

Worries about going back to school

Lots of people have felt worried about all the changes because of Covid-19.

It is normal to feel worried about going back to school after lots of time at home.

Everyone can feel worried about different things.

Sometimes we can worry about things a lot.



Sometimes we try not to do the thing we are worrying about, like going back to school.



It is ok to feel worried, lots of young people feel a bit worried about going back to school.



If you feel worried, it is OK not to know why you feel this way.

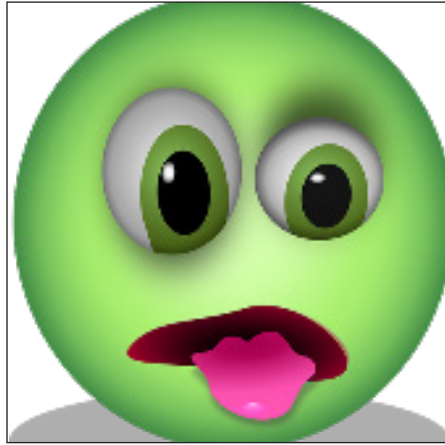


Feeling worried in my body

You might notice one or more of below happening in your body when you feel worried:



Sore tummy or having 'butterflies'



Feeling sick



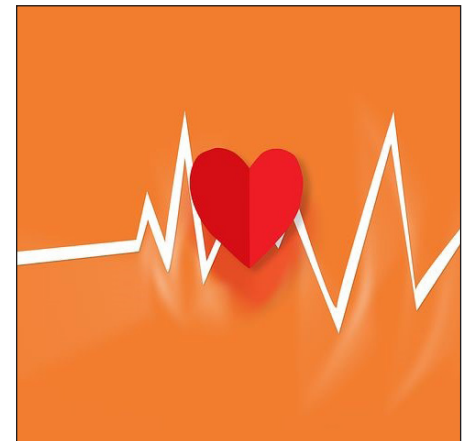
Dizziness



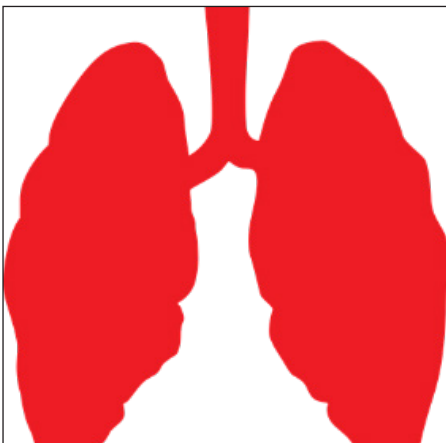
Feeling hot or cold



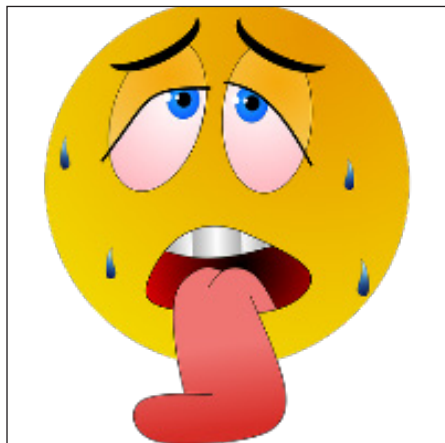
Headaches



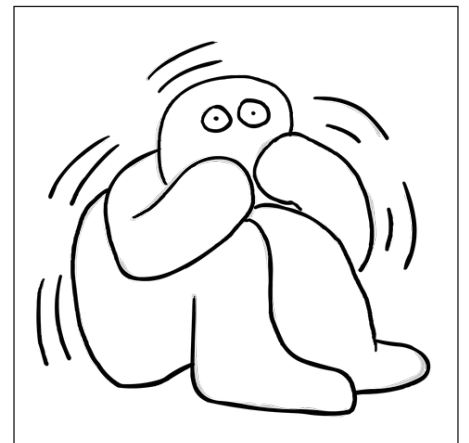
Fast heartbeat



Fast breathing



Sweating



Shaking

Help to feel calm

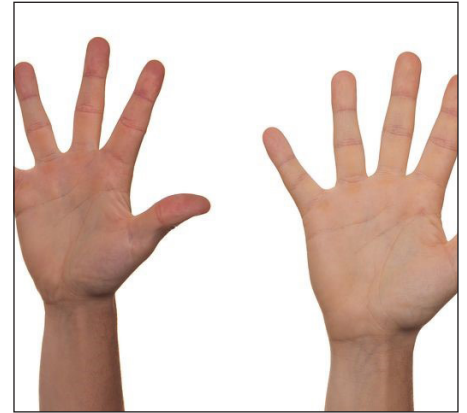
