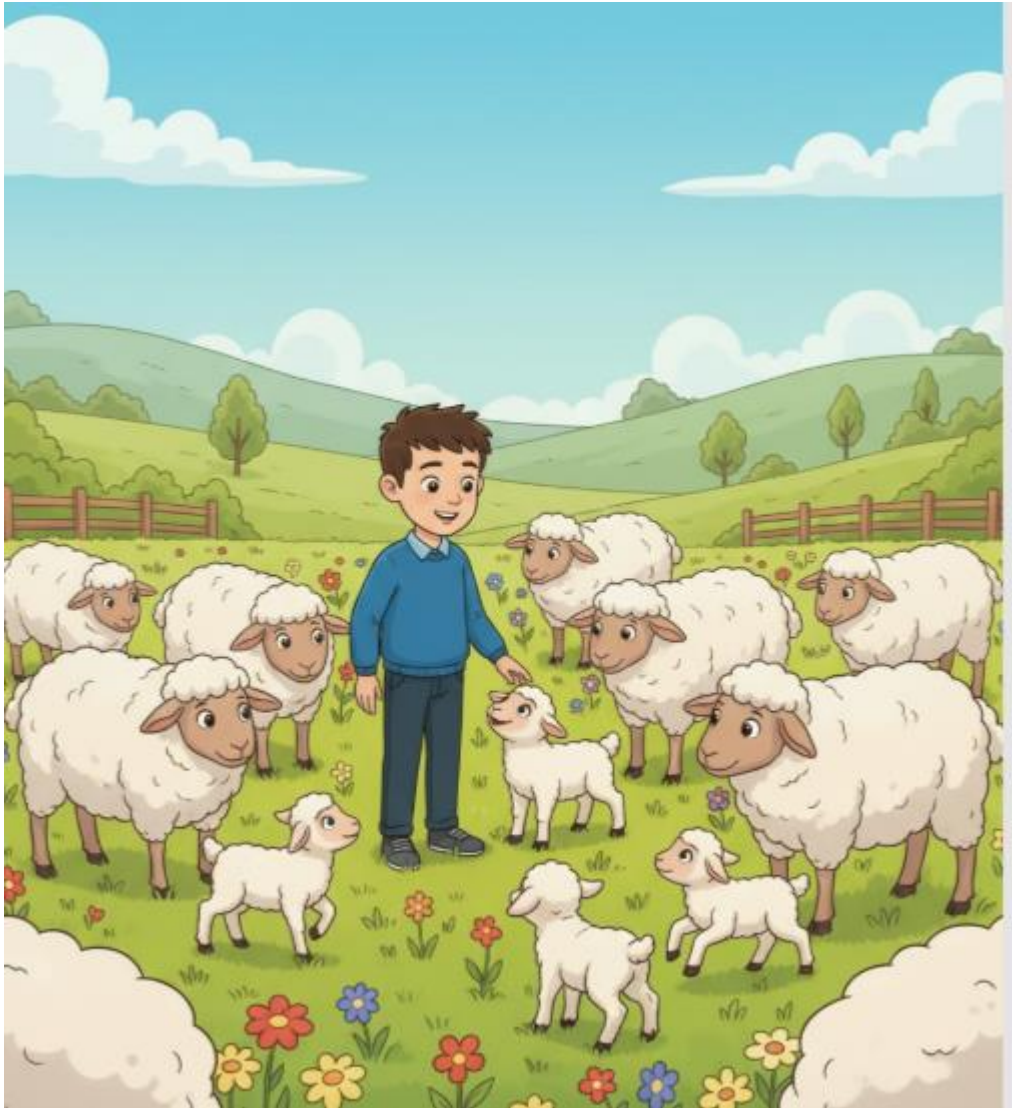
They will listen to me.

They will believe me.

They will help me take small steps so things feel easier.

I don't have to do everything at once.

Doing Things at My Pace is Important to Me



On a farm, animals move at their own pace.
Some days the sheep run fast.
Some days they take small steps.
I can take small steps too.

Slow steps are still good steps.

Getting Ready for School



There are things that can help me in the morning:

- Knowing the plan
- Having a calm space
- Having somebody to comfort me

When I know what is happening, things feel safer.

My Calm Plan



When I feel worried, I can try:

- Taking slow breaths
 - Hugging my soft toy
 - Holding something that feels nice
 - Using my calm-down cards
 - Telling an adult how I feel
- I can choose what works for me.

Small Steps Back to School



I do not have to go from big feelings to big school days.
I can take small steps, like:

- Just going for one or two mornings a week
- Visiting the school building to pick up my sister
- Meeting one adult I trust
- Staying for a short time
- Doing activities I enjoy

Each step helps my brain feel safe.

Safe People at School

There are grown-ups at school who care about me.
They want to help me feel calm and comfortable.
If I feel worried, I can go to them.
I can talk, or point, or show them a feelings card.
They will help me.



School Can Feel Better Over Time



Sometimes things take time to feel easier.

That is okay.

Every small step helps my body feel braver.

I can learn when my brain feels safe.

I am getting stronger, even on the days when it feels hard.

What I Can Say When I Am Worried



If I feel unsure, I can say:

- "I need a break."
- "I feel worried."
- "I need help."
- "Can we slow down please?"
- "I don't understand this."
- "Can you tell me again please?"

- Adults will listen to my words.

I Am Brave, Even When I'm Scared

Being brave doesn't mean I am never scared.

Being brave means I try to keep going, one small step at a time.

Being brave means I can stop when things get too tough for me.

I can do this.

I am strong.

I am loved.

I am Oscar.

I am a hero



by simply being me.