



Salvesen Mindroom Centre  
*support • inform • empower*

BACK TO SCHOOL  
**SECONDARY**  
**WORKBOOK**



**Coronavirus (COVID-19) has affected everyone across the country in different ways. We've all had to make changes to help people stay safe and healthy.**

Salvesen Mindroom Centre has made this Back to School Workbook to help you think about your experiences of coronavirus, get ready to return to school and share what you think will help you when the schools re-open.

This is your workbook. You can do it on your own or you might want to ask someone you trust to help you. You can show it to the people who help you, or you might want to keep it private. It's up to you. There are no right or wrong answers.

The workbook includes lots of things to think about. You don't have to do it all at once. You might want to do a little bit at a time.

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**What do you know about coronavirus?**

Write the things you know about coronavirus here.  
What changed in your life because of coronavirus?





## Coronavirus and lockdown

The government decided to put the country on “lockdown” to slow the spread of the virus. This meant people had to stay at home and couldn’t meet up with friends. Everyone had different experiences during their time at home.

### Think about your time at home.

What was lockdown like for you?



## Coronavirus and lockdown

**Think about your time at home.**

What did you enjoy doing?

**Think about your time at home.**

Was there anything you didn't enjoy?

**Think about your time at home.**

What were the things you missed doing?

**Think about your time at home.**

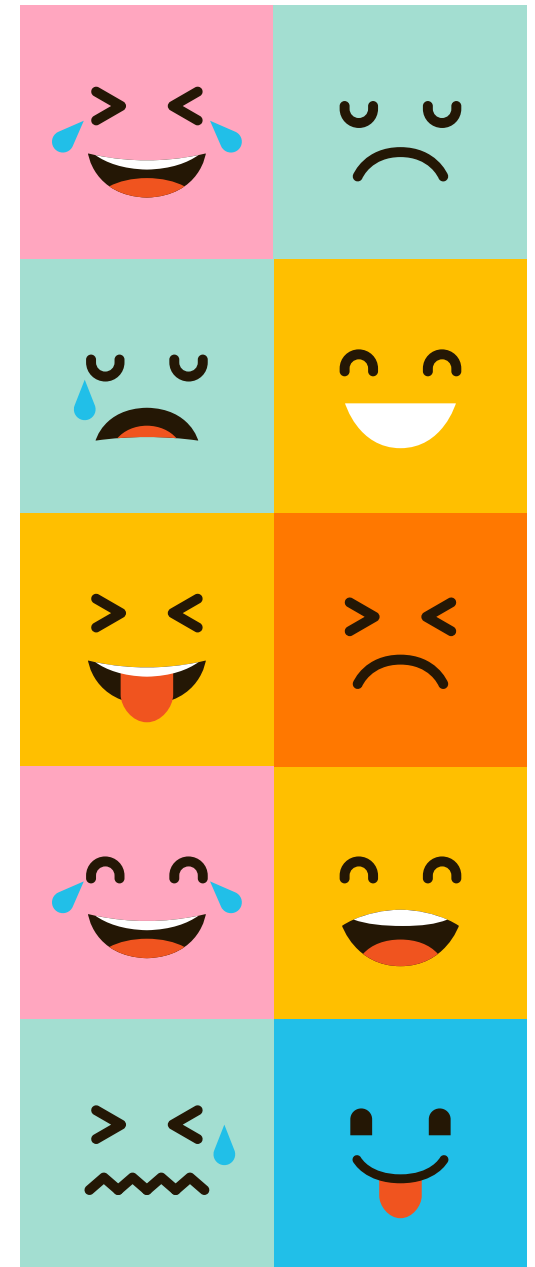
Did you have any new experiences?

## Coronavirus and lockdown

You might have had lots of different emotions during this time - some positive and some negative. Everyone had good and bad days. You might have had lots of feelings all at once.

### What emotions did you have?

Write or draw the emotions you had here.  
These might be positive or negative or both.



## Learning at home

The schools have been closed because of coronavirus. This meant everyone had to learn in different ways. Some people might have done school work online. Others might have focused on personal projects or learning new skills. Some people might have found it really difficult to learn at home but might have had other new experiences. Everyone will be different and that's okay.

Try not to worry about how much work you've done at home. Teachers will be ready to help all pupils.

**What did you learn about while you were at home?**

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**How easy or challenging did you find this?**

**Very easy**



**Very challenging**

## Learning at home

Everyone learns in different ways. Some people like having a quiet place to learn in, some prefer to be more active, some like to learn in short blocks of time, some learn through talking to others. You might have discovered other things that helped you learn during the time at home.

