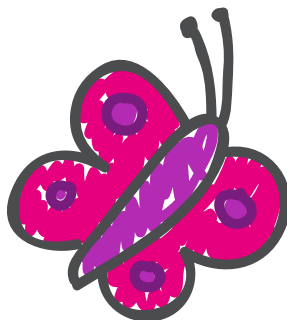


# BACK TO SCHOOL PRIMARY



This booklet  
belongs to

Class



# Welcome



The past few months have been very different from any other time we've known.

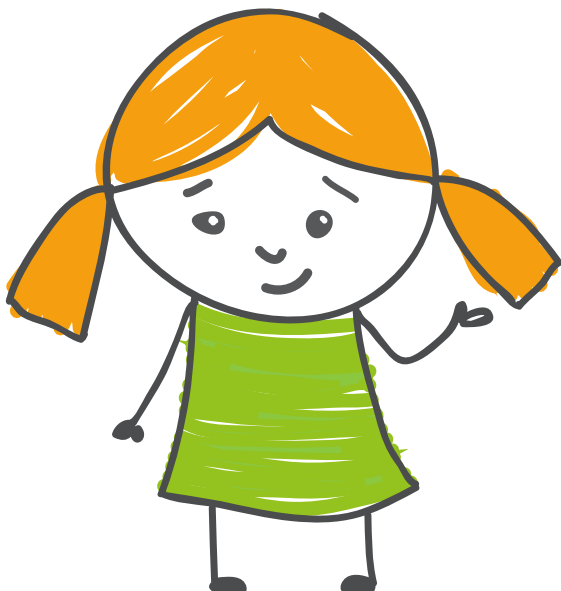
For everyone, there has been a lot of change, and now we are having to think about getting back to school. This might feel exciting, or maybe even a little scary. However you feel about going back to school, this booklet is designed to give you hints, tips and activities to try so that you move back into school life feeling confident and calm.

**Routine**

**Relationships**

**Feelings**

**Managing  
Change**



# Feelings



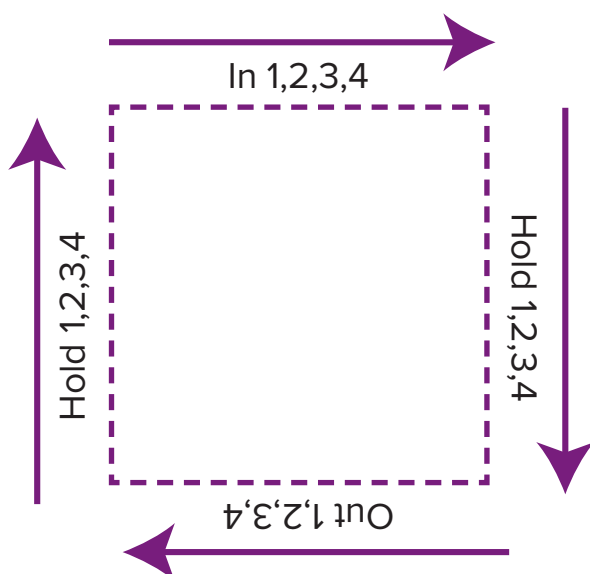
Feelings are signals in our body and it is important that we listen to them as they give us clues about what is going on around us. Some feelings are comfortable like happy or excited, some are uncomfortable like sad or angry. We all have feelings and all of these feelings are OK!

It's important to think about how you are feeling and when you feel uncomfortable, remember that you can do things to move towards a more comfortable feeling instead.

