


Activity Pack: Getting ready to go back to school!



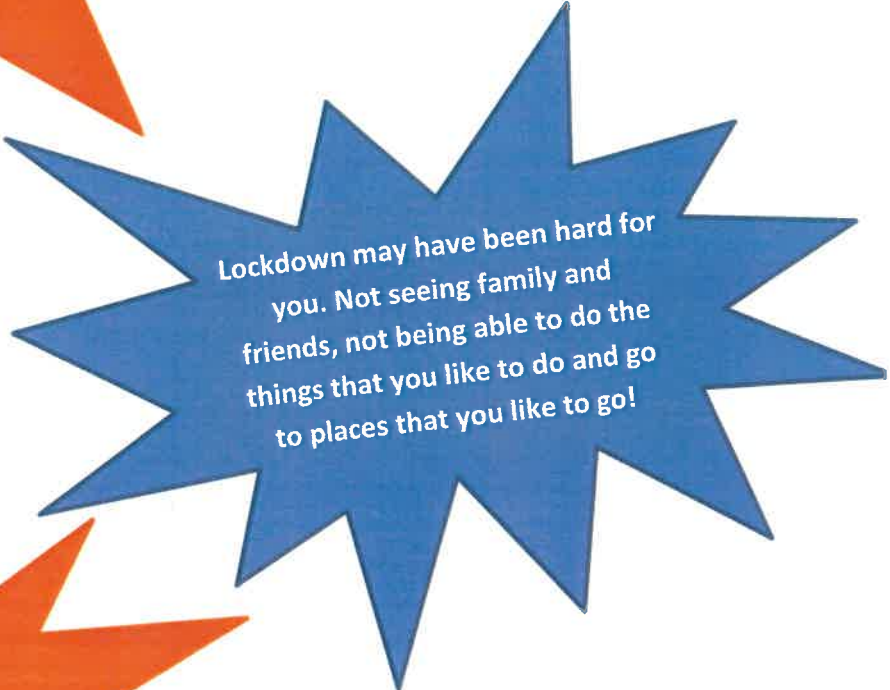
Summer 2020

Preparing to go back to school wellbeing activities:

- 1) Positivitree – Thinking about all of the good things about school.
- 2) My brilliant bubble – Special people to me.
- 3) Flying high – What do I want to achieve this year?
- 4) My happy mind- The things that make me happy.
- 5) My bag of worries – What is worrying me?
- 6) Ask it basket – Things that I am not too sure with.
- 7) My new teacher – If I could write a letter to my teacher.



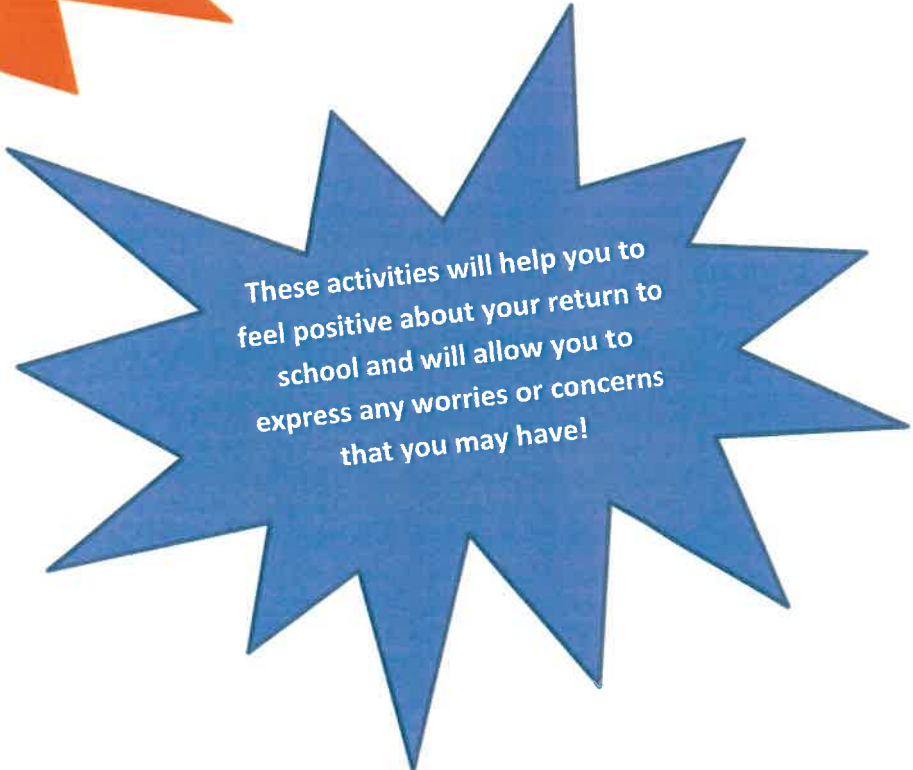
Well done for dealing with such big changes in the last few months at a time that may have been a little bit scary and a little bit strange!



