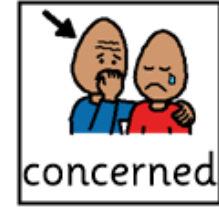
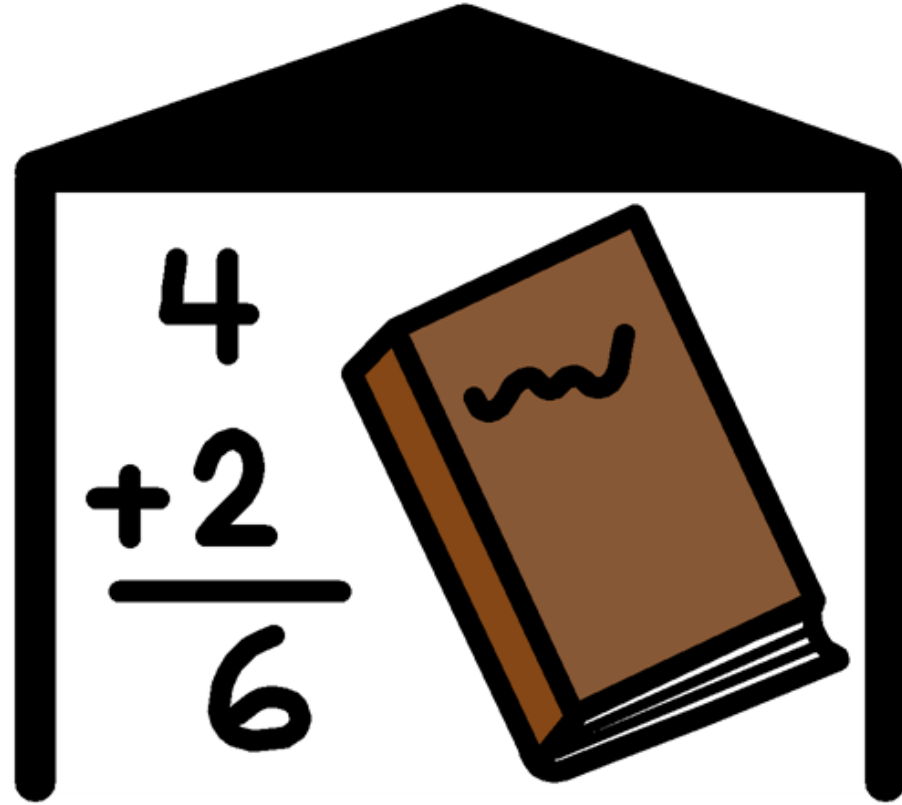
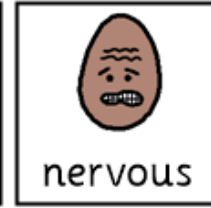
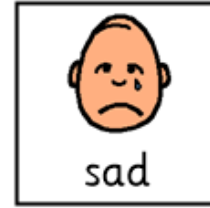
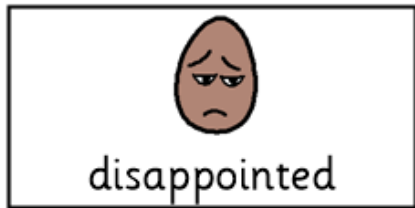
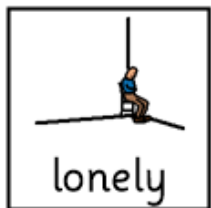
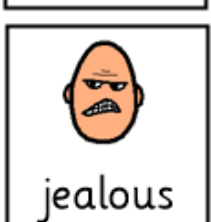
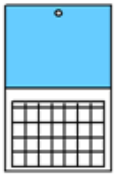


Returning to School

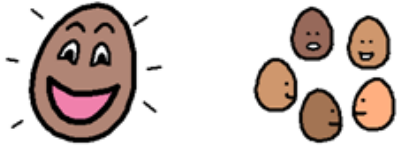




We have been off school for a long time.



We may have lots of different feelings about going back to school.



We might feel excited about seeing friends or staff.



We might feel disappointed that the holidays are finished.



We might feel confused about what will be happening.



We might feel worried about the future.



We might not know what we feel or we might feel too many emotions at once.



It is okay to feel whatever emotion (or emotions) that you feel.





It is important to talk to someone about how you are feeling.



You might talk to family members or friends.



Remember when you go back to school, you can talk to school staff too.



Choose five people that you can trust to talk to. Who are your five?





It is important to be honest about how you feel.



It is important to not pretend to be fine when you don't feel fine.



How do you feel just now?