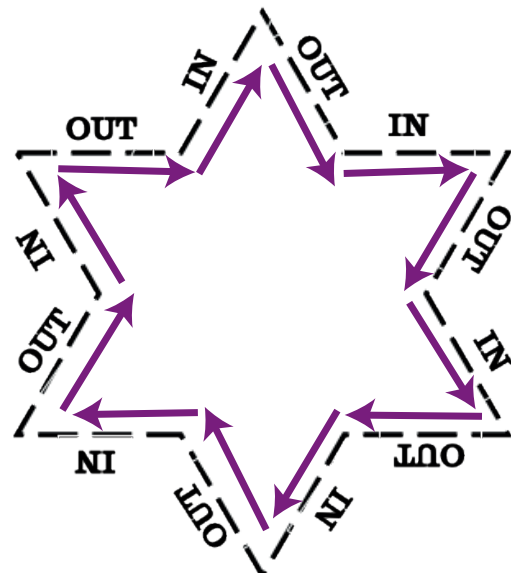
## Why not give one of these breathing techniques a try...

As you breathe, use your finger to trace along the arrows

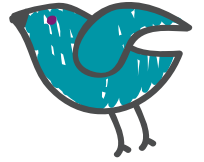
### Square Breathing



### Star Breathing



# Today I feel...



Some words to describe  
how I feel now are...

My face looks like...

My feeling is...

☐

Comfortable

☐

Uncomfortable

☐

A bit of both

**Remember**

It's OK to feel ALL  
feelings. There is no  
such thing as a  
BAD feeling!

My body feels:

Heavy Hot Relaxed

Tight Fast heart

Shaky Calm

Butterflies

I think I feel this way because...

# Wall of Worries

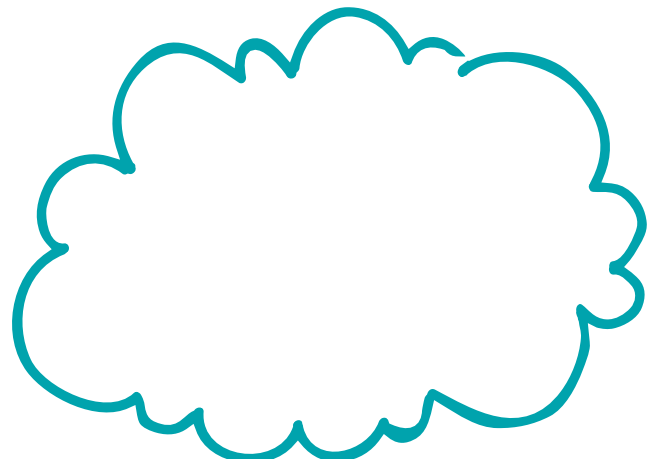
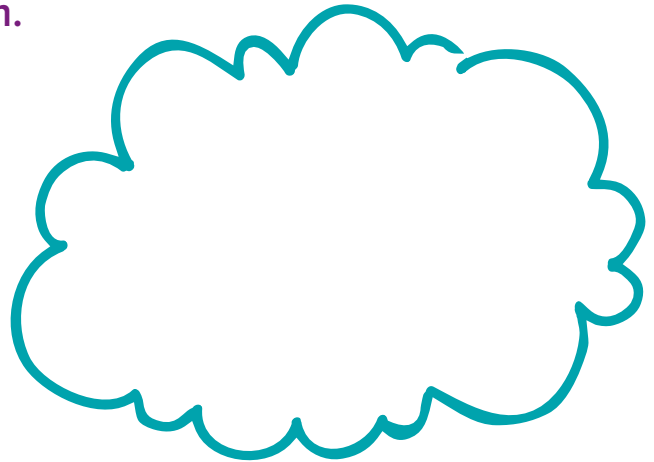
We all feel worried sometimes, lots of different things can make us feel worried. If something is worrying you, write it down on a brick on your wall. Is there someone you can share your worry with?




# Keeping Calm



If you are feeling worried, sad, angry or maybe even frustrated, it is important to remember that you can take steps to change this and calm down. Fill the clouds below with things that make you feel calm.



**Need some ideas?** What about deep breathing, colouring, drawing, walking, sport, playing a game, talking to someone or meditating?

# Managing Change

Over the past few months, lots of things might have changed. You might have new rules about how you can see your friends and family or you might have been away from your normal routine at school.

