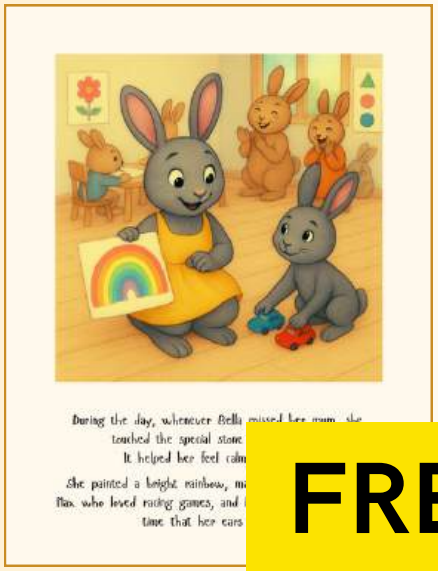
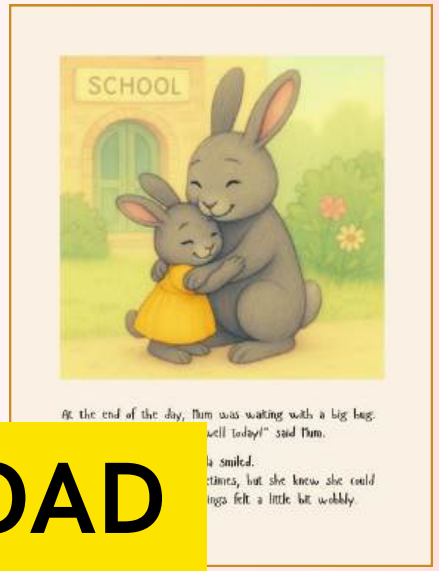




FREE DOWNLOAD

SCHOOL ANXIETY

Story & Worksheets

Bella the Bunny's Wobbly School Morning

www.AnxietyHelpBox.com

SEE OUR WEBSITES FOR MORE FREE RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM

2 WWW.ANXIETYHELPBOX.COM

3 WWW.FEELINGSHELPBOX.COM

©EDITA STIBOROVA (2025) THIS DOCUMENT CAN BE USED AT NO CHARGE BY INDIVIDUALS AND NOT-FOR-PROFIT ORGANISATIONS FOR THEIR WORK WITH FAMILIES AND/OR TRAINING AS WELL AS UPLOADED TO OTHER WEBSITES PROVIDING THAT NO CHANGES ARE MADE TO ITS CONTENT.

Bella the Bunny's Wobbly School Morning

www.AnxietyHelpBox.com

Bella the Bunny loved being at home with her mum. They would bake carrot cakes, cuddle on the sofa, and read lots of stories. But some mornings, when it was time to go to school, Bella's tummy felt all wobbly.

She held on tightly to her mum's paw.
"I don't want to go to school, Mum," Bella whispered.

Her mum knelt down and gave her a small, shiny stone shaped like a heart.

"This is your special stone," said Mum. "When you miss me, hold it tight and remember that I am thinking of you."

Bella tucked the stone safely into her pocket.

As they walked to school, Bella decided she wanted to spend the walk making happy memories instead of worrying.

They played "I Spy" with all the colourful things they could see – a red door, a yellow leaf, a blue car. Bella giggled when she saw a grey squirrel carrying two acorns at once, wobbling side to side like a funny little dance.

When they reached the school gates, Bella remembered what her mum had said. "A quick hug and a big wave can help you feel ready."

Bella gave her mum a big hug and a cheerful wave. She knew that staying longer with her mum would only make it harder to say goodbye. She took a deep breath and walked into her classroom, feeling a little more settled.

During the day, whenever Bella missed her mum, she touched the special stone in her pocket.
It helped her feel calm and strong.

She painted a bright rainbow, made a new friend called Max who loved racing games, and laughed so much at story time that her ears wobbled!

At the end of the day, Mum was waiting with a big hug.
"You did really well today!" said Mum.

Bella smiled.
She still missed Mum sometimes, but she knew she could manage, even when things felt a little bit wobbly.

Thinking About Bella's Story

Bella had lots of different feelings
when she went to school.
Let us think about what happened in
her story and how she managed
her wobbly feelings.
Answer these questions about Bella:

- How did Bella feel when it was time to leave for school?
- What did Bella's mum do to help her feel better?
- Why do you think the special stone helped Bella during the day?
- What games did Bella and her mum play on the way to school to make the morning more fun?
- Why do you think a quick hug and a wave helped Bella at the school gates?
- What did Bella do when she started missing her mum at school?
- What good things happened to Bella during her school day?
- How do you think Bella felt when she saw her mum at the end of the day?

