

# LET'S GET READY TO GO BACK TO PRIMARY SCHOOL! (for P2-P7)

An adult should work through this booklet with the child/young person

Tip: Print one-sided to allow you to complete the activities requiring cutting out

This booklet belongs to: \_\_\_\_\_

All school-aged children will be going back to school at some point in the future. So that children are more prepared to go back to school, this booklet was made to help.

It has a story to help explain about going back to school. It should help children understand how they are feeling about going back to school.

Any worries they might have can be talked about, and they can come up with ideas to help make these worries smaller.

### What about me?

- ☺ It might help me to understand my feelings.
- ☺ It might help me to prepare for going back to school.
- ☺ It will explain some of the new rules and how school might be different to how it was before.
- ☺ I will work through this booklet with my parents or another adult and try to have fun.

# I Will Be Going Back To School Soon



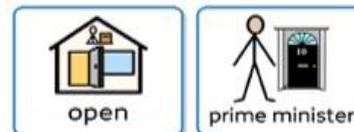
Schools have been closed.



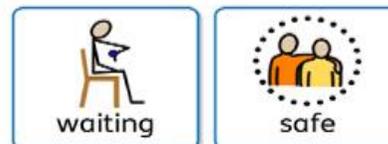
I have stayed at home.



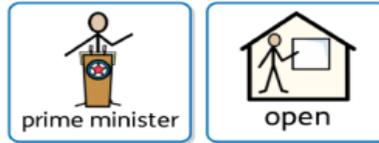
I am doing some good activities. I am doing some learning.



Sometime my school will open. The government will decide when.



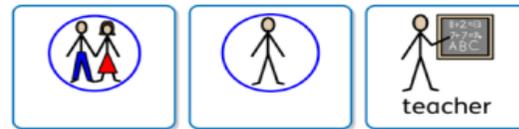
The government are waiting until we are safer from the virus.



The government will tell us what day we will go back



School might be a bit different but many things will be the same.



These people will help me \_\_\_\_\_



I can have a plan to help when I go back to school.



Now I can carry on learning and playing at home.