When you notice any of these things in your body, try doing one of these things to help you feel calm:



Speak to a friend or family member



Do some press ups, or if these are bit hard try star jumps or hopping



Practice muscle relaxation. Stretch and relax different body parts



Do some gardening



Have a bath



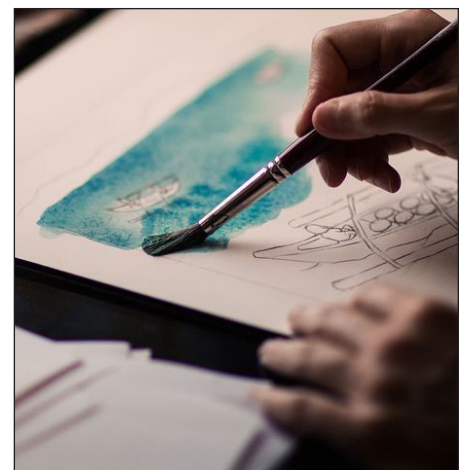
Listen to calming music



Drink cold water



Write down or draw your worries



Do something with your hands



Distract yourself: Watch TV, paint your nails or walk the dog



Sit under a big, heavy blanket



Ask a family member for a hug




Squeeze and relax your hands




Squeeze or play with a fidget toy




Suck on a sweet

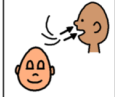
Balloon breathing 




Using long, slow breaths blow up a balloon.



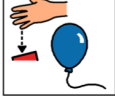
With every breath into the balloon imagine all of your worries are being blown into it.



With every breath in, breathe in calm feelings.

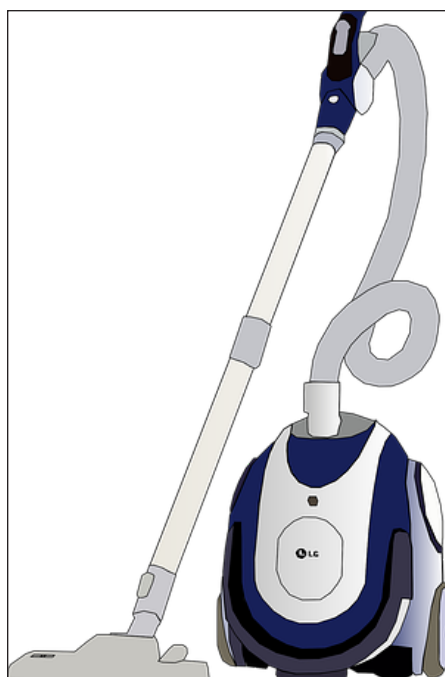


Hold for a few seconds, making your muscles as tight as you can.