Bella's Bunny Smiles

Every day you try your best to go into school, you can add a smile to Bella's bunny face! When you collect 5 smiles, you can have a little treat or do something special!

Wobble Scale

How do you feel this morning? Look at the bunny faces below.
Circle the bunny face that shows how you are feeling today:

Calm and happy

A little unsure

A bit wobbly

Quite worried or upset

Very wobbly and upset

What could help you feel a little bit calmer?

Draw or write your ideas below.
It might be a cuddle, a kind word, your special stone, taking deep breaths, or looking at a book.

My Special Comfort Item

Bella carried a small stone shaped like a heart.
It helped her feel calm and close to her mum when she was at school.
You can find your own special item too!

Some ideas for your special item:

Family photo

Small toy

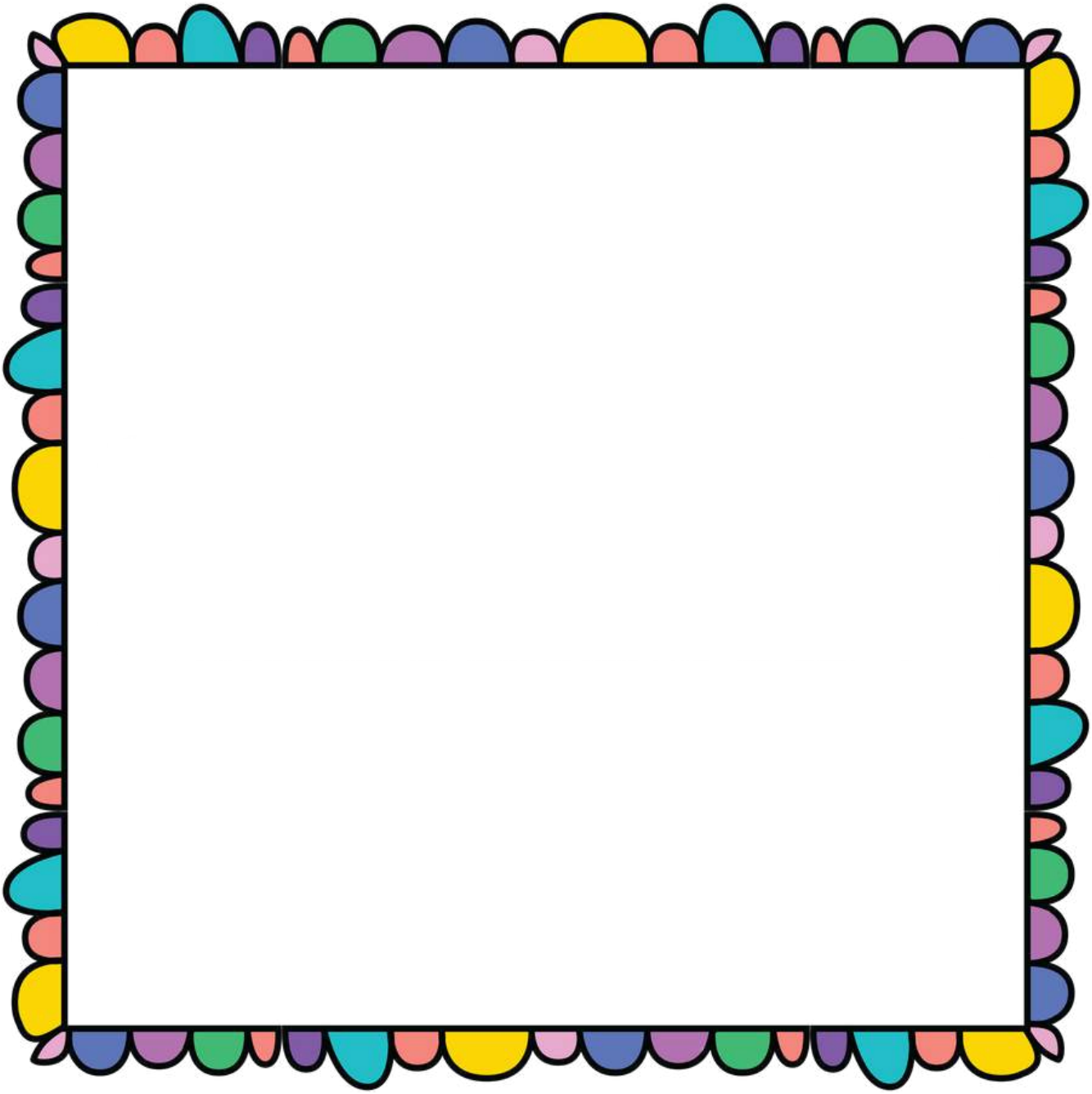
Key ring

Ribbon

Stone

What will your special item be? Draw it inside the frame:

Bella's stone had special powers.
It helped her feel calm and remember that her mum loved her. What special powers will your item have?
Write or draw your ideas below:



My Morning Superpower Pose

Before leaving home or at the school gate, you can do a "Superpower Pose" to help you feel strong and ready.