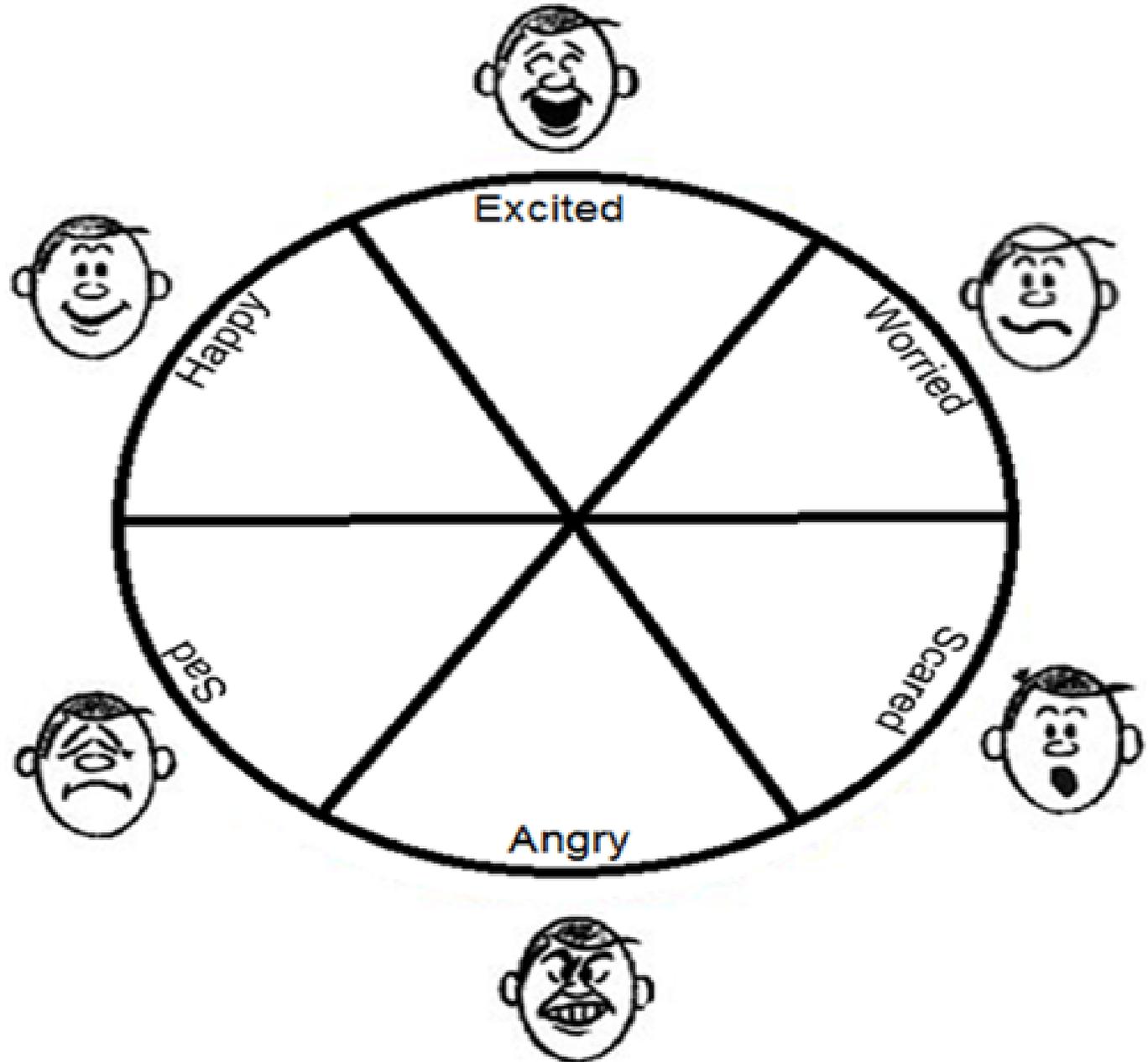


Write down the names of people who can help you here e.g. mum or dad, teacher, friend

## How do I feel about going back to school?

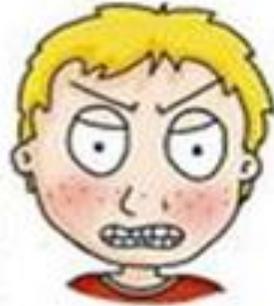
It is really important to think and talk about going back to school. Over the next few weeks, take time every day to do this. It's good to share these thoughts and feeling with family or friends.

There are lots of different words that can be used to describe the same feeling. Complete the colour wheel with different words to label each feeling. Then colour in each section with the colour that you think best represents each feeling.

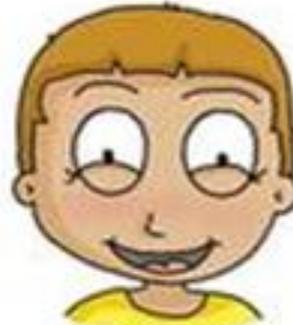


Look at the pictures below. Which one describes how you are feeling today about going back to school?  
Talk to family or friends about why you feel that way.

### How Do I Feel Today?



ANGRY



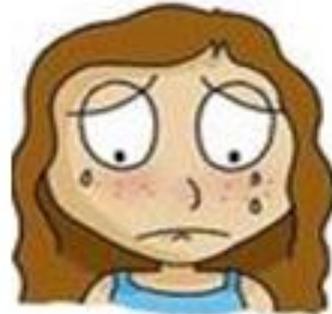
HAPPY



WORRIED



SCARED



SAD



EXCITED

It is ok to have lots of different feelings about going back to school. This can be confusing.

Think about and complete the 'feeling bubbles' below - remember, it's about going back to school.

**I am happy because...**

**I am angry because...**

**I am sad because...**

**I am worried that...**

**I am excited to...**



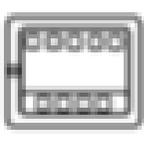
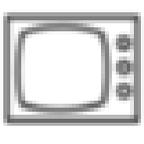
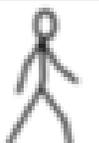
**I am scared that...**

Feeling worried, sad, angry, or scared? Some of these activities might help make these feelings smaller.

What other activities can you think of to add to the blank boxes that you know help you to feel better?

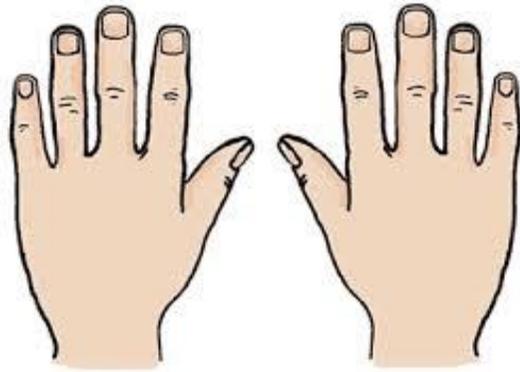
Try to do some of these activities regularly during the day.

