

# Preparing to go back to school!

Some positive activities that can be done to help you to return to school



Walk or drive down to the school. Familiarise yourself with the journey and the land marks that you were used to seeing.

Think about what you would like to share with your teachers and peers when you return – have you had any big changes in your life?

Take the time with your family to chat about school;

What was your favourite subject?

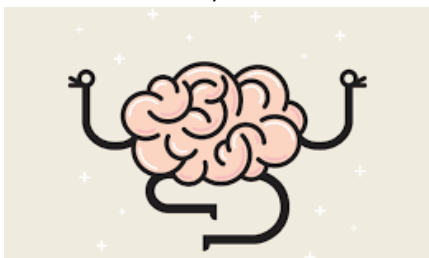
What do you remember about what you were doing before the school closed?

Who did you sit next to?

**THINGS TO DO!**

Create a TO DO list with things that you need to remember to bring with you or do when you come back.

Practice some MINDFULNESS – basically anything that you can do, to



Arrange a one-to-one phone call or Zoom meeting with a classmate and discuss your thoughts about coming back.

Write down some thoughts and feelings about the return to school and talk about them with someone.

## REMEMBER

We have all been through this together and all of your teacher's are so proud of you – consider what you have been most proud of achieving since you've been learning at home.

