

Think



Although you feel really positive about going back to school it will be useful for you to think about how other people might be feeling and what you might be able to do to help them feel safer, happier or calmer. Try thinking about what your friends may have experienced during lockdown and what they might be finding difficult as they return to school

Plan

Although you are feeling really positive about going back to school, it might be useful to think about how you will respond to any things you might find difficult. Think about 3 things you can do if you are finding things hard.

Write



When so many people have told you the dangers of interacting with others, it can be difficult to feel safe. Write a list of the things that have been put in place to protect you and why and how you will be kept safe whilst you are at school.

Say



When you return to school you might find that some of your friends are feeling really nervous or sad. It would be really nice to think of a few things you might be able to say to them to ensure they feel supported, calm and cared for. Make a note of your ideas so that you can look back on them if you need to.

Play



Although you are really keen to get back to school, some children might find things difficult. Can you think of any games you can play that will help your friends that are worrying to feel better? What games might help them to feel safe and more comfortable about being back at school?

Do

Lots of children will be feeling worried about the work that they have to catch up on. It's important for us to remember all the things that we have learnt during lockdown that might not be measured at school but is still really important to our lives. Can you make a list of things you've learnt during lockdown?



Dixie Dog's Back to School Tips