

Worries about going back to school



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

It is normal to feel worried about going back to school after lots of time at home. Lots of young people are feeling this way and are feeling unsure of what school will be like when they go back.

What is anxiety?

Anxiety is a natural response in the body and mind that can happen in situations where we are unsure what is going to happen or when we feel in danger.



Anxiety can be helpful in new situations as it keeps us alert and ready to see danger and act.

For example, it can help us remember to wash our hands and follow guidelines to keep us safe.

Sometimes anxiety can be unhelpful when we worry about things that are not dangerous to us, or we worry so much we try to avoid things, like going back to school.

Everyone can feel anxiety about different things.

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

Feeling anxious in my body

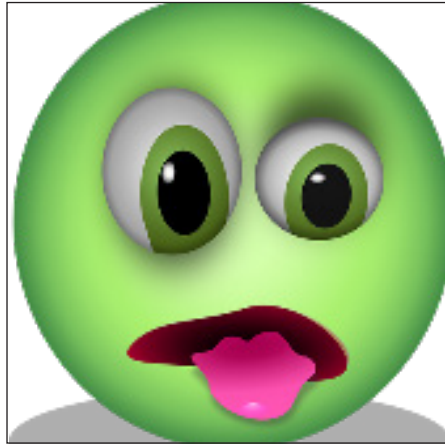
You might notice some of these feelings in your body when you feel anxious.

When you notice any of these things happening in your body, or you notice you feel worried, you could try some calming activities.

We have a list of ideas in the next section you could try.



Sore tummy or having
'butterflies'



Feeling sick



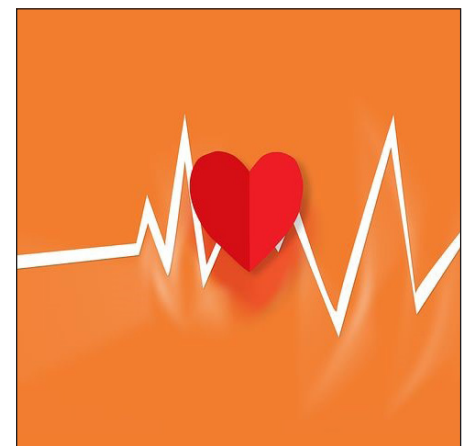
Dizziness



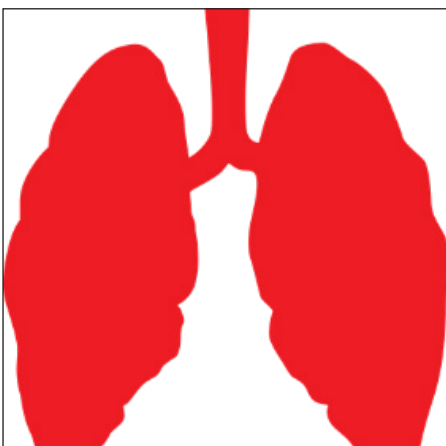
Feeling hot or cold



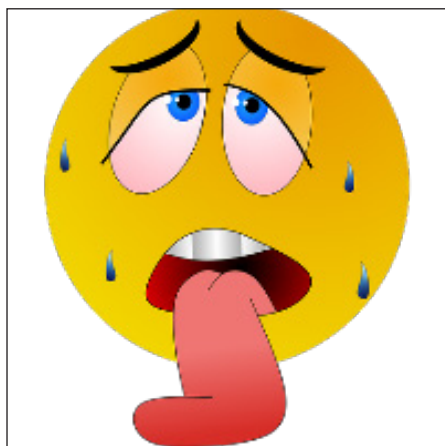
Headaches



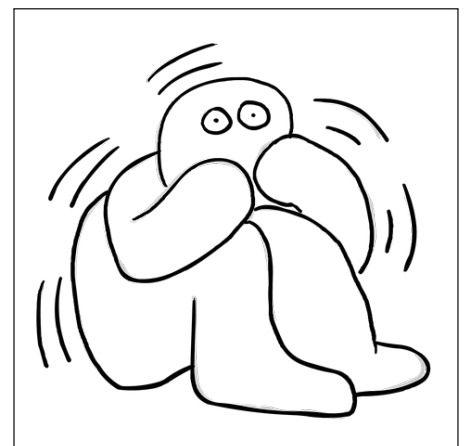
Fast heartbeat



Fast breathing



Sweating



Shaking

Things that can help you feel calm

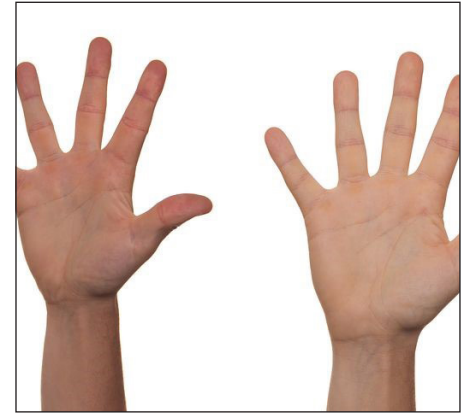
Below is a list of things that could help you feel calm. Give them a try. You could write down or ask a family member to write down which ones are helpful for you.