When things change, it can sometimes make us feel worried or upset. Sometimes there are things we can do to manage that change and sometimes we can't do anything and that is OK!

**Some of the things that have changed are:**

Not seeing  
friends

Keeping a  
safe distance



Regular hand  
washing

Having to  
stay home

Not being  
in school

Wearing  
a mask

Not seeing  
older relatives

Not being  
able to hug

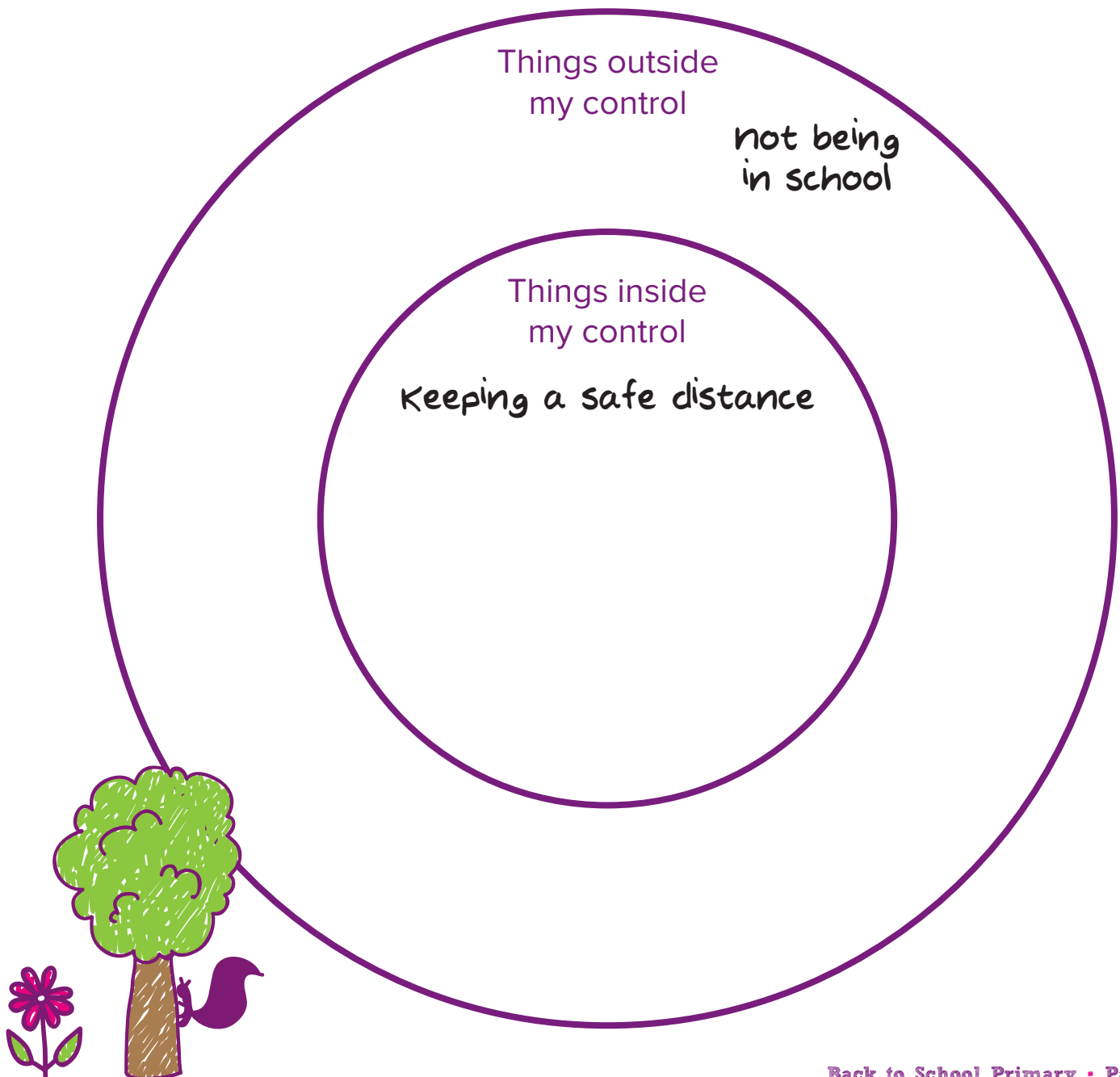


# Inside/Outside of Your Control



Think about the examples we've given you. Some of them you can do something about (they are in your control) and others you can't (they are outside of your control).