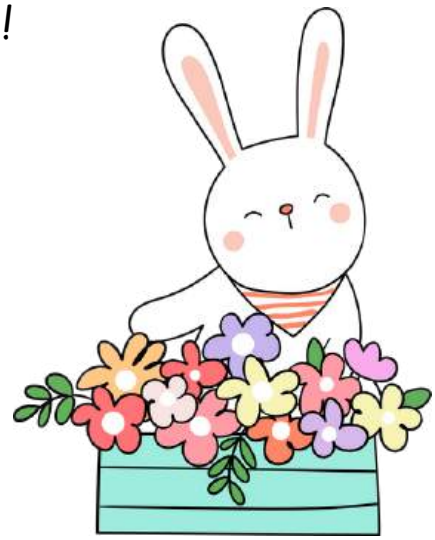
Draw yourself doing your Superpower Pose!

On the Way to School: Happy Moments Together

Bella and her mum made their walk to school fun by playing games and looking at colourful things.
This helped Bella feel calmer and happier before saying goodbye.

Which fun things would you like to do with your grown up on the way to school?

- ☐ Play "I Spy".
- ☐ Choose a "lucky object" to spot each morning (like a red car or a yellow flower)
- ☐ Look for colourful leaves, flowers, or funny-shaped clouds.
- ☐ Think of five things you are looking forward to.
- ☐ Count how many animals or cars you see on the way.
- ☐ Spot something starting with each letter of your name.
- ☐ Make up a secret walking dance.
- ☐ Think of a colour and find five things that match it.
- ☐ Tell a story about Bella's next school adventure.
- ☐ Take turns saying kind things to each other.
- ☐ Walk a few steps pretending you are funny animals.
- ☐ Play "Guess the Animal" – one person thinks of an animal, and the other guesses by asking yes/no questions!
- ☐ Tell jokes or silly riddles.
- ☐ Sing a favourite song together.
- ☐ Make up a short story together.
- ☐ My own ideas:



Saying Goodbye at School: Quick, Happy Goodbyes

Bella gave her mum a quick hug and a cheerful wave. This helped her feel more ready to start her day. A quick and simple goodbye can help you too!

Which quick goodbye would you like to try?

Tick one or create your own:

- ☐ A big hug, high five, then wave
- ☐ A special goodbye phrase (like See you later, alligator!)
- ☐ A hand squeeze and a smile
- ☐ Blow a kiss and catch it
- ☐ A "brave bunny" salute (touch your heart, then wave)
- ☐ My own idea:

Draw or write your goodbye ritual here:

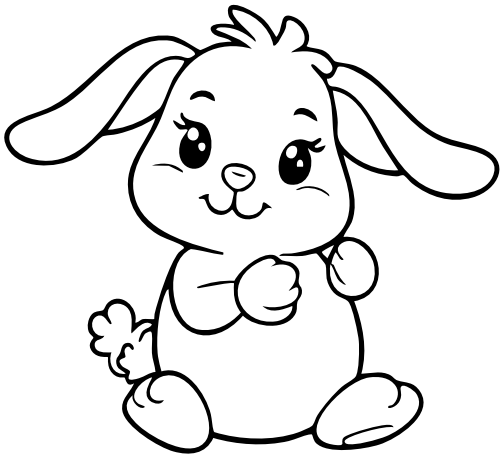
"One Kind Thought" Card

Each morning, write or draw one kind thing you are looking forward to at school. It could be seeing a friend, playing outside, hearing a story, or showing your teacher your work.

Today, I am looking forward to....

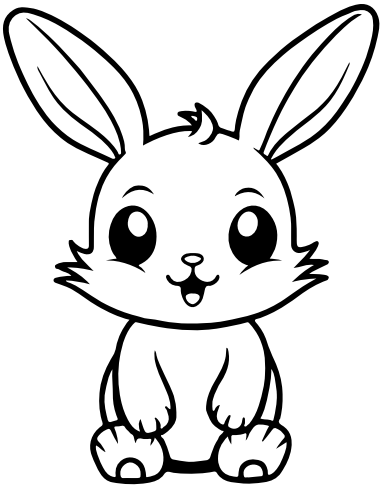
Today, I am looking forward to....

Today, I am looking forward to....



