

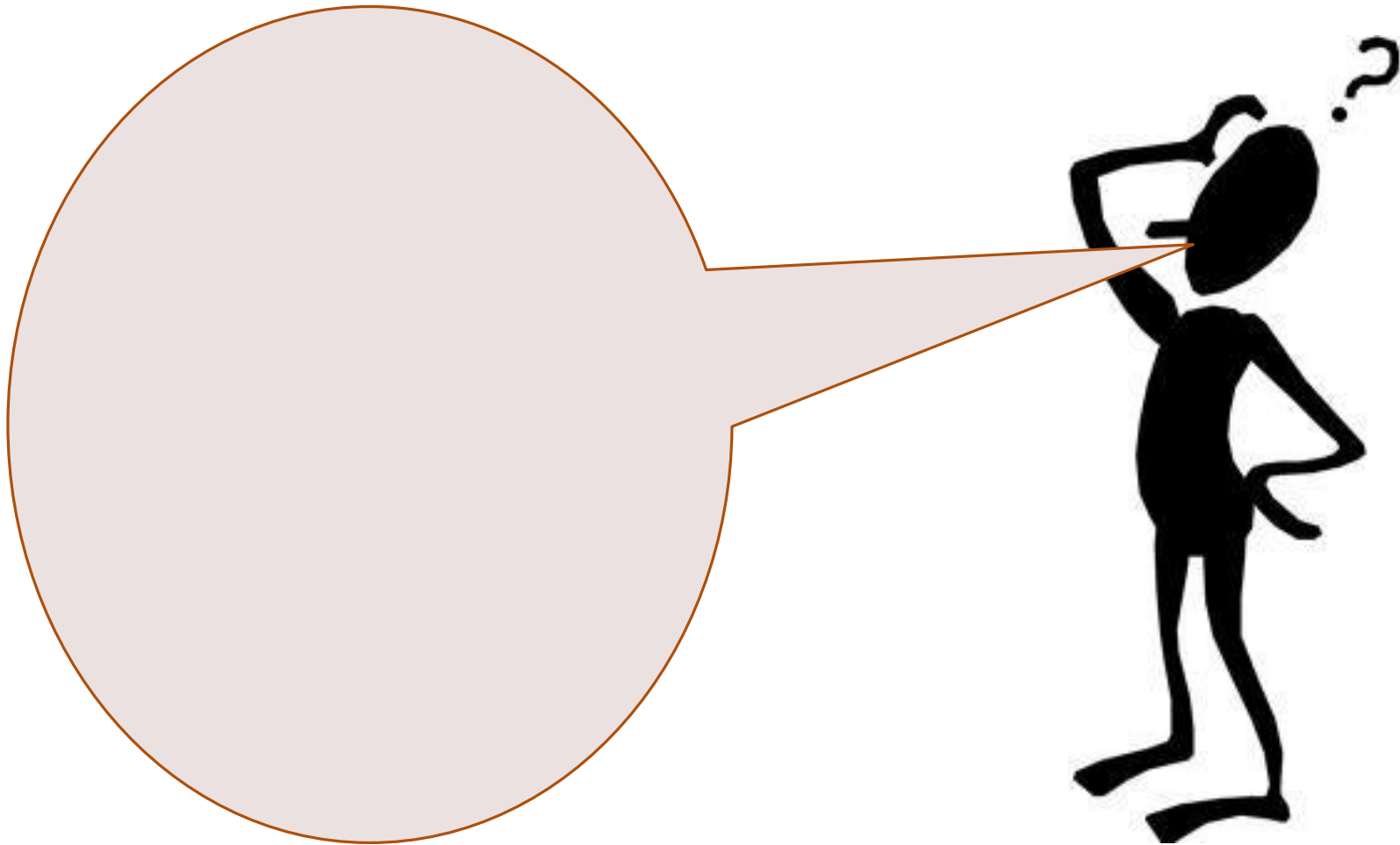


Back to success pack

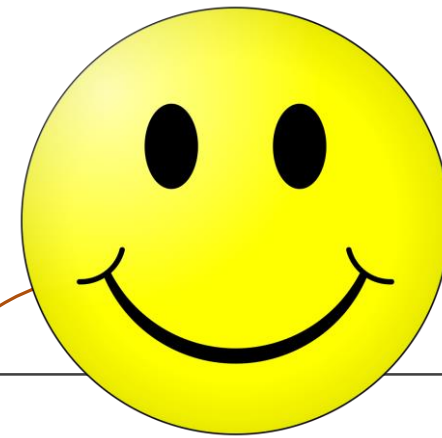
NAME: _____

YEAR: _____

How are you feeling?