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



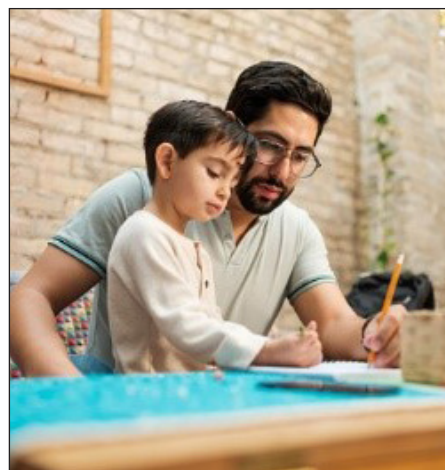
Have a bath



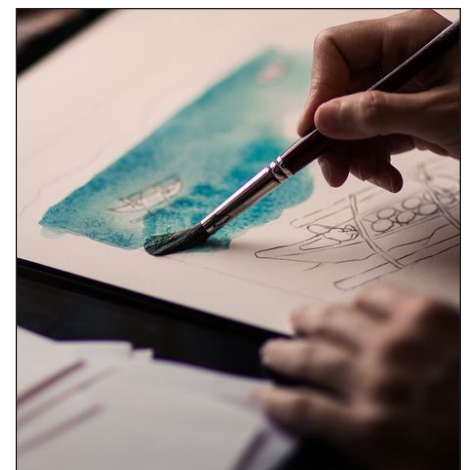
Listen to calming music



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



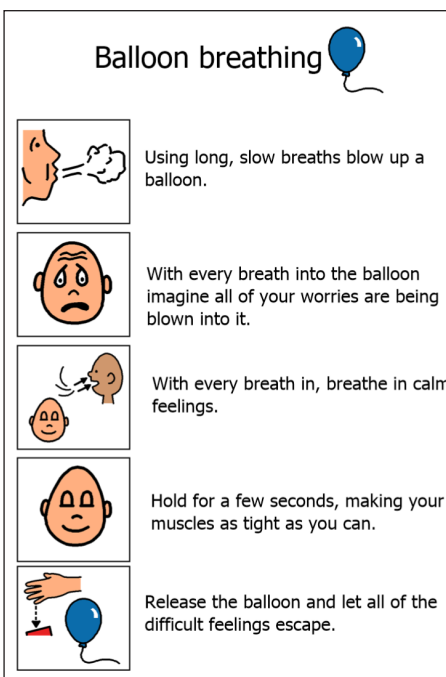
Squeeze and relax your hands



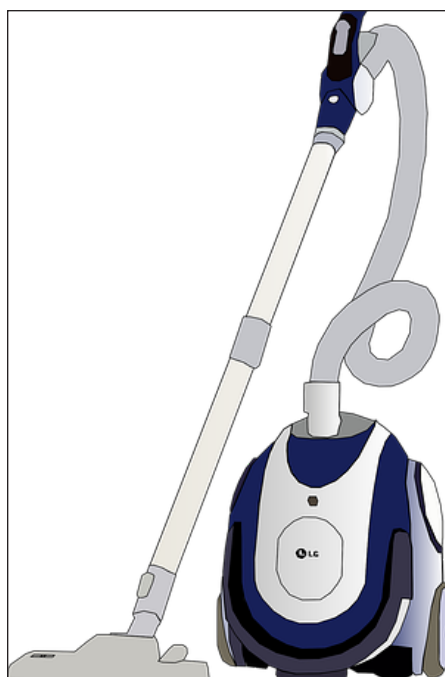
Squeeze or play with a fidget toy



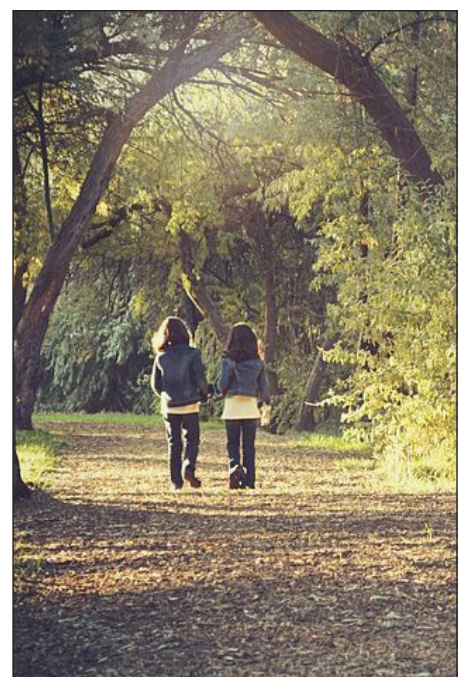
Suck on a sweet



Practice deep breathing



Do some hoovering



Go for a walk

Worried Thoughts



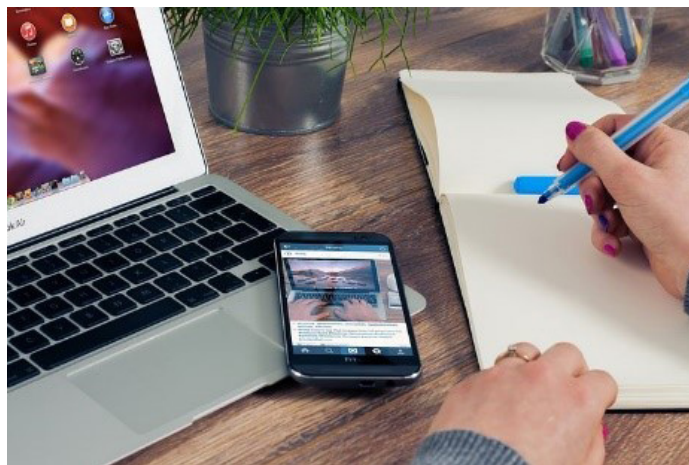
Thoughts are the words we say to ourselves in our own heads. Thoughts can also be pictures or images.

Some people notice they have lots of thoughts running through their mind.

Noticing when we have anxious thoughts and distracting ourselves can help.

If you notice you are having worried thoughts it can be helpful to write them down or draw them.

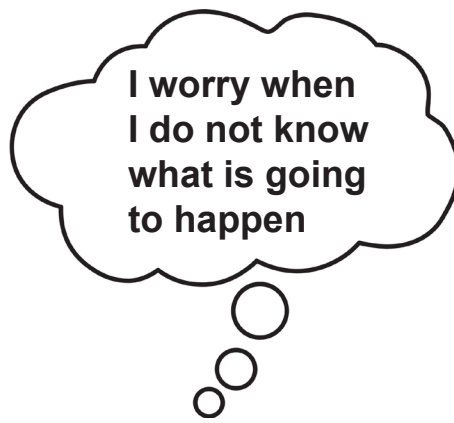