Add them to the circles below and think of some of your own ideas too. We've put in a few examples to help you.





# Thinking about Change

When changes happen, sometimes we can do things to help us feel more positive. Think of something that has changed for you recently. What was it? How do you feel about it? What could you do to feel better about it?



What changed?

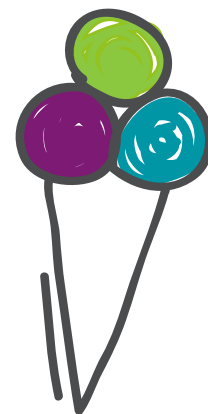


How do I feel?



What can I do?

# Relationships

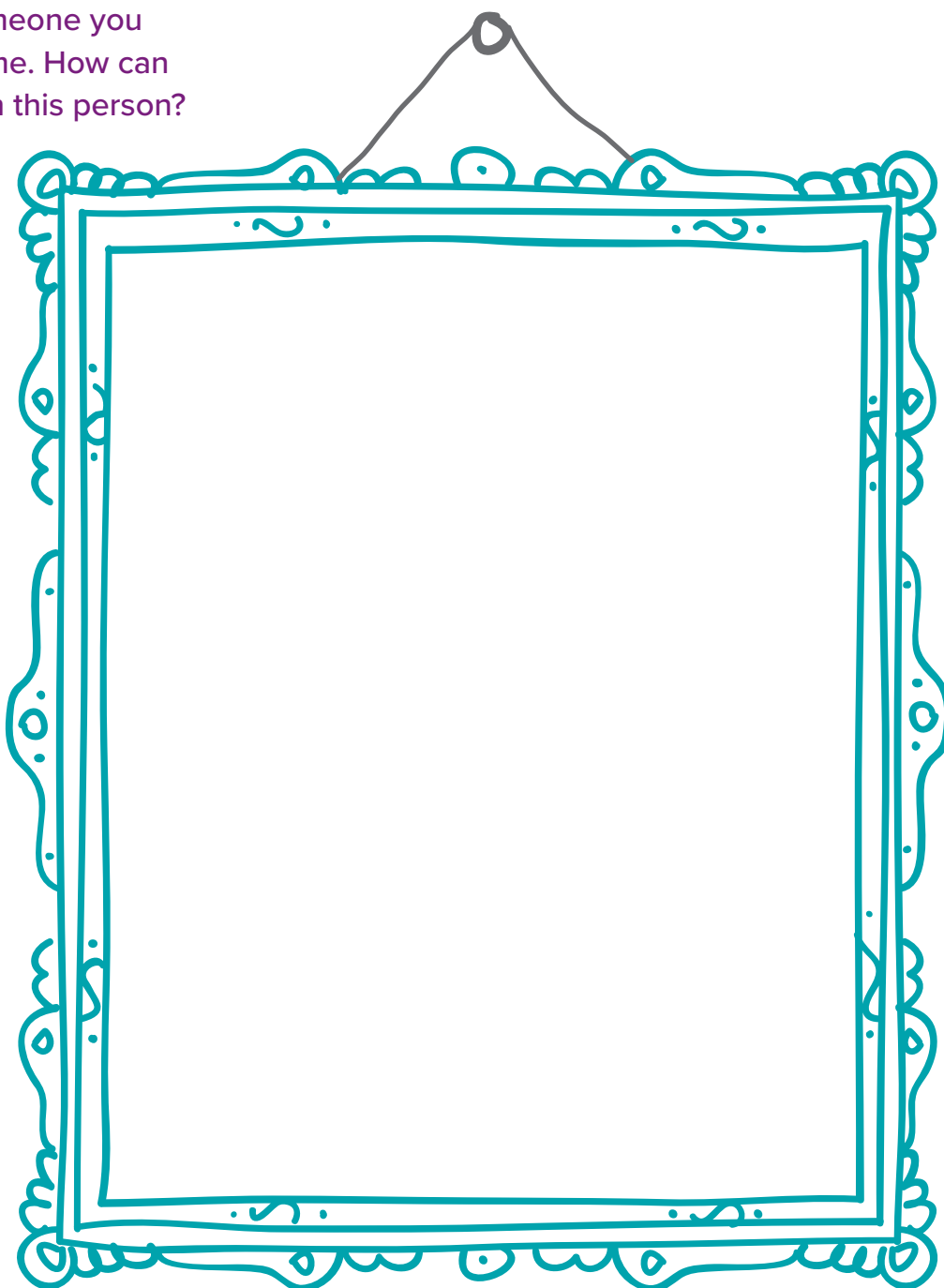


We all have people that are special to us and we might have found it difficult not to see those people while we were in lockdown.

It's important to remember, even when we can't see or hug the people we are close to, they still care for us and we can keep in contact with them in new and different ways.

Draw a picture of someone you care about in the frame. How can you stay in touch with this person?

Draw or write your ideas below...