You are a superhero!!



You are your own superhero...

You are amazing!! Over the last two months things have changed a lot for you.

You haven't been able to do many of the things you normally do, your routines have changed, and you have been learning and seeing friends and family differently.



What was it like for you?

What do you remember about learning at home?



A large, empty, light purple rectangular area with rounded corners and a thin brown border, intended for a response.

There were probably things you really enjoyed about being at home every day and things which may have confused or worried you:

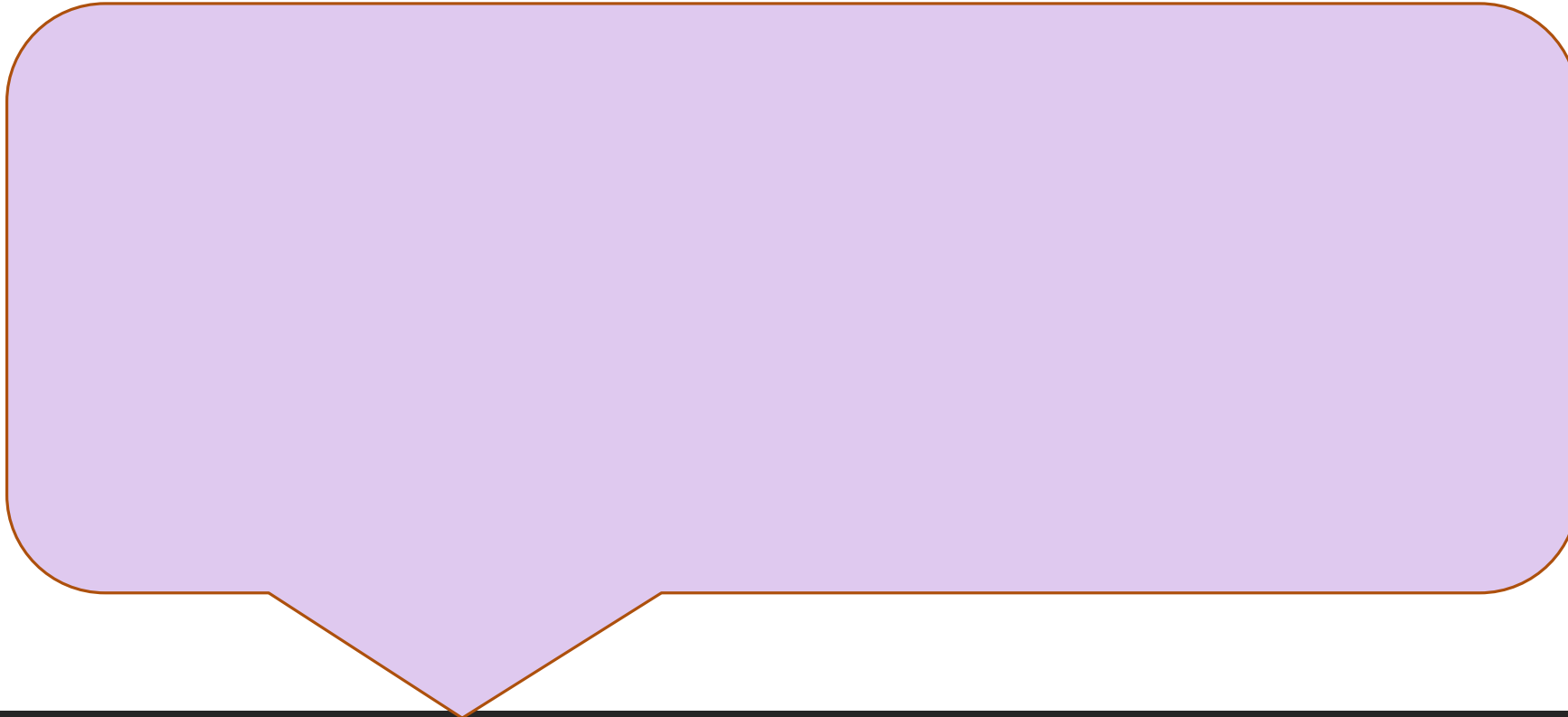


Some days perhaps you were...