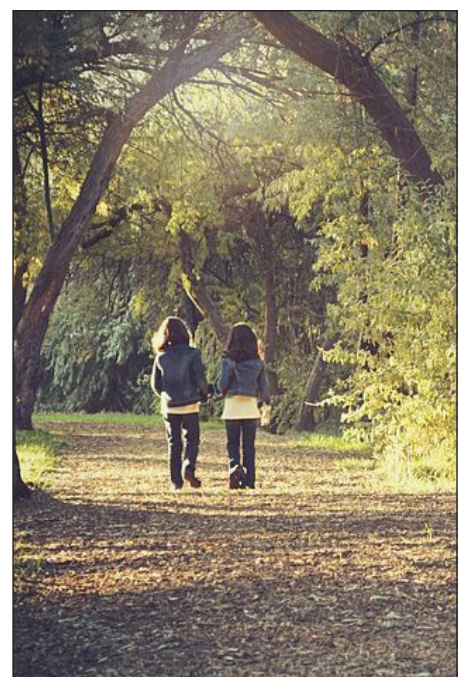


Release the balloon and let all of the difficult feelings escape.

Practice deep breathing



Do some hoovering



Go for a walk

Fears about COVID-19 in school

What my school is doing to help



I don't want to touch people's things.



Everyone will have their own equipment.



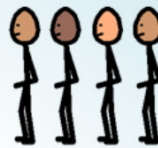
Work stations will be cleaned regularly.



Corridors will be busy



A one way system will be in place down each side of corridors.



We will be reminded to walk in single file with distance between each person.



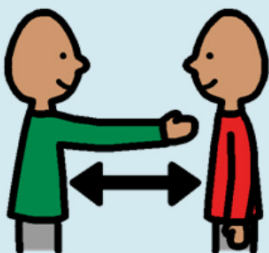
Hands carry germs



Everyone asked to sanitise hands when entering school.



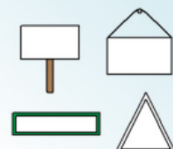
Hand washing before and after eating.



I won't be able to stay away from people



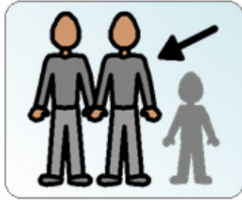
Not everyone will be at school at the same time. Learning will also be done at home.



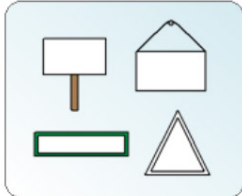
Signs will be displayed to remind everyone of the rules.



REMEMBER



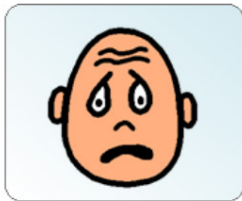
The adults in school will help keep me safe.



Signs will help to remind everyone of the rules.



Everyone will be working hard to keep my school clean .



If I am worried there are people I can talk to in school.

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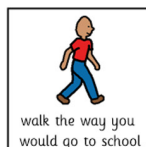
Things to try in July with my parent or carer to help me prepare and worry less about going back to school in August:

July Ideas

Here are some suggestions to keep the link with school open and to prepare for the return in August.



drive to school



walk the way you would go to school



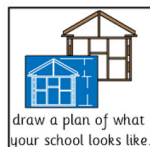
Get up at the same time every school day



play your favourite playground game



how fast can you change into your gym kit?



draw a plan of what your school looks like



make your own packed lunch



write and send a postcard to your school

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Things to try in August with my parent or carer to help me worry less about going back to school:

August Ideas

Here are some suggestions to keep the link with school open and to prepare for the return in August.



park outside of school




walk the way you would go to school



try on your uniform. can you put it on by yourself?



write a letter to your new teacher



draw a picture of your school building



get up at the same time each school morning

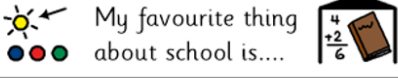


read about your school



go to bed at the same time each school night

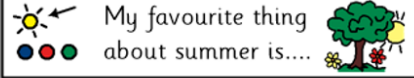
Back to School



My favourite thing about school is....



My favourite thing about lockdown was....




My favourite thing about summer is....



I am feeling



excited happy nervous scared overwhelmed a bit of everything something else



I can write or draw anything else I want to say.