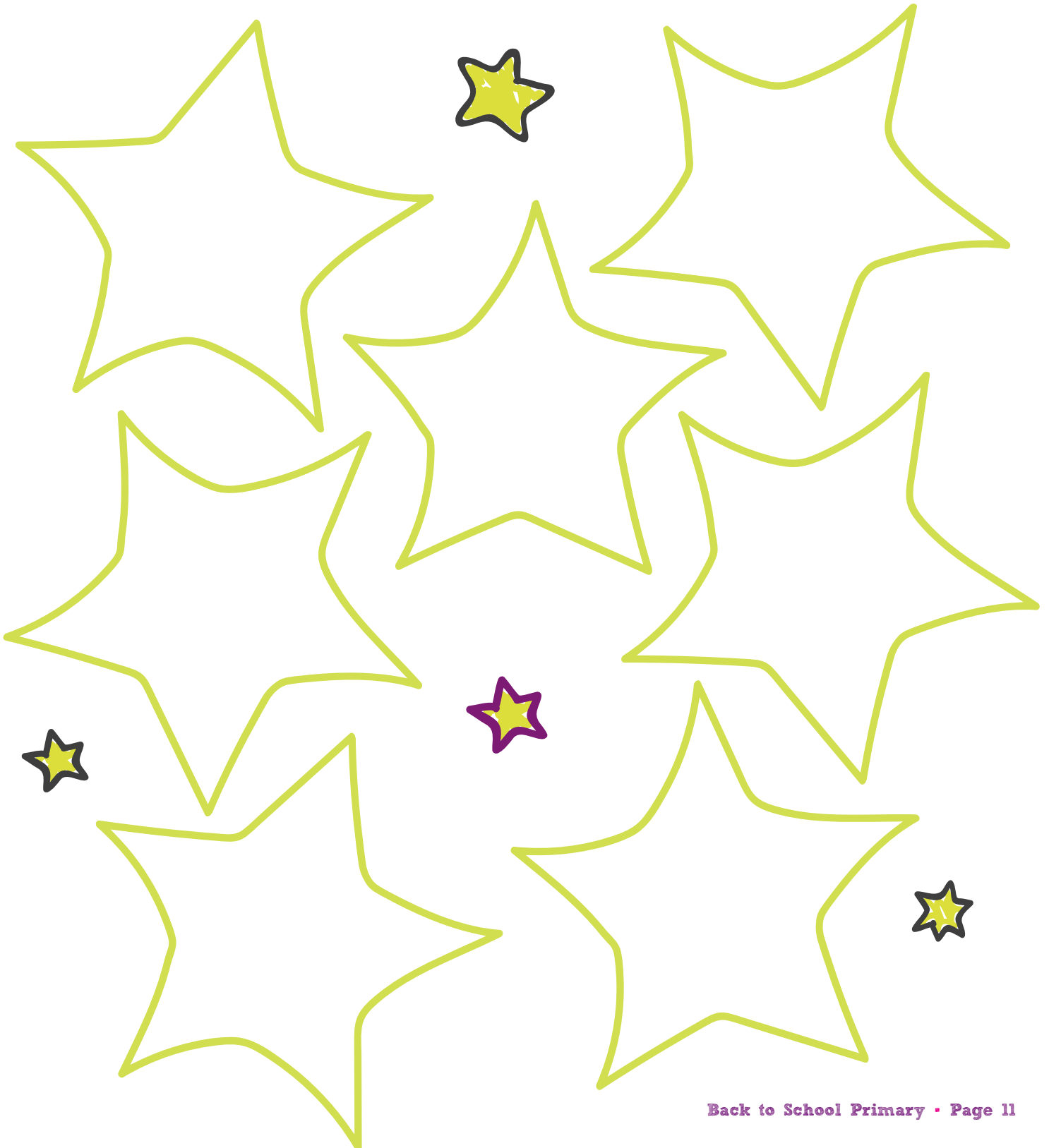


# Star Qualities



Think of someone you trust. It could be the same person you drew in your frame. What qualities do they have?

Are they kind, helpful or friendly? What makes them special to you? Write these qualities in each star below. Once you have filled the stars, be sure to think about what qualities you have that make you special too!