Struggling

What helped
you when you
felt like this?



I had some great times...



Thriving

These were
those great
moments that
made you
laugh, smile
and feel
brilliant!!!!

Write about those things...

You are not alone...



We are
socially
distancing!!!

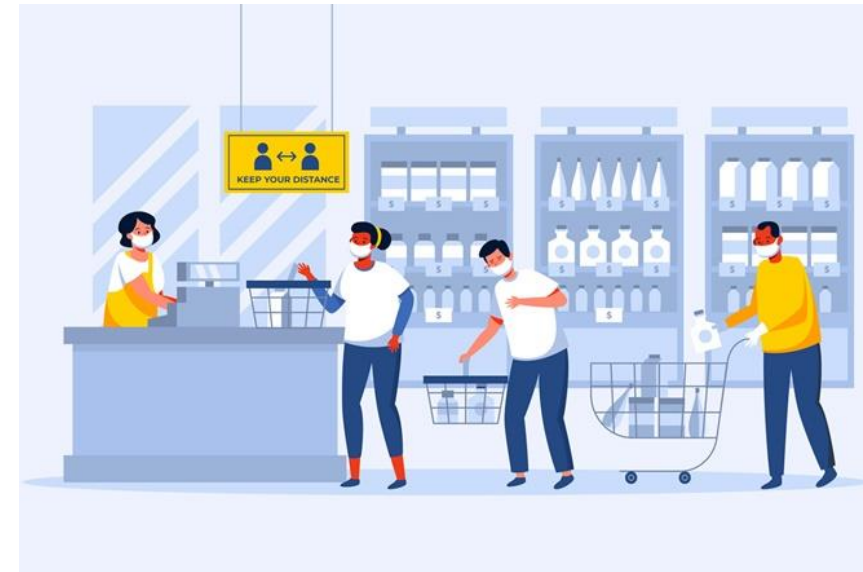
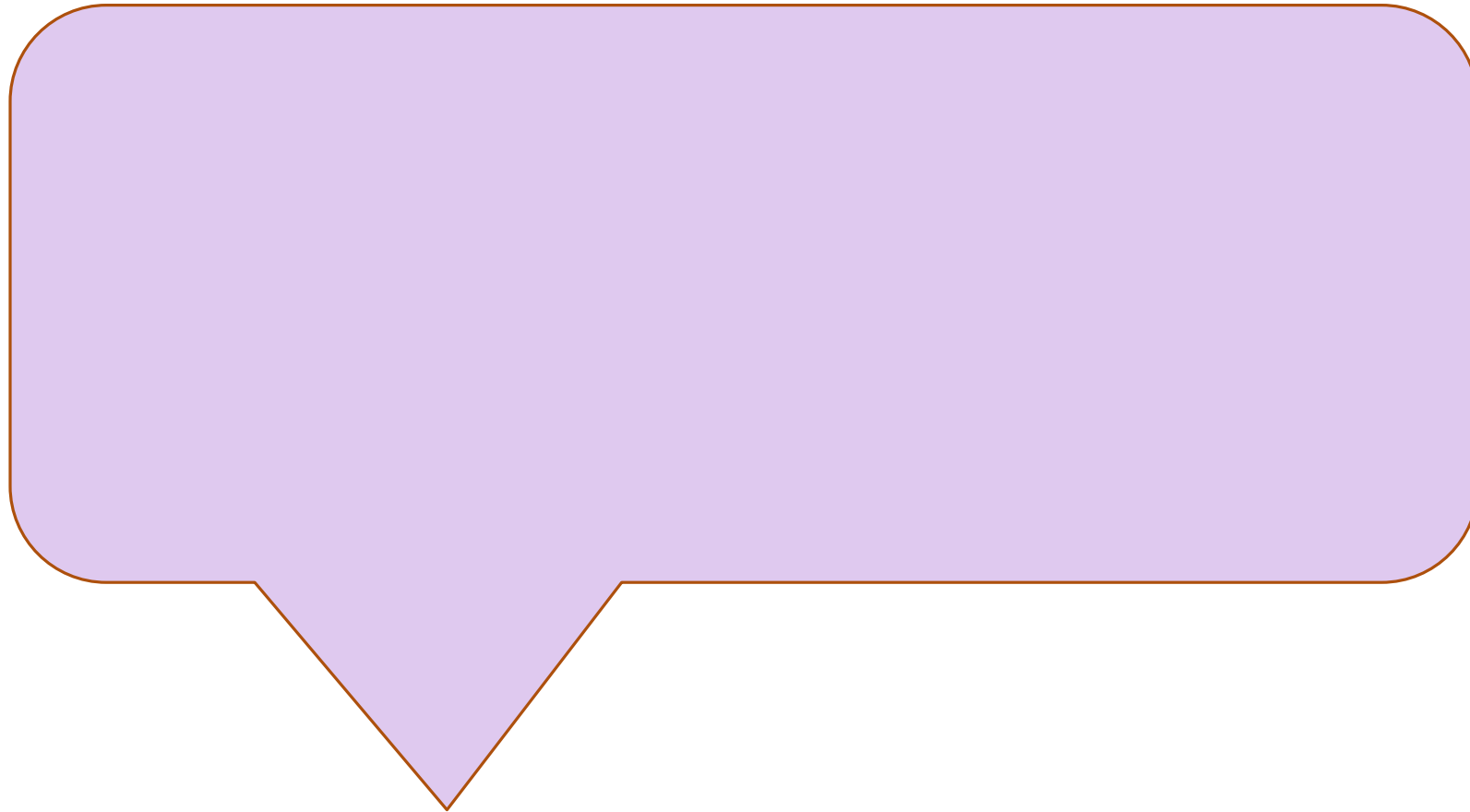
Every one of us had lots of feelings every day. Some calm and great, sometimes 'thriving' and sometimes 'struggling'



