**EBSN Laddering Activity (example statements)**

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| Going into a busy  dining hall | Meeting a member of staff in the school car park |
| Going into an empty dining hall | Putting my uniform on at home |
| Speaking to another pupil | PE lessons |
| Going into a lesson  (eg. Maths) | Going into a lesson  (eg. English) |
| Seeing pupils around school | Lunch time |
| Going into an empty classroom | Break time |
| Going into the reception area / walking into the school building | Travelling to school |
| The smell of … | Leaving the house |
| The noise in/on … | Teachers asking me a question |
| Getting a question wrong | Getting something wrong |
| Other pupils asking me questions | Understanding what I need to do |
| Understanding what the teacher means | School rules, such as… |
| Going to the toilets | Seeing my friends in school |

Most worried about

Least worried about