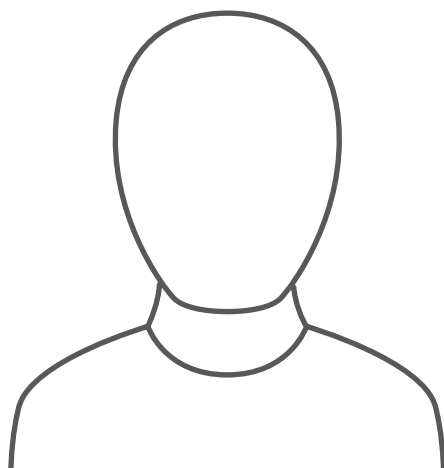


# People Special to Me



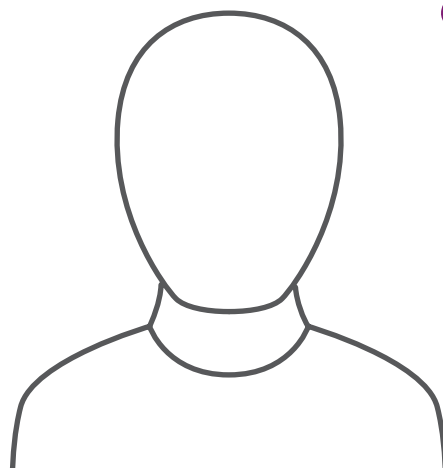
People in our lives will all have different qualities we like.  
Can you think of 4 people who fit the descriptions below?

Draw their faces and write in their names.



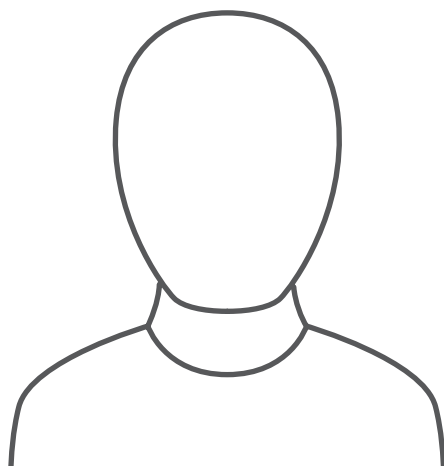
I like to play with

.....