**What helped you learn while you were at home?**

Some of these ideas might be helpful when you go back to school. Is there anything your teachers could do to help you learn?

**Write your ideas for how your school could help you learn here.**



## Feelings about school reopening

The government has announced that is thinking about when it will be safe to open schools again. After spending so much time at home, going back to school may feel a bit different. You might have lots of different feelings about going back.

### How are you feeling about going back to school?

Write or draw your feelings about going back to school here.

There will be lots of good things about returning to school like seeing friends and doing subjects you enjoy. What are you looking forward to about going back?

### What are you looking forward to doing?

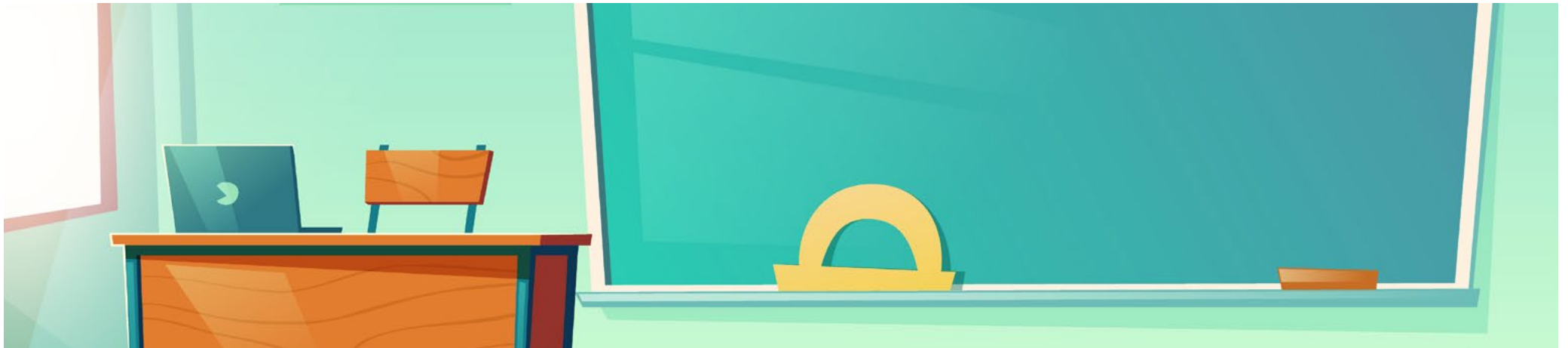
### Who are you looking forward to seeing?

## Feelings about school reopening

Some people might be feeling a bit anxious or nervous about returning to school. It's okay to have worries or concerns. It's likely that other people are worried about the same things as you.

**Do you have any worries about returning to school?**

Write or draw your worries here.



## Feelings about school reopening

Sometimes worries can grow in our minds or we might worry about things that are unlikely to happen. It can help to write worries down and sort them by how big or small they are. It's sometimes a good idea to rate your worries by how likely they are to happen. This can help you to understand your worries better.

<b>What is the worry?</b>	<b>How big is the worry?</b> 1 (tiny) - 10 (huge)	<b>How likely is it to happen?</b> 1 (very unlikely) - 10 (will definitely happen)	<b>Do I need to worry about this?</b> Yes or No	<b>Is there anything I can do to change it?</b> Yes or No	<b>What do I need to do?</b> For example • Get help • Relaxation technique • Let go of that worry

## Feelings about school reopening

It can help to speak to someone you trust about the things you're worried about. They could help you think things through and work out what to do next. Sometimes, just sharing worries with someone else can make them seem smaller and more manageable.

**Who can you speak to about your worries and concerns?**

**What questions could you ask to help reduce your worries?**

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## Talking to friends

When the schools reopen, people will be able to spend time with friends again. You might have lots of different feelings about this. It may be exciting to see friends after spending so long apart. It might also take time to get used to being with other people again, especially after so much time at home. You could think of things you'd like to talk to your friends about to help get conversations started. Remember, it's okay to take time for yourself if you need some quiet time or space.

**What could you talk to your friends about?**

## Preparing for school

It's important to prepare for returning to school. You might want to use a calendar to count down the days until your first day back.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:



## Preparing for school

Everyone has had different routines at home and going back to school could be a big change.

It might be helpful to think about your sleep schedule to get used to getting up in time for school. It's important to make sure you get enough sleep. Think about what time you need to go to bed. Having time without technology in the evenings can help you relax. You might choose to read a book, have a hot drink or have a bath.

