



FREE PRACTICAL TOOL

When School Feels Like Too Much

A practical guide for students and caregivers when school demands start to feel unmanageable.

Start here

- 1 Name the immediate pressure: workload, attendance, conflict, focus, or emotional stress.
- 2 Choose one adult or support person at school to contact.
- 3 Ask for one practical next step such as clarification, an extension, a check-in, or support resources.
- 4 Break the next assignment into the smallest possible starting action.

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