This can then help you and members of your family to think of things to do to try and help you overcome these worries.



When you notice you are having worried thoughts remember the list of calming activities you can do.

Common worries lots of young people have

Below are some common worries young people have about going back to school. Pick one of your worries and look at some of the ideas it might be helpful to try:



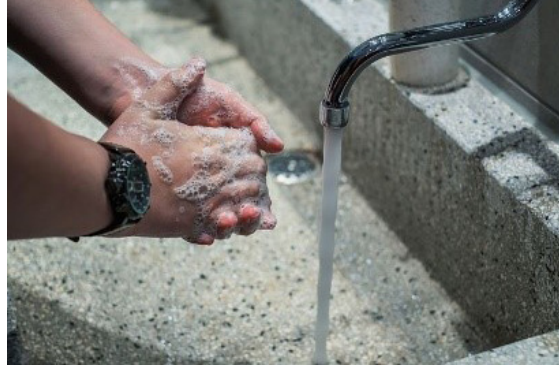
- It can be hard to cope when routines change quickly and unexpectedly.
- Some of you may like to get help from your parent or carer to help you make a planner of your week and activities to make your week more predictable.



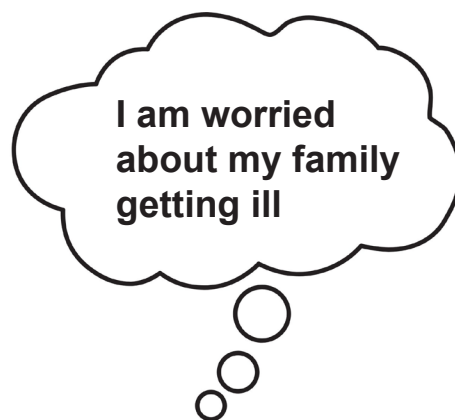
- Focus on the routines you know will stay the same, such as getting up and going to bed at the same time every day, brushing your teeth and getting dressed and having breakfast, lunch and dinner. Ask your parent or carer to help you think about which of your routines will stay the same.



