

返唔到學嗰朝

When School Feels Too Hard This Morning

呢一頁唔係測驗，冇分數，冇對錯。朝早孩子返唔到學、或者唔想返學嗰陣，畀自己幾分鐘慢慢諗。答唔答都得；只供你自己準備同記錄。呢頁只係家長自己用嘅記錄紙，唔係學校或診所表格。

1 今日朝早，孩子對「返學」可能最辛苦嘅，係邊一段？

例如嘈音、人多、無結構時段、同某人見面

2 孩子最近有冇用說話、動作或者身體反應，講過學校邊啲地方令佢唔安穩？我今日可以點樣輕輕記住呢啲？

3 出門前，有冇一件細細嘅事，可以令呢個朝早對我同孩子都安全啲少少？

唔使一次解決晒所有事

4 稍後如果有餘力，我想同邊一位學校或者身邊嘅人，用幾句短短嘅話分享屋企同學校嘅對比？

5 呢個朝早過咗之後，我想為自己寫低一句咩，免得成日自己一個人扛住？

如果你覺得撐唔住

情緒通 精神健康支援熱線（24 小時）： **18111**

有即時危險： **999**

本頁由 AI 輔助編寫，只供個人反思同記錄，屬教育資訊，並非評估、診斷或醫療建議，亦不能代替專業意見。如有需要，請向學校、醫生或合資格專業人士查詢。教育資訊，非醫療建議。

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This page is not a test. There are no scores and no right or wrong answers. On mornings when your child cannot or will not go to school, give yourself a few quiet minutes. Answer only what feels right. For your own preparation and notes. This page is only for your own notes. It is not a school or clinic form.

1

What part of going to school might feel hardest for my child this morning?

for example noise, crowds, unstructured time, or seeing someone

2

Has my child recently shown me, in words, actions, or how their body reacts, which parts of school feel unsettled? How can I gently hold that today?

3

Before we leave, is there one small thing that could make this morning feel a little safer for both of us?

We do not need to fix everything at once.

4

If I have a little energy later, whom at school or nearby would I like to share a few short words with about how home and school compare?

5

After this morning settles, what one sentence do I want to write down for myself, so I am not carrying it alone all day?

If things feel too much

Mental Health Support Hotline 情緒通 (24 hours): **18111**

In immediate danger: **999**

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