

How stressfull are things for me?

Sometimes different parts of our day feel easy, a bit stressful, or very stressful.

This tool helps you show how different things feel at school and at home to better understand your feelings and find ways to support you.

There are no right or wrong answers, it's all about your experience.

School



Tip: Try to think about any aspects of your school day that may have an impact on how you feel (lessons, playtime, lunchtime, friends, teachers, noise, tests, homework, etc.). Then, put it in the right column based on how stressed it makes you feel.

Easy	A bit stressfull	Very Stressful