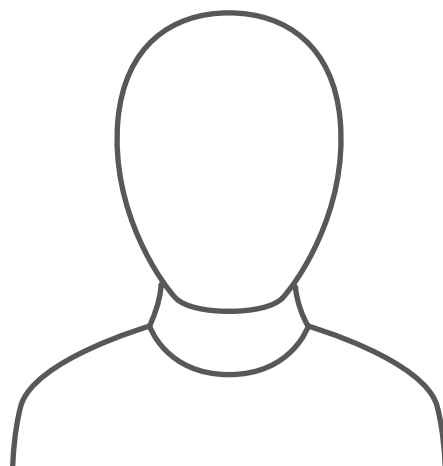


I would ask for help from

.....



.....  
is very kind

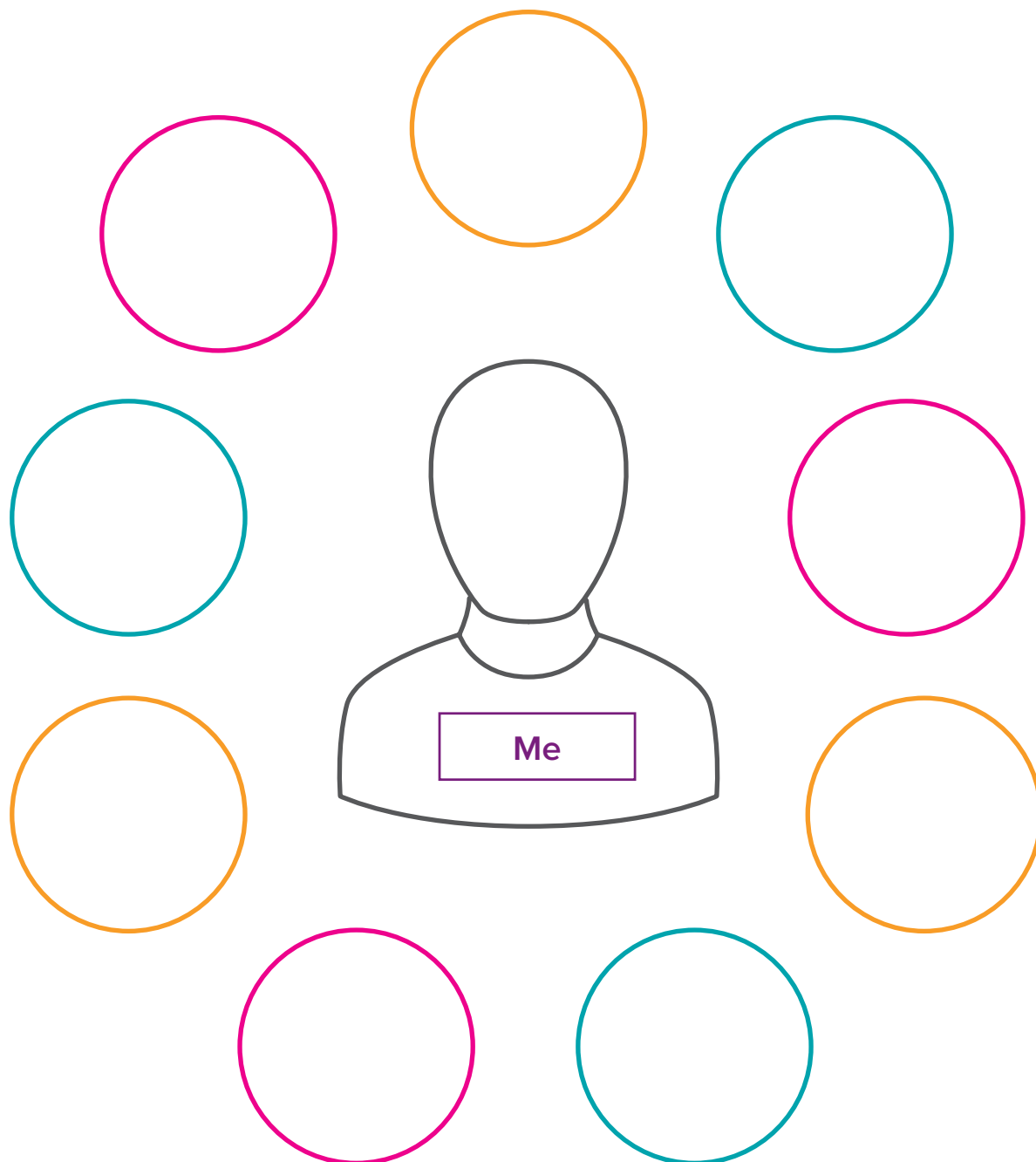


.....  
makes me laugh

# It's Good to be Me



When thinking about relationships it is really important to think about how we can show star qualities too. Draw yourself below and in the circles write what makes you special.



**Remember...** If you're not feeling at your best, you could talk to someone you trust and see if they could help you make a change.

# My Routine

A routine is a set of tasks we can try to stick to each day that helps us feel in control and make good choices. We can even set time in our routine to work towards a goal and feel proud that we have achieved something special. A good morning routine helps get our day off to the best start!

Tick off your steps as you complete them in the morning.

## Morning To Do List:

- ☐ Get up
- ☐ Brush teeth
- ☐ Eat breakfast
- ☐ Pack school bag
- ☐ Get dressed
- ☐ Set off on time

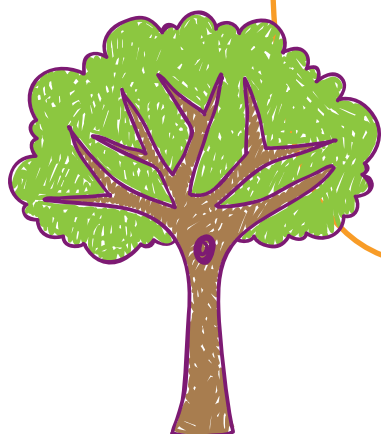


Getting a good night's sleep is important to keep your body and mind healthy. Sleep also helps you manage your mood and is an important part of your daily routine!



## Top Tips for Good Sleep

- Unplug your devices 1 hr before bedtime •
- Turn out the lights •
- Have a set bed time each night •