- It is normal to worry about this during a time when lots of people have become ill.
- Keep following the guidance about washing your hands. Think of your favourite song to sing whilst you wash your hands, this will stop you from getting bored!



- You can look at helpful, up to date guidance on the government website <https://www.gov.scot/collections/coronavirus-covid-19-guidance/>. Your parent or carer can also help you with this.
- See if you can look at information from your school about steps they are taking to keep you safe at school. Ask your parent or carer to help you find this information if you are not sure where to look.
- Try to avoid watching the news if it makes you feel anxious.
- Keep eating healthily and try to get enough sleep. Your parent or carer can help you to manage this.



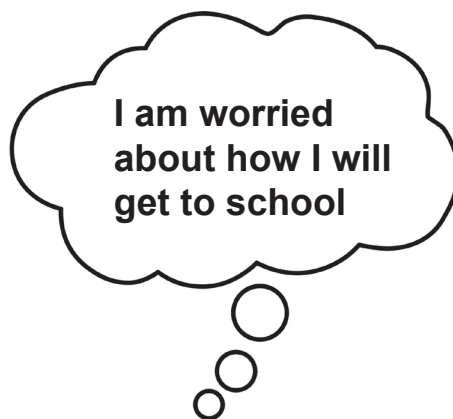
- It is normal to feel worried about this when there have been lots of people who have been unwell because of Covid-19
- Helpful, up to date guidance on keeping safe and how we can help stop the virus

from spreading can be found at the government website <https://www.gov.scot/collections/coronavirus-covid-19-guidance/>. Your parent or carer can help you with this if you are unsure.

- Keep washing your hands. Think of your favourite song to sing whilst you wash your hands, this will stop you from getting bored!

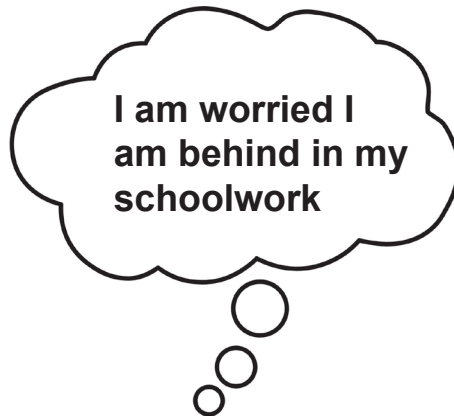


- Try not to watch the news everyday if it makes you feel anxious.
- Ask your family to let you know their routines whilst you are at school, this may help you to feel reassured when you know if they are at home or out and about.

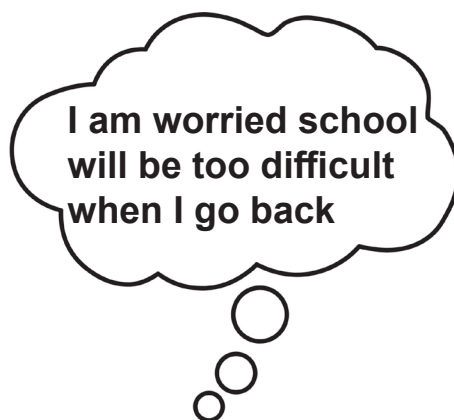


- Speak to your parents or carers to make sure you have a plan for how you will get to school.
- It may help to practice your journey to school, especially if this is new. Ask your parent or carer to practice walking or driving you so you feel confident for your first day.





- Remember, lots of young people have found it hard to do schoolwork at home.
- Let your teachers know you have found it hard to work at home. Your parent or carer can help you practice what to say if you are unsure.
- Make a list of all the things you have been able to do at home. This could be school exercises you have tried, or it may be a new skill you have learnt or got better at, like baking or painting. Ask your parent or carer to help you with this if you are not sure.



- Lots of young people will also be finding it hard to go back to school.
- Think about all the times you have gone back to school after summer holidays. Sometimes it takes time to get used to changes in routine. Think about what was helpful for you to manage worries about going back to school in the past. Your

parent or carer can help you think about this if you are unsure.

- Make a list of things you are looking forward to, even if they are small things. This could be being in your favourite class or speaking to your favourite teacher or class-mate.
- Remember that you can talk to your parents or your teachers if you are finding work hard when you go back to school.
- Ask your parent or carer to help you plan some fun activities for your evenings and weekends when you are not in school.



- Most young people will not have seen their friends outside of school.
- Try texting or contacting a friend on social media before you go back to school. Your parent or carer can help put you in touch with your classmates too.
- Think of things you are looking forward to telling people at school about; you may have played a new computer game, watched a good film, seen a funny video online or tried a new TikTok dance.