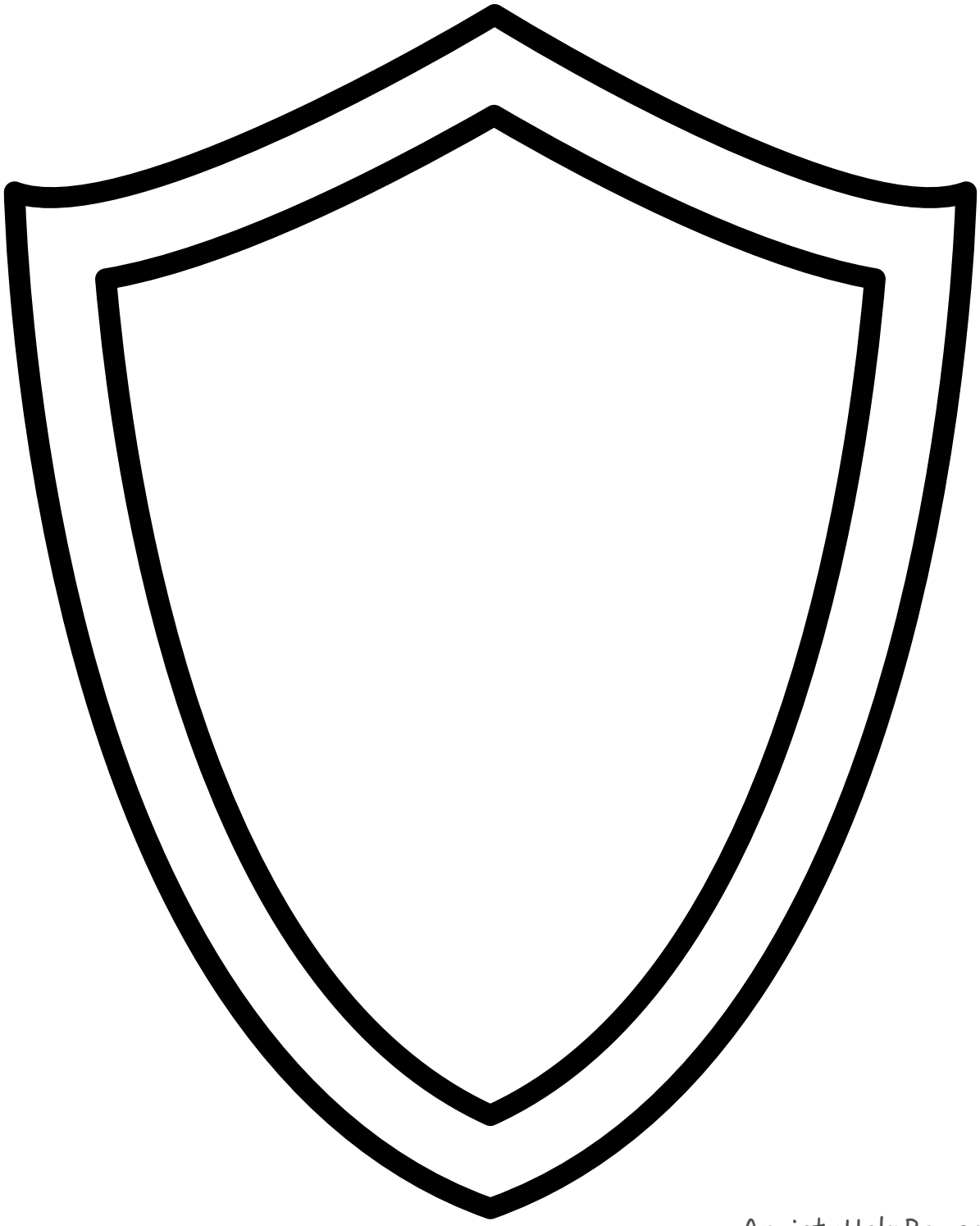
Today, I am looking forward to....

Today, I am looking forward to....



Bella's Brave Shield

Design your own 'Brave Shield' for days when school feels tricky. What makes you brave like Bella? (Write or draw inside the badge)



