

GOING BACK TO SCHOOL AFTER LOCKDOWN (P1-P3)

North Lanarkshire Psychological Service

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Once upon a time everyone was talking about Coronavirus.

For most people, having Coronavirus was like a bad cold. But it could be worse for older people of those who were not very well.

It was important that we protected these people and this meant that you couldn't go to nursery or see people who didn't live with you for many weeks.

It meant you had to stay at home. This helped keep everyone well and safe. This was called being in 'lockdown'.



***"You have brains in
your head.***

***You have feet in
your shoes.***

***You can steer
yourself any
direction you
choose"***

- Dr Seuss

A story about
Coronavirus
and going
back to
school after
lockdown.

Lockdown seemed to go on and on and on. However, like everything in life, it didn't last forever. Things change over time, and eventually this too passed and it was time to go back to school. And because everyone had been in their houses for so long, this was a big change.



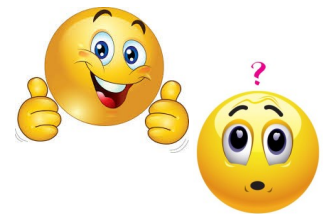
School can be fun—there are lots of new things to learn and to discover, other children to play with, and adults to help.

But sometimes going back to something after being away a long time can seem hard, and not so much fun. Going back to school might feel like a lot to get used to and it might be a bit tiring to start with for everyone! This is because it is a change.

A change is doing something different to what we are used to – and over the last few weeks we have been used to being at home.

When there is a change we can feel different feelings and emotions. And these can make our bodies feel different too.

Sometimes we might feel all tingly and excited and happy; sometimes we might feel a bit scared and nervous and unsure; and sometimes we might feel a mixture of these!



Everybody, big and small, young and old, can feel like this when they are doing something new – when there is a change – like going back to school.



If we feel a bit scared and nervous and unsure, we might feel like crying, or our tummies or heads might hurt. Luckily there are some things you can do to help your body feel calmer and to help you get used to going back to school.



You can take very long and very slow breaths. Pretend you are blowing up a huge balloon in your tummy and let it go very, very slowly. Do this several times. This will help your body relax.

If you become upset, muscles in your body can tense. Then you can pretend to be a turtle coming out of its shell by pushing your shoulders down and your neck and head up. Next you can become a dancing turtle, and be like a wobbly wobbly jelly.



If your body is loose you will feel better.

Exercise releases natural “feel-good” chemicals in our body and this can make us feel more relaxed and at ease. As well as being a dancing turtle you can try stretching up and down like a long snake, pushing against a wall like a strong elephant, or jumping like a frog.



Some children like doing the ‘Wood Chopper’ – stand with your feet apart and your arms straight up as if you are holding an axe and breathe in, then swing the pretend axe down between your feet as you breathe out and pretend to chop wooden logs.



If we are upset the “butterfly hug” or “dragon wings” can help release our feelings.



This is easy to do.

You cross your hands in front of your chest so that they rest just under your shoulders and the inside of your thumbs touch. Then close your eyes or look down. And very gently and slowly tap on each side – your hands look like fluttering wings. Breathe deeply and slowly for about 3 minutes. This can soothe our bodies.



Sometimes we think about our family and home when we are somewhere else.

It can be comforting to have a small reminder of our families with us, maybe a photo in our pocket, or a tissue with our mum’s perfume on it.

When we look at this object we can remember that our family is not far away and it will not be long until we see them.



It is like there is an invisible string connecting you to home and your family. This invisible string is always there, it never goes away – and it is so long and so tough it can stretch right round the world and up to the stars and back again. It will never ever break.

This invisible string means you are never alone – and even when you can't see your family, your invisible string is tugging on their hearts and they are thinking of you.



All the boys and girls who have been at home have got a little bit older and wiser during lockdown. They know that they will be okay even when they have to cope with something they might not be looking forward to.

They know that tummy breathing, exercise, doing the butterfly hug or dragon wings, and knowing about the invisible string means they are okay with going back to school and they can enjoy being with other children and doing their learning.

Now the boys and girls can relax and they can enjoy going back to school.





North Lanarkshire Psychological Service

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