

## Some questions to ask while reading Charlie's story

- What did Charlie enjoy doing at home?
- What things did you enjoy doing?
- Charlie got to stay up later than usual. What did you do that was different to your usual routine?
- How did Charlie feel when he was told it was time to go back to school?
- How do you feel about going back to school?
- Have you ever felt worried or angry before?
- What happened to your body when you have those feelings?
- Why didn't Charlie want to go back to school? What was he worried about?
- If Charlie was your friend what would you say to him to make him feel better?
- What did Charlie do to help him to feel better?
- Do you do anything to try and calm down? Have you tried calm breathing?
- What are the things you like about school?
- What have you missed the most?
- What are you looking forward to doing?
- Do you think Charlie has made a good plan?
- Could you make a plan?
- What special item that belongs to your mum could you take to school?