

# Confidence and wellbeing

## How do I look after my wellbeing?



### Natalia's story

"In the summer before I started year 7, we moved to a new house in a different part of the country.

On the first day of school I was nervous and felt sick as I didn't know anyone. All I could think about was what ifs: what if no-one spoke to me, what if they said horrible things to me, what if I didn't meet anyone I could be friends with and had to be on my own for the next five years?

With all this going on in my head I found it hard to concentrate on anything. I was also worried about getting the bus by myself for the first time, as my dad used to drive me to school. What if I missed the bus, or got on the wrong one, and was late for my first day?"

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**How does Natalia feel about starting school?**

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**Why might she be feeling this way?**

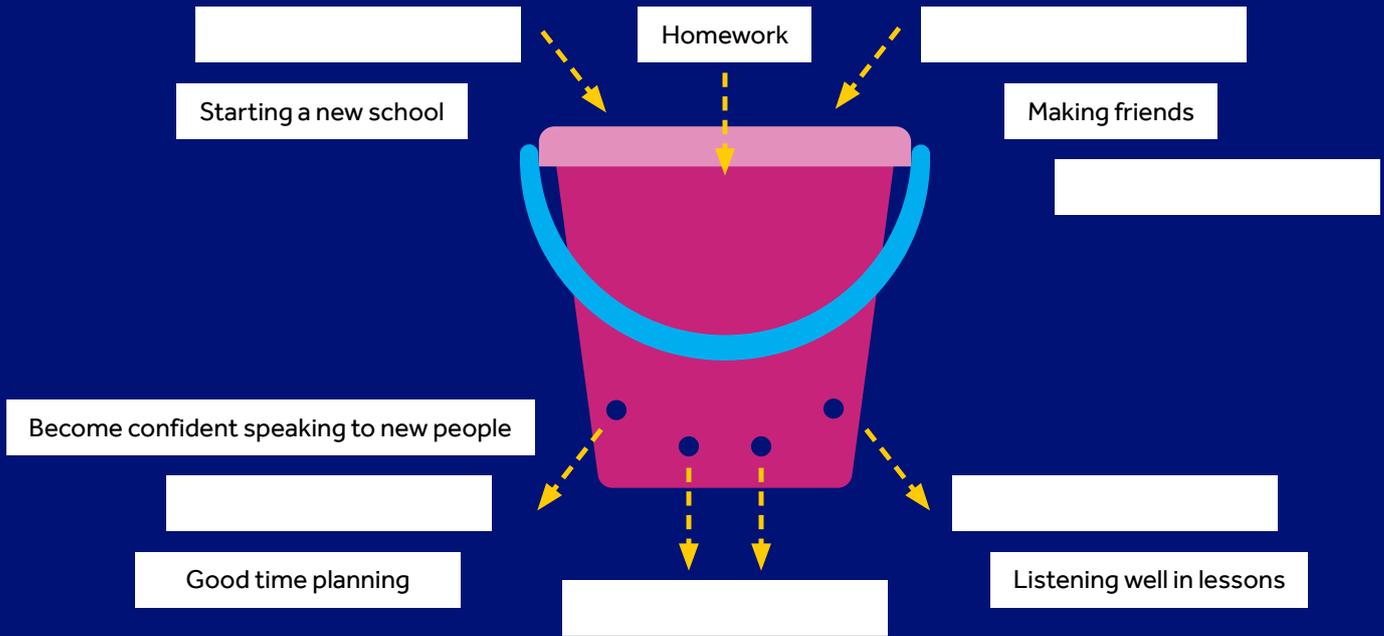
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**Do you think she is the only person in a similar situation who feels this way?**

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## The stress bucket challenge



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### Reflection

When something goes wrong, how do you sometimes react?

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How do you think other people feel when something goes wrong?

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What new techniques have you learnt for dealing with stressful situations?

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