Lockdown may have been hard for you. Not seeing family and friends, not being able to do the things that you like to do and go to places that you like to go!



As we start to recover and rebuild from lockdown you might be returning to school within the next few months!



These activities will help you to feel positive about your return to school and will allow you to express any worries or concerns that you may have!

School Positivitree!

All good things about my school!

My favourite subjects...

I'm looking forward to...

**Think about all of the good things that you can get back to doing at school!
What can you do? Who can you see?**

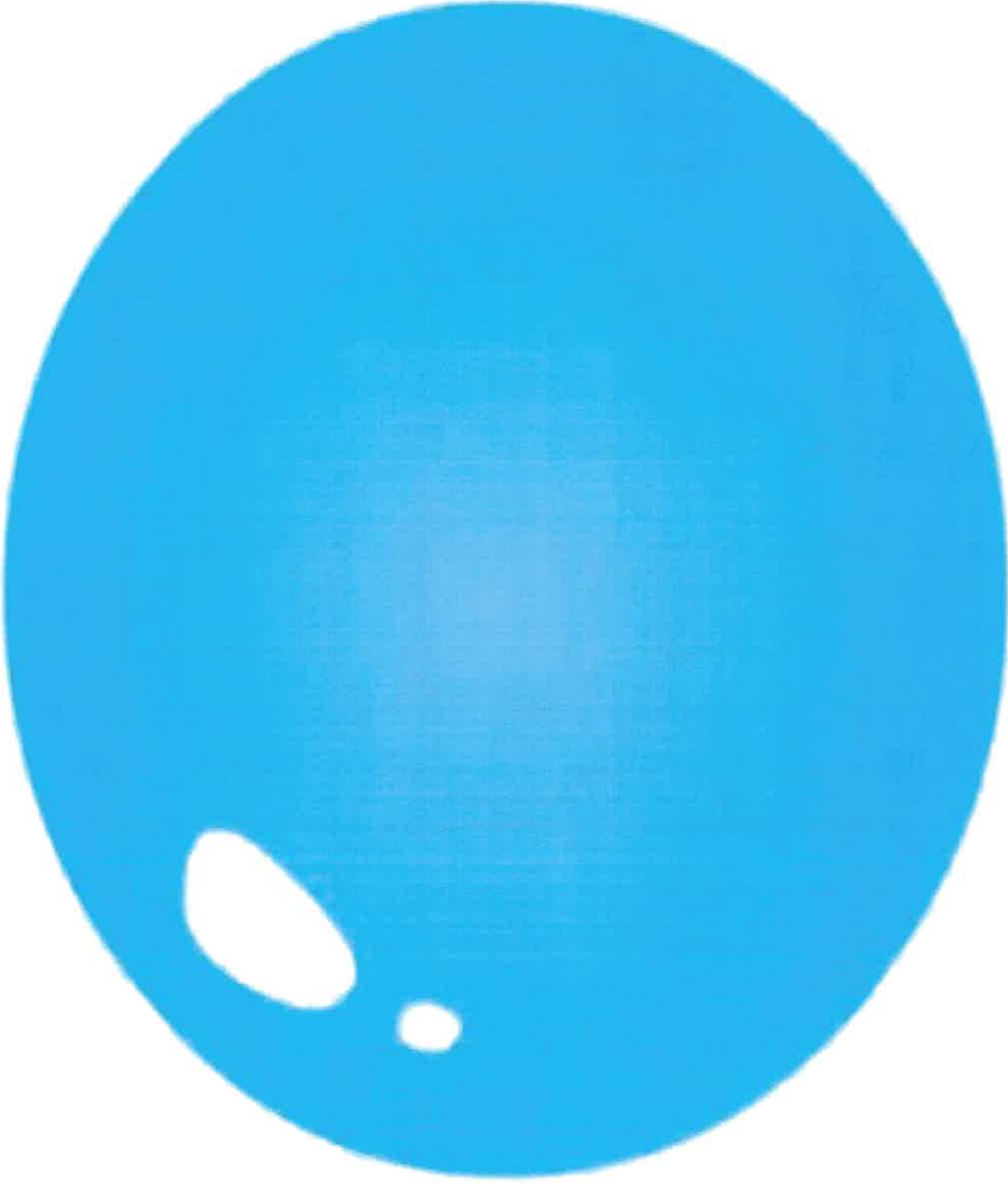
My brilliant bubble

Think about the special people that are a part of your life and that can help you with any worries that you might have.