**What would help you relax in the evenings?**



## Preparing for school

It can help to have a good night-time routine. You might want to write this down to help you remember. It could look something like this:

### Night-time Routine

- Dinner
- Watch TV
- Pack school bag
- Have a bath
- Relax
- Read a book
- Sleep

### Create a night-time routine that works for you here

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It's important to plan your morning to help you get organised for school. Give yourself plenty of time to get ready so you don't feel rushed. Try to eat a healthy breakfast to give you enough energy for the day. Think about your morning routine. It could look something like this:

### Morning Routine

- Wake up
- Wash
- Get dressed
- Brush hair
- Eat breakfast
- Brush teeth
- Put coat, shoes and bag on
- Go to school

### Create a morning routine that works for you here

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## School bag and school clothes

It can help to organise the things you need for school the night before. Think about what you need to pack in your school bag. You might want to have a checklist to help you remember.

### Example checklist

- Homework diary
- Pencil case
- Water bottle
- Snack
- Lunch/money/swipe card
- PE kit
- Textbooks
- Jotters/folders

### What would be on your school bag check list?

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It might also help to get your school clothes ready the night before. It might feel a bit different wearing school clothes after wearing casual clothes during the time at home. Think about what you'll wear to school. Does your school have a uniform?

### What will you wear to school? What clothes will you need to get ready?

## Timetable

Most schools use a timetable to let you know what classes to go to and when. Looking at your timetable can help you feel more prepared for going back to school. Do you have a copy of your timetable? It can help to look at your timetable each evening to help you get ready for the next day.

**You might want to put a copy of your timetable here.**

## Timetable

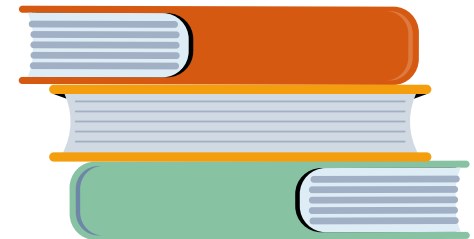
You might have different teachers when you go back to school. Do you know who your teachers will be?

Write the names of your teachers for each subject here. Have you had any of these teachers before?

Subject	Teacher

Subject	Teacher

Subject	Teacher



## Timetable

Teachers will work hard to get to know all the pupils in their classes. What would you like your teachers to know about you?

**Things I like**

**Things I don't like**

**Things I'm good at**

**Things I need help with**



## Safety measures

When the schools reopen, people will need to follow advice to keep everyone safe and healthy. It's important for everyone to:

- Wash their hands regularly for 20 seconds
- Catch coughs and sneezes in a tissue
- Avoid touching their face
- Stay at home if they or someone in their family have symptoms of coronavirus
- Maintain social distancing

Social distancing means that people need to stay 2 meters apart. This might lead to some changes in schools. It might mean there are fewer people in classes or that the desks are further apart.

There might be other changes and instructions from teachers to keep everyone safe.

What other safety measures can you think of?

## Safety measures

While the safety measures are important to keep people healthy, it's okay to feel frustrated about the changes. Lots of people will have different feelings about these and it's important to be patient with yourself and with other people.

Schools are doing lots of planning to help make sure everyone can come back to school safely.

**What could your school do to help you feel more safe and secure?**

## Safety measures

Schools are working hard to put the right safety measures in place and will follow advice from the government. There are still things we don't know about the safety measures everyone will need to follow.

The government and the schools will keep things under review. This means that they'll keep talking about how everything is going and if there need to be any more changes.

**What questions do you have about safety measures at your school?**

## Safety measures

Going back to school might feel a bit different. It is possible that people will return to school in phases. This means that all pupils might not go back at the same time. There might be a rota with each person having some days in school and some days at home. Your school will tell you about this before you go back.

You can use this calendar to write which days you'll be in school and which days you'll be at home.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:	Date:

## Plan for the first day back

Think about your first day back at school. It can be helpful to plan your day as much as possible, so you feel prepared.

### When

#### Date

When is your first day back at school?

#### Time

What time will school start?

What time will school finish?

### Where

#### Where should you go on your first day back?

Do you go to the first class on your timetable, do you have a registration class or do you go somewhere else?

### How

#### How will you get to school?

Do you walk to school? Do you get a school bus or taxi? Do you use public transport or go in a car?

Does someone go with you to school or do you travel on your own?

### Who

#### Who will you see when you get there?

Do you meet friends, teachers or support staff when you get to school?

