

MY

Going Back to school

THINKING SHEET

So, it's nearly time to go back to school after being at home for a long time... sometimes it's helpful for us to think about what has been happening and what will happen, so we're ready for the change...

WHAT AM I LOOKING FORWARD TO ABOUT GOING BACK TO SCHOOL?

WHAT AM I NOT LOOKING FORWARD TO ABOUT GOING BACK?

WHAT THINGS WILL BE DIFFERENT WHEN WE GO BACK?

WHAT HAVE I LOVED ABOUT LOCKDOWN?

WHAT WILL I BE GLAD TO SEE THE BACK OF?

HOW AM I FEELING?



Draw a picture of your school here

→ Don't forget to keep talking about how everything's going and talking to people who you trust about what's good and what's not.

How to help your kids go BACK to school well...

Things it might be useful to find out:

- If start times are changing
- What the classroom layout will be
- What about assemblies/PE/break times?
- Are there going to be social distancing rules?



However you feel about your children going back to school in September, it's a big move for everyone after such a long time of all being together at home...

Think about

- What will your morning and after-school routines be?
- Will anything be different?
- Will you need to get anything new/different?

How are you feeling about your child(ren) going back to school in September?

REMEMBER

Don't forget to keep talking to your children and asking them how they are finding it all. But maybe not straight away, giving them time to process is important.



How can you help your child to feel more secure?

Is there anything you can keep the same (like a lunchbox?)

How can you start getting back into some 'rhythms'?

Talk about your child's emotions about going back to school

Reassure them

Ask them if they have any questions about going back to school

Maybe use the GOING BACK TO SCHOOL sheet with them...