Think about those that...

- Look after you
- Help you learn
- Make you laugh
- Play with you
- Care for you!

Draw/write your special people/pets in your bubble.

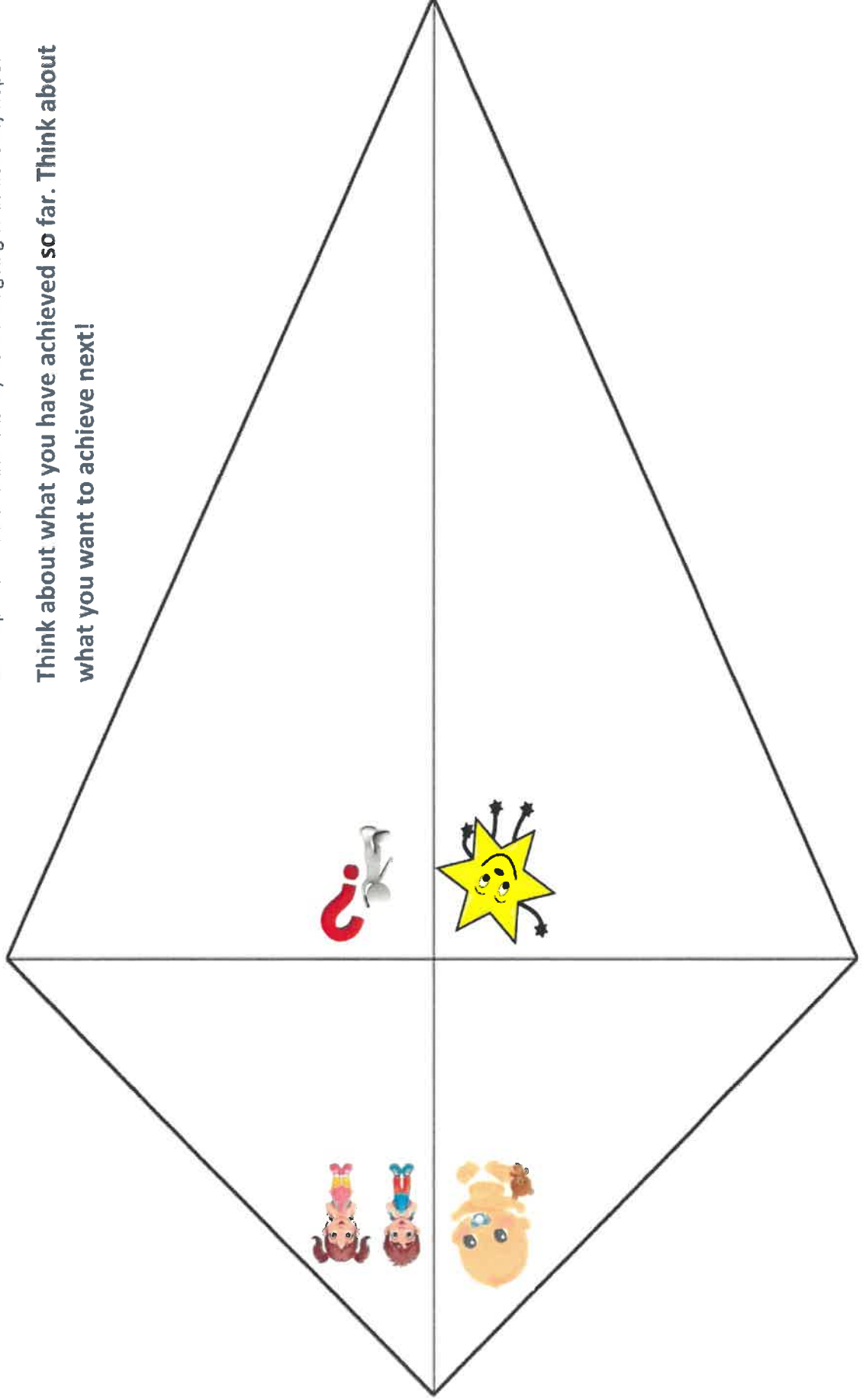


Flying high!

My school journey so far...