### What

#### What classes do you have on your first day back?

#### What do you need to take with you?

#### What will you have for lunch?

Do you take a packed lunch, do you have a school dinner or do you do something else?

Can you think of anything else you need to plan?

## Sensory experiences

Everyone experiences senses differently. Some people might dislike loud noises or bright lights. Some might not like to be touched or might prefer certain textures. There might be smells or tastes people prefer or there might be some they really don't like. Some people like lots of movement and some prefer to be more still.

It can help to be prepared for some of the sensory experiences you might have when you go back to school. Think about your senses and the things you like or that you find difficult. Try to think of the things in school that might be a bit tricky. What do you think might help?

You might want to ask someone you trust for ideas or to help you speak to school about your ideas.

Sensory experience	Situation in school	What might help
Noise - I don't like loud, busy areas.	Eating lunch in the busy dining hall.	Find a quiet part of the dining hall or ask school about somewhere quieter to eat.  Take time to relax afterwards.



## Feelings after the first day back

Going back to school will be a big change. While there will be lots of good things, there might also be some challenges. You might have lots of different feelings after your first day back at school. Some of these might be positive and some might be negative.

It can help to identify your feelings. Your emotions can affect the way you act so it's important to understand more about those emotions. You might want to speak to someone you trust about your feelings. They can help you work through any problems.

Remember, everyone has bad days. It's okay not to be okay. Give yourself time to feel all your different emotions, good and bad.

**What feelings and emotions did you have after your first day back at school?**

## Feelings after the first day back

It's important to take time to relax after days at school. This will help you manage your emotions and your energy levels.

Think about the things that help you relax. Some people like to practice mindfulness or meditation, some like to exercise, some might find art or music relaxing. It can help to set aside relaxation time after school each day.



**What helps you relax? You might want to plan what you'll do to help you relax when you get home after your first day back at school.**

## Feelings after the first day back

It can also help to spend time thinking over your day. This will let you think about the things that went well and anything that didn't go to plan. After your first day back, take some time to think about what happened.

**What did you enjoy about your first day back?**

**Was there anything you didn't enjoy?**

Think about your first day back at school.  
If there was anything that you didn't enjoy, what ideas do you have that could make things better?

**Write your ideas here.**

## Weekly journal

You might want to write a weekly journal to help you think back on each week at school.

	What went well?	What was the highlight of the week?	Was there anything that didn't go well?	What ideas do you have to improve this?
Week 1				
Week 2				
Week 3				
Week 4				

## When things don't go to plan

Sometimes, things don't go to plan or don't happen the way we hope they will. Going back to school will be different for everyone. The schools and the pupils won't always get things right first time. People will need to be patient with each other.

It's important to be kind to yourself. There will be lots of good things about going back to school but there might also be some challenges. It's okay to find things difficult and it's okay to ask for help.

**Write the things you're finding difficult about being back at school here.**

**Who could you speak to about these things?**

## When things don't go to plan

Don't be too hard on yourself if you make a mistake. Everyone makes mistakes sometimes. Try to think about what you could do differently next time.

You might want to write things down to work through any problems. Here's an example.

<b>What happened?</b>	<b>Why did this happen?</b> Remember to be kind to yourself.	<b>What could you do differently next time?</b>	<b>Who could help with this?</b>  <b>Or is this something you could do yourself?</b>
Example: I forgot to stay 2 meters away from someone.	These rules are still new to me. Everyone forgets things sometimes.	I could write myself a note to remind me.	My parents/teachers could help remind me.

## When things don't go to plan

Use this table for your own examples. Remember to be kind to yourself and think of things to help you feel better afterwards.

<b>What happened?</b>	<b>Why did this happen?</b> Remember to be kind to yourself.	<b>What could you do differently next time?</b>	<b>Who could help with this?</b> <b>Or is this something you could do yourself?</b>

## Summary and questions

Coronavirus has brought lots of changes for everyone. There will be lots of good things about the schools reopening but things will also be different from before. You might have lots of different emotions about going back to school and about the changes.

It's important to speak to someone you trust about any worries and concerns. They can help you work through problems and help you manage your feelings.

It's okay to have both good and bad days. It's important to take time to relax and look after yourself.

Do you have any questions about anything in this workbook? Think about who would be the best person to answer your questions. This might be someone in your family, someone who helps you or someone from school.

**Write any questions you have here.**



## Letter

You might also want to write a letter with your thoughts and feelings, questions or anything else you want to say. It could be written to whoever you want. You don't have to send it. It could even be a letter to yourself. This can be a good way for people to express their emotions.

**Write your letter here.**



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