

Situations Children find Stressful

Below is a list of some of the situations that children find stressful and the emotions and behaviour that you might notice or want to look out for. You can use this checklist with children that you're working with or go through it with parents.

Child's Name

Child's age

Date

Situation	✓
Parents divorce	
Exams / tests	
Car journeys	
Homework	
Criticism	
New baby	
School	

Family arguments	
Learning difficulties	
Illness	
Illness of a family member	
Death of a family member	
Peer relationships	
Sibling relationships	
School dinners	
Lack of personal space	
Step Parents / Step siblings	
Moving house	
Car accident	
Being away from home	
Not having what other kids have	
Being ethnically different at school	
Issues with anger	
Issues with anxiety	
Being unpopular at school	

Feeling like other siblings are the favourite	
Parent's new relationship	
Being labelled (good, naughty, quiet etc)	
Physical, verbal or sexual abuse	
Being in foster care	
Christmas / Birthdays or holidays	
Nasty or noisy neighbours	
Erratic routines	
Parent's stress	
Strict teacher	
Being in an unruly class / household	

As a result does this child ever feel this way?

Emotion	✓
Angry	
Sad	
Confused	
Frustrated	

Jealous	
Lonely	
Anxious	
Exhausted	
Frightened	
Bored	
Worried	
Guilty	
Unwanted	
Unloved	
Inadequate	

Does this child ever behave this way?

Behaviour	✓
Runs away	
Self harms	
Tearful	
Withdrawn	

Aggressive	
Scared	
Answers back	
Lies	
Steals	
Wakes up a lot at night	
Uncooperative	
Fighting	
Bullies other children	
Bed wetting / soiling	
Destructive	
Poor concentration	
Gets into trouble at school	
Add your own here . . .	