## What can help me feel better?

 Skype	 work	 make	 bake	 iPad	 TV	 exercise	 garden
 play	 music	 sing	 dance	 laptop	 project	 chores	 sleep
 craft	 walk	 run					

Try some of these calming activities:

## Counting



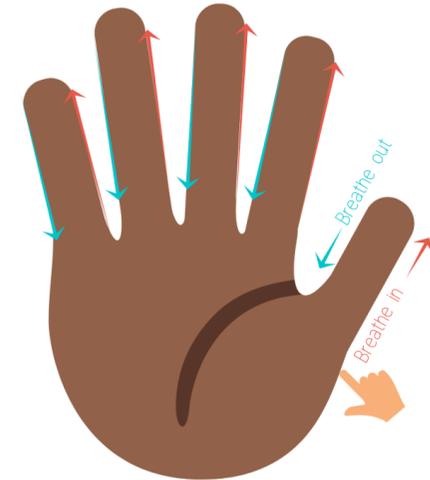
Count your fingers slowly, tapping each one out as you go. Try to focus only on counting. Keep going for as long as you feel you need to.

## Star Breathing



Imagine a star and 'trace' around the star. Breathe in deeply as you trace up one side of the star. Hold your breath. Then breathe out slowly as you trace down the next side of the star. Continue breathing in and out as you trace around the star.

## Finger Breathing



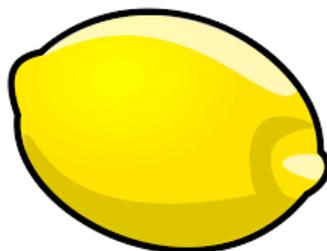
Breathe in deeply as you trace up your thumb. Pause and hold your breath at the top of your thumb then breathe out slowly as you move down your thumb. Keep going until you have used all your fingers/thumb.

## My favourite place



Think of your favourite place or a special memory. Imagine you are right there in this very moment. Name something that you can hear, smell, taste, what you could touch and what you could see.

## Squeeze and Let Go



Pretend you have a whole lemon in your hand. Now squeeze it hard. Try to squeeze all the juice out. Now pretend to let go of the lemon. Notice how your muscles feel when they are relaxed. Do this again a few times, and try the other hand too.

## I spy



Try to find 3 things in the room that:

- are blue
- are red
- begin with the letter S
- are soft
- are shiny

? Which ones did you like doing the best? Which ones made you feel more relaxed and calm?  
What other calming activities do you know?

All the emotions we feel in our body are normal. It is important to recognise these feeling in our own bodies so that each person can manage their own feelings.

Make time to do some fun and enjoyable, or calming activities regularly during the day - try not to wait until feeling very worried, very scared, very sad or very angry to try them.

Use a schedule as a reminder to practice and use these calming activities. Add in some of your own favourite activities. Think of ones that could be used in school too. Here is an example:

Morning	Afternoon	Evening
 <p>Count to 10</p>  <p>Drawing or colouring in</p>	 <p>Outdoor Play</p>  <p>Tablet time</p>	 <p>Take deep breaths</p>  <p>Body Squeezes</p>

Here is a blank one to try. It is important to keep practicing the strategies and it is ok to try more than one to help you feel better.

<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>

Some people find it helpful to make a worry box, a worry jar or worry monster. These are special places where worries can be put away.



Make a worry box from a shoe box, or a worry jar with an empty jar or a worry monster from an empty tissue box. Get someone in your family to help you. Decorate it by colouring it in, sticking on items or making it look like a favourite super hero or character!

Write down or draw your 'worries' onto bits of paper. Fold the worry and put into the worry box during the day as you think of them.



Adults and children can look through the worry box each day together. Talk about the worries at a special time that has been agreed. Try not to do this just before bedtime.

When talking about the worries, talk about whose 'job' it is to be doing the worrying about each one.



Is it still a worry? Has the worry gone away or got smaller now that you have talked about it?

If it is still a worry, put it back into the box. It can be talked about some more later.

If the worry has gone away or belongs to someone else, rip it up and throw it in the bin.

Let's get prepared for going back to school

School will let parents know when children are going back to school. Some children might go back before others. Not all children will go back to school at the same time.

To help you to be prepared, use a calendar to count down the days. When parents know the date for going back to school, mark it on the calendar. Each day count down or mark off the number of days until school begins.

