

# GOING BACK TO NURSERY AFTER LOCKDOWN

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 or 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'.



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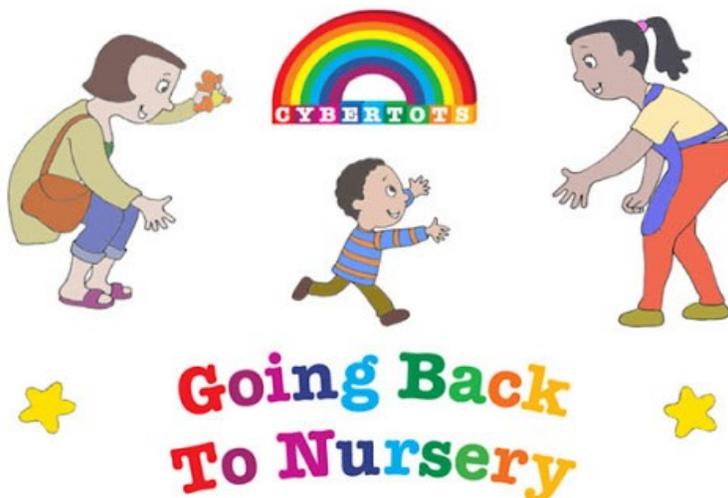
*"You have brains in  
your head.*

*You have feet in  
your shoes.*

*You can steer  
yourself any  
direction you  
choose"*

*- Dr Seuss*

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

This was a strange time for everyone—nothing felt the same as usual. Lockdown seemed to go 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 nursery. And because everyone had been in their houses for so long, this was a big change.



Nursery can be a lot of fun—there are lots of things to play with, and lots of girls and boys to see, and lots of adults to help. But sometimes starting something new can seem big and hard.

Sometimes doing something new can make us feel like crying, or tummies or heads might hurt. You can feel scared or nervous. Lots of children feel like this when there is a change, like starting or going back to nursery.

Luckily, there are some things we can do to help your body feel calmer and to help you get used to starting or going back to nursery.

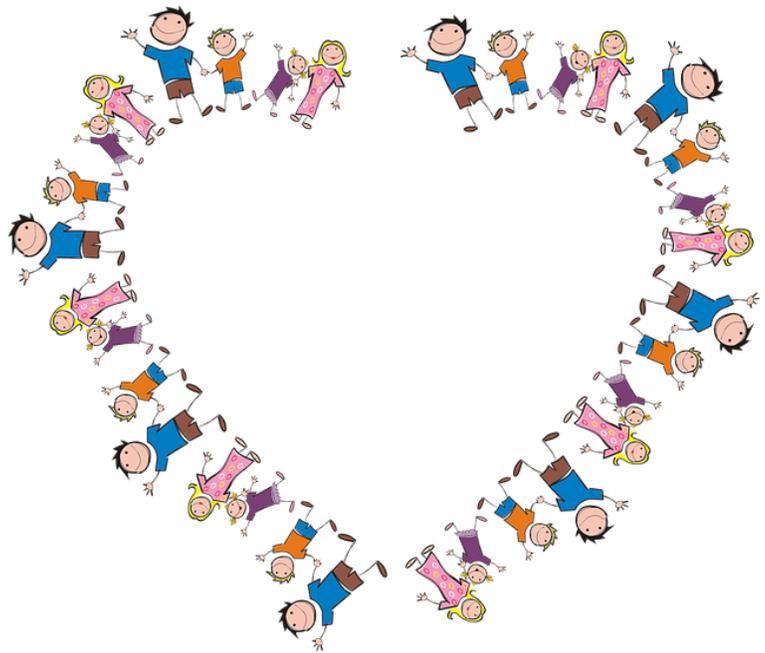
You can take very long and slow breaths. Pretend you are blowing up a huge balloon in your tummy and then let it go very, very slowly. Do this several times. This will help your body relax.

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 wibbly wobbly jelly. If your body is loose you will feel better.



If we are upset, the “butterfly hug” or “dragon wings” can help release out 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 to 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.



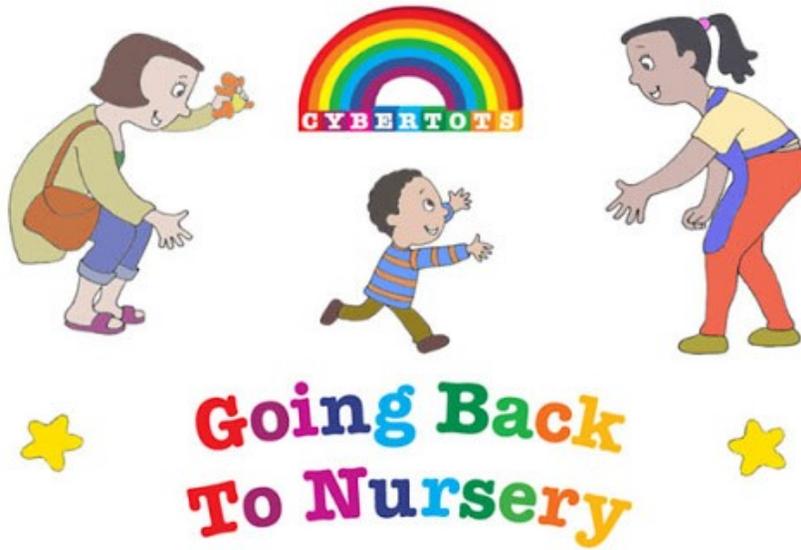
All the boys and girls who have been at home have got a little bit older and wise during lockdown. They know that they will be okay even when they have to cope with something they might not be looking forward to.

They know that tummy breathing, being a dancing turtle, doing the butterfly hug or dragon wings, and knowing about the invisible string means they are okay with going to nursery and can enjoy being with other children and doing the fun activities.

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



The End



## Contact Us

Give us a call for more information about our services and products

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