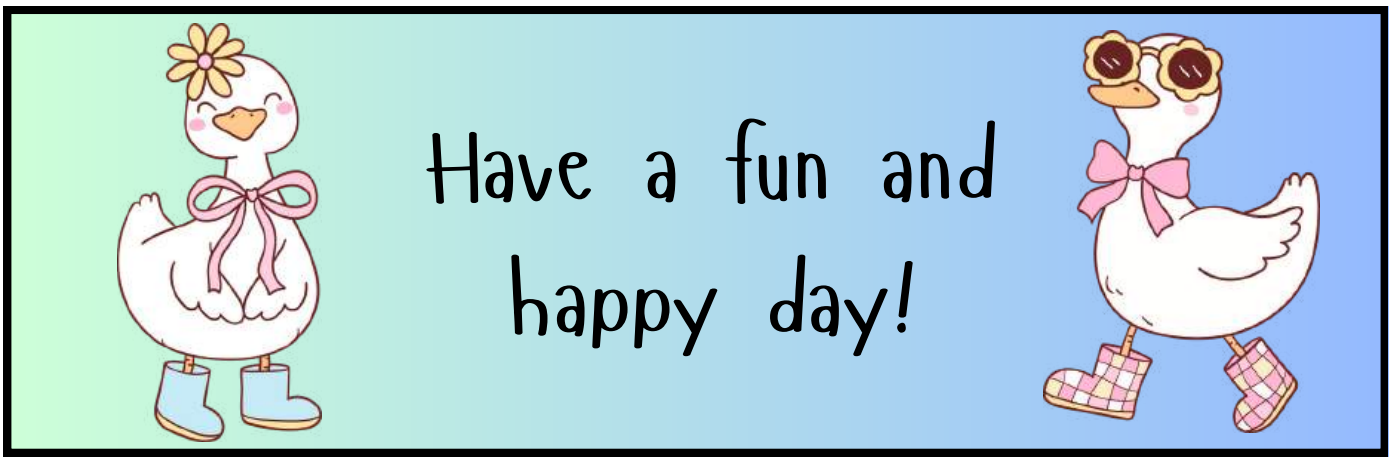
Feed the Bunny Monster Your Worry

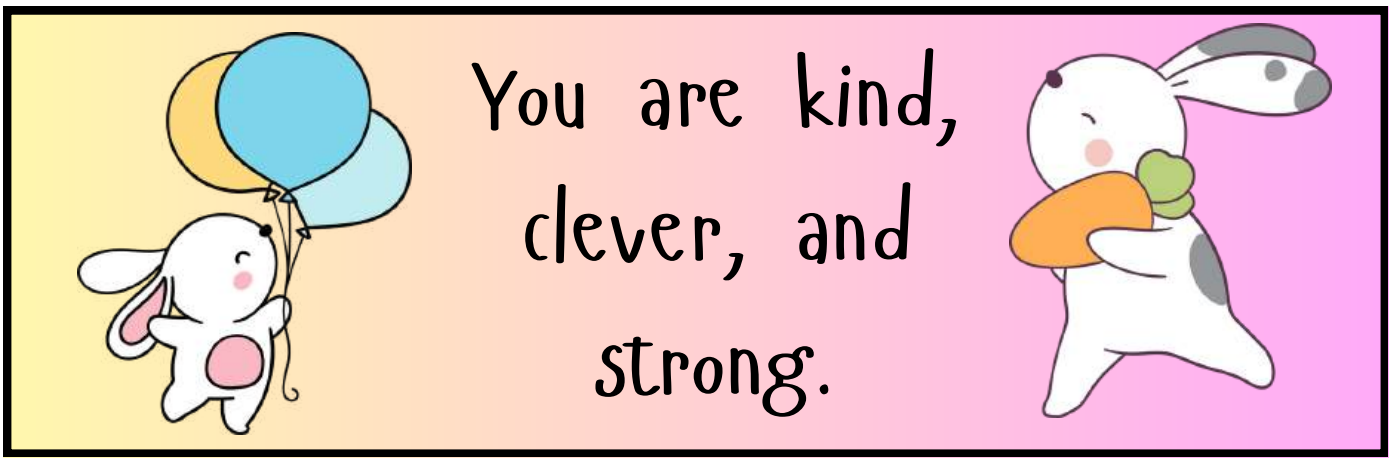
If you have a worry for today, draw or write it inside the Bunny Monster's big open mouth. It might be something that happened, something you are nervous about, or a feeling that will not go away. The Bunny Monster is here to help - it will gobble up your worry so it does not feel so big anymore.

Feed the Bunny Monster Your Worry

Special Message from Your Grown-Up

Each morning, your grown-up can leave you a special message hidden in your bag, your lunchbox, or your pocket.
When you find it during the day, it can help you feel calm, happy, and loved – just like Bella felt when she touched her special stone!





You are loved so much!

Smile big - I am smiling too!

You can do wonderful things today!

One small step at a time - you are doing so well.

You are never alone - I am thinking of you.

Your hug is waiting for you at home!

I believe in you!

You are my superstar!

I love how brave and kind you are.

Keep that smile shining!

You are safe and loved all day long.

I cannot wait to hear about your day!