

Think



It's great that you are looking forward to getting back to school. It will be useful to think about how others might be feeling and how you might be able to help people that are feeling less positive than you. It can be useful to find ways to hold your positive thoughts so that you can reflect on them if things change

Plan

It's great that you are feeling positive about the return to school. However it can be useful to remember that things might be a little harder than you imagine. Make a brief plan that will help you if you return to school and find things difficult or challenging.

Write



With all the excitement of going back to school, it can be easy to become distracted. To help you focus, write a letter to yourself that reminds you of why your education is important and how it will help you achieve things in the future.

Say

It is useful to remember that not everyone will be excited about being back at school. Some of your friends might be very anxious or afraid. Try to think of 5 nice things that you might say to the people in your class that aren't feeling uncomfortable.



Play

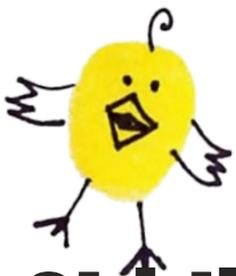


Although there will be lots of emphasis of catching up on school work, it is important that you also take time to reconnect with your friends. When playing, it is important that you remember to stay safe and remain mindful that not everyone will be feeling confident. You can try and think of some games that can be played safely and will be supportive of those children that are feeling afraid.

Do



Make yourself an at home routine that will help you readjust to the routine of going to school. What time do you need to go to bed? What do you need to have ready for the morning? How can you help with getting your uniform and school bag ready?



Chidi Chick's Back to School Tips