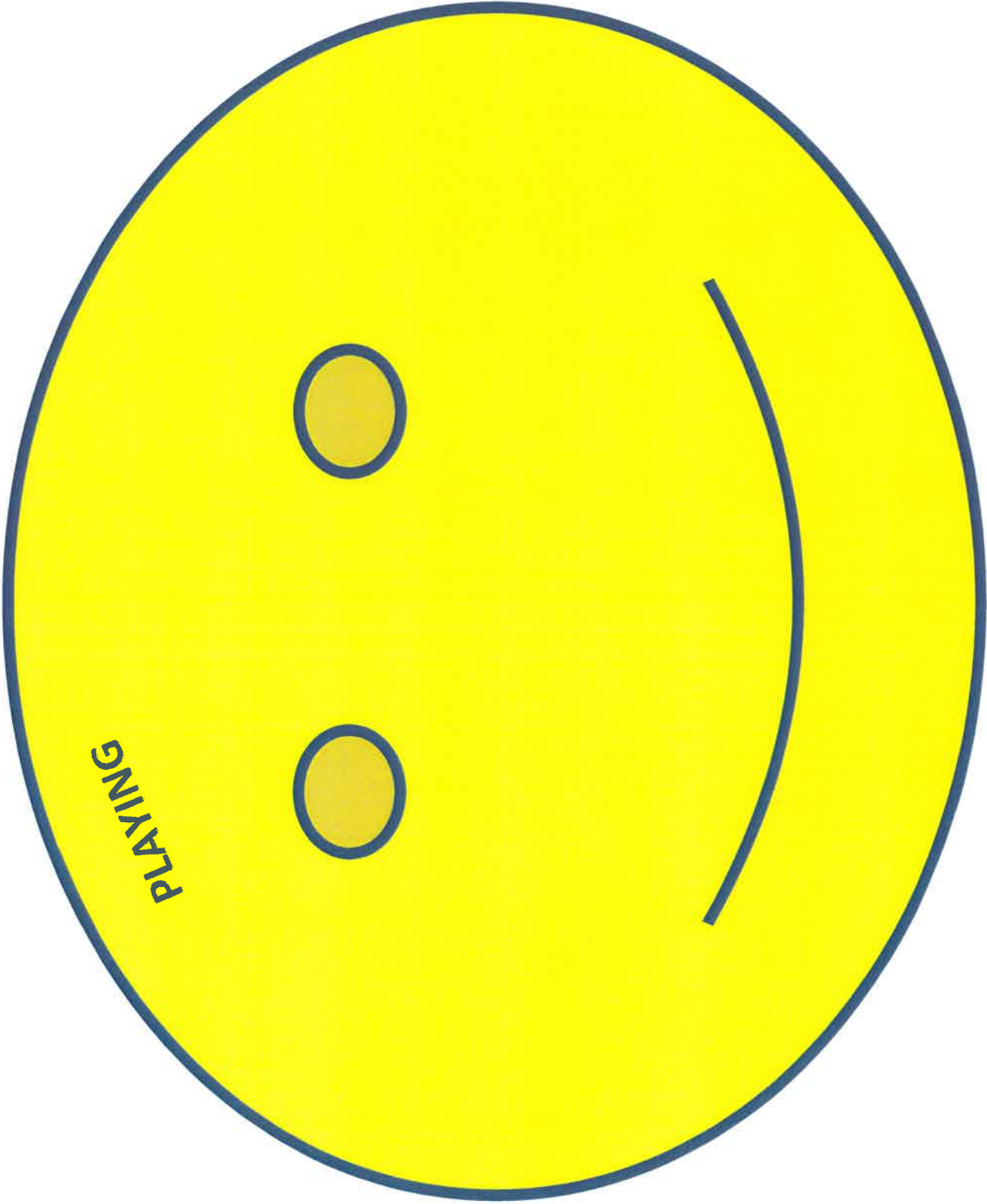
- 1) What I could do when I was a baby?
- 2) What am I good at now?
- 3) What do I hope to be able to do next?
- 4) How am I going to achieve my hope?

Think about what you have achieved so far. Think about what you want to achieve next!



My Happy Mind!