This is an example of a countdown calendar:

COUNTDOWN TO GOING BACK TO SCHOOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 						
WEEK 2 		Back to School 				

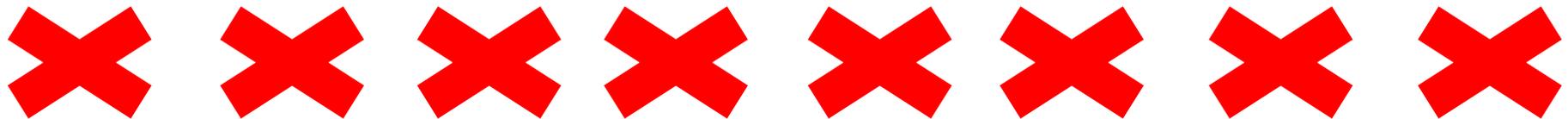
Usually children attend school Monday to Friday. This might not happen at the beginning when you first go back. School will let parents know the days each child will go to school. Children might go to school on different days.

A calendar can help you to see if it is a school day or 'stay at home' day.

SEPTEMBER 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 				

Make your own calendar to have at home - there are blank countdown and calendar sheets on the next few pages. Cut out and stick the symbols on, or draw your own pictures if you prefer!

COUNTDOWN TO GOING BACK TO SCHOOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1						
WEEK 2						



Write in the month and the numbers in the right boxes for the dates (an adult can help you with this)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symbols to cut out and use to make a calendar:

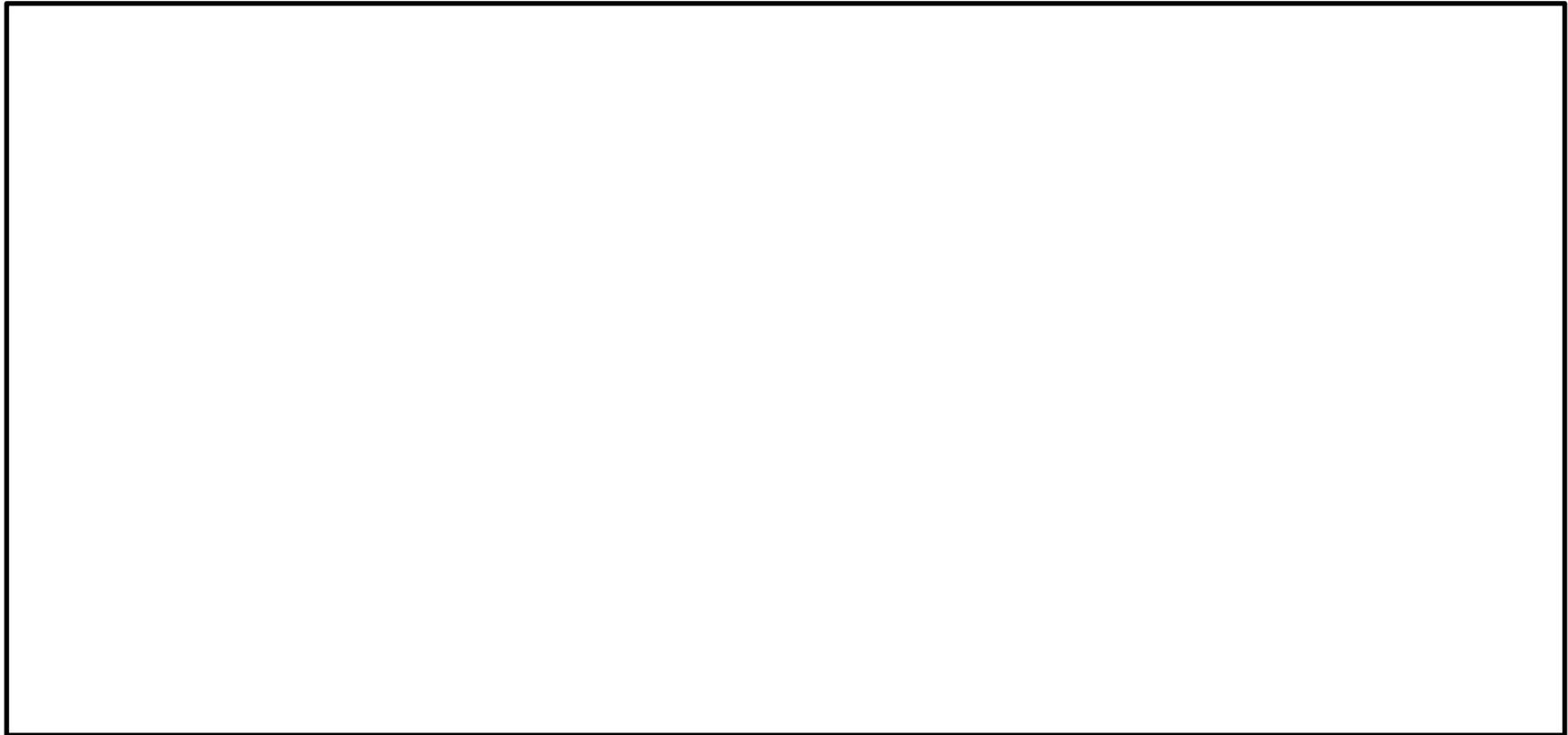




## Going back to school

My school is called: \_\_\_\_\_

Draw, or stick in a picture or photograph of your school:



When you were at school before, you would learn new things. You would see teachers, the head teacher, dinner staff, other children and many more people.