- Listen to calm music if you're struggling to switch off •



# Setting a Goal



Setting goals doesn't have to be boring. By setting ourselves a goal and working towards it each day, we can feel proud and happy of what we have achieved.

Goals can be big or small, just think of something you really want to be able to do.

What is my goal?

Who can help me?

What do I need to achieve it?  
(eg. time, equipment)

How often should I work on it?



# My Goal Tracker

Now you have thought of some goals, add one into the table below.

Tick off each day you work towards your goal and complete the face to show how you feel after each day.

My Goal is:



	Have I worked on this today?	Have I made progress?	How do I feel?
Monday	Yes / No	Yes / No	
Tuesday	Yes / No	Yes / No	
Wednesday	Yes / No	Yes / No	
Thursday	Yes / No	Yes / No	
Friday	Yes / No	Yes / No	
Saturday	Yes / No	Yes / No	
Sunday	Yes / No	Yes / No	

How did you do?



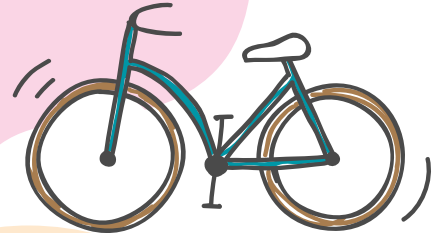
# Things to Remember



Keeping to a  
routine is helpful



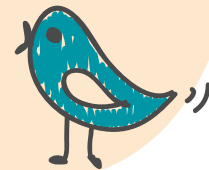
Make time for  
things you enjoy



All feelings  
are OK



Never be afraid  
to ask for help



Change can  
sometimes be  
a good thing



Working towards  
goals can make us  
feel proud



You are awesome!





[barnardos.org.uk](http://barnardos.org.uk)

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