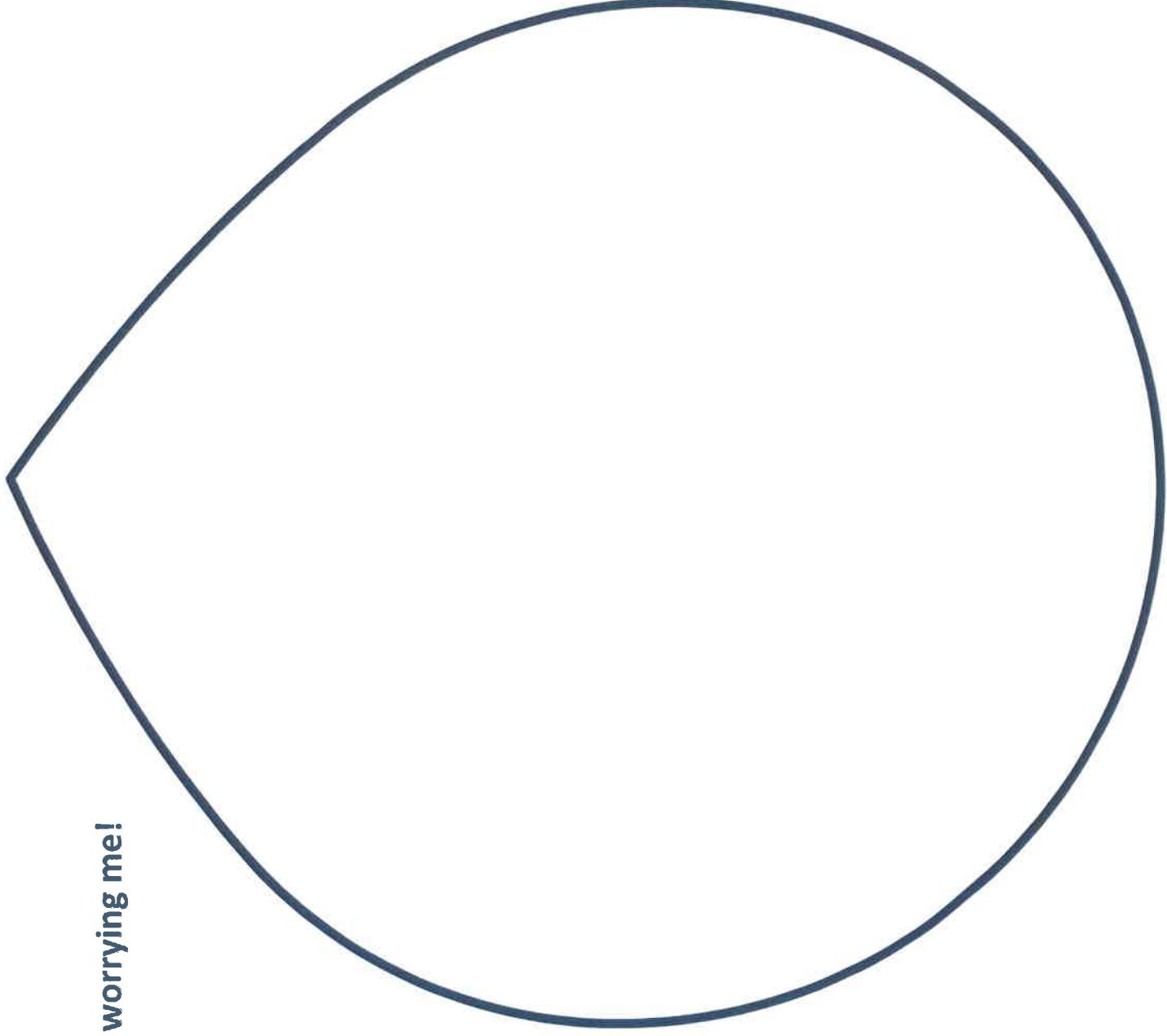
Things that make me happy are the things that I can call upon when I feel sad, worried, scared or when I just don't feel myself!



My bag of worries to see what is worrying me!

My worry bag

You have been away from school for a long time. You might have a few worries about returning to school. It's good to write your worries down and speak to an adult that you trust.



Ask it Basket!

ASK AWAY...

- Do you have any questions or worries about returning to school?**
- Has anything changed in my school?
 - Will school be safe?
 - When can I return to school?
 - Will I have to socially distance?

Parent/Carer tips to support the transition activities

The activity within this transition pack encourages children to emotionally and mentally prepare for their return to school. Tasks that enable them to express any worries or anxieties that they may have will hopefully help to mentally prepare and create emotional readiness for the demands of the school day and the changes that they may be faced with. The tasks that enable children to ask questions will support children from becoming overwhelmed with the changes and unfamiliarity that they may have to experience when they return to school.

Further guidance/support for parent/carers:

Places2be: [Coronavirus: Helpful information to answer questions from children.](#)

Mental Health Foundation – [Talking to your children about the coronavirus pandemic](#)

NHS – Talking to children about their feelings.

NHS – Talking to teens about their feelings.

Winston's Wish – [Preparing children to return back to school](#)

Oxfordshire Hospital School - [Parent/Carer and pupil screening questionnaire](#)

Coronavirus – Social story. A great resource to address the coronavirus in a child-friendly way with accompanying activities which allows pupils to express any worries/ask questions.