Think about what you liked and disliked about school by ticking the boxes below.

	Like 	Dislike 
<b>My classroom</b>		
<b>My teacher</b>		
<b>My friends</b>		
<b>My work</b>		
<b>Reading books</b>		
<b>Homework</b>		
<b>Playing games</b>		
<b>Other:</b>		

## School might be different

When you go back at school, there might be new rules to help keep us, our family and others safe and well.

These rules might include:

### Keeping your distance

We might have to keep our distance from other people. This means staying a certain distance apart which can be called 'social distancing'. The distance we may need to stay apart from others might change from place to place. Teachers or parents will let everyone know what the distance is. Some people might already be practising keeping this distance if in shops, out for a walk or seeing others in a park. Have you?



It might not always be possible to keep our distance from others in school, but we can all try our best.

### Do not touch other people

When back at school, a new rule will be not to hug or touch other people. Try a big wave to friends or your teacher instead.



### Washing hands often

Washing hands more often might be a rule. The teachers will remind everyone to wash their hands. It is important to wash our hands with soap and warm water for 20 seconds. Try singing happy birthday 2 times. This takes about 20 seconds.



## Good Hygiene



Keep tissues nearby. When blowing your nose, do it in a tissue, put the tissue in the bin and wash your hands.

Coughs or sneezes should be done into a tissue. The tissue should be put in a bin and hands washed.

If there are no tissues available, cough or sneeze into your elbow.



## Feel sick or unwell?

If you feel sick or unwell at school, tell a teacher.

If you feel sick or unwell at home, tell your parents or an adult.



Teachers will explain what is different and what should happen when you are in school.

**When back at school other things might be different...**

Here are some examples:

- The length of time spent at school
- The time in school - it could be morning or afternoon only
- Where everyone sits
- Where the desks are placed
- Where lunch is eaten - it could be in the classroom, dinner hall, or at home.
- The time of break or lunch. Other classes might have break and lunch at different times.
- In the playground there might be less people playing outside. Classes might all use the playground at different times.



When back at school, some things will be the same...

These things may include:

- 😊 Learning
- 😊 The school uniform
- 😊 Each class will have a teacher to talk to
- 😊 School rules will be talked about
- 😊 Reading
- 😊 Playing with friends and having fun



What other things do you think might be different or the same when you go back at school? Talk about this with someone in your family.

There may be lots of changes to school - circle if you are worried about any of the things in the boxes below, or write in the blank boxes anything else you might be worried about.

 ill	 cough	 changes	 children	 teachers	 uniform	 travelling
 food	 safety					

Talk to parents or other adults about these worries and they will try to help you.

All these new rules and changes don't have to be figured out before going back to school. The teachers will explain any new rules and remind everyone of old rules that are still the same.

Now you have worked through your booklet, how do you feel about going back to school?

How Do I Feel Today?



ANGRY



HAPPY



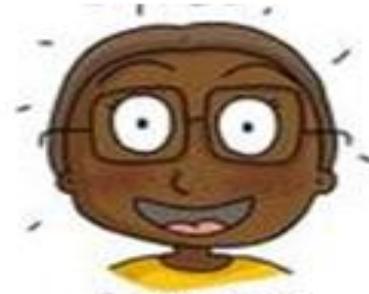
WORRIED



SCARED



SAD



EXCITED

School may be different, but it will be good to go back to school.

Think of 3 things you are looking forward to when you are back at school.



**What I am looking forward to the most...**

1.

2.

3.

If there are any questions or a worry that we have not helped with in this booklet, write them down and ask your parents to help.



**Questions or thoughts:**

**WELL DONE!** You have now completed your workbook about getting ready to go back to school.



Keep this workbook to help you if you still need it when you go back to school.

We hope everyone has fun when they go back to school!

Our Vision

**To deliver excellent integrated services in partnership with our community**

If you would like to give feedback on any of our services please contact:

**Email:** [user.feedback@northerntrust.hscni.net](mailto:user.feedback@northerntrust.hscni.net)

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