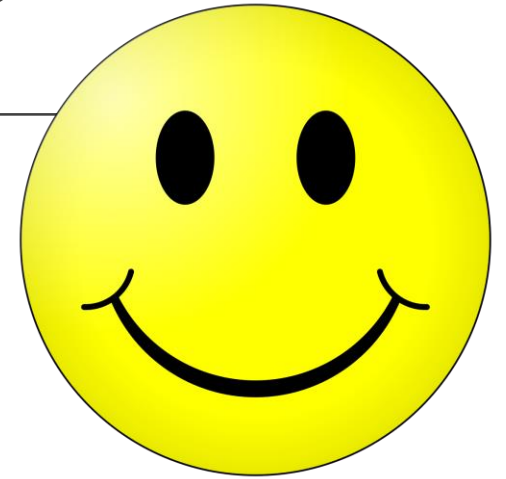
However, only you know how you felt...

What is the 'New Normal' ?

Ask your family...



How do you feel about this?



It's okay to feel like that. Just remember to talk about how you are feeling

Time to go back to school...

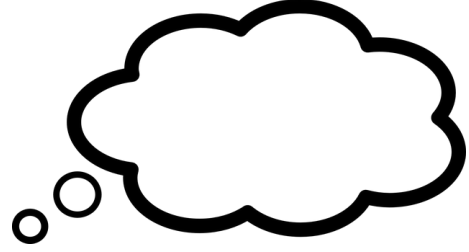
It's time to come back to school because the adults say it is safe. It is okay to feel a little bit worried about going back to school. I know that the adults are there to help me get used to school again.

They will show me what is **the same** and what **has changed**. The **changes** will help to keep everyone safe. If I am still worried, I will talk to the adults.

It's great
to talk!!!



That's okay,
everyone is
feeling like that

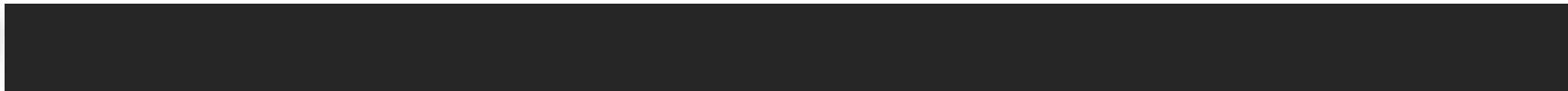


Going back to school...



I am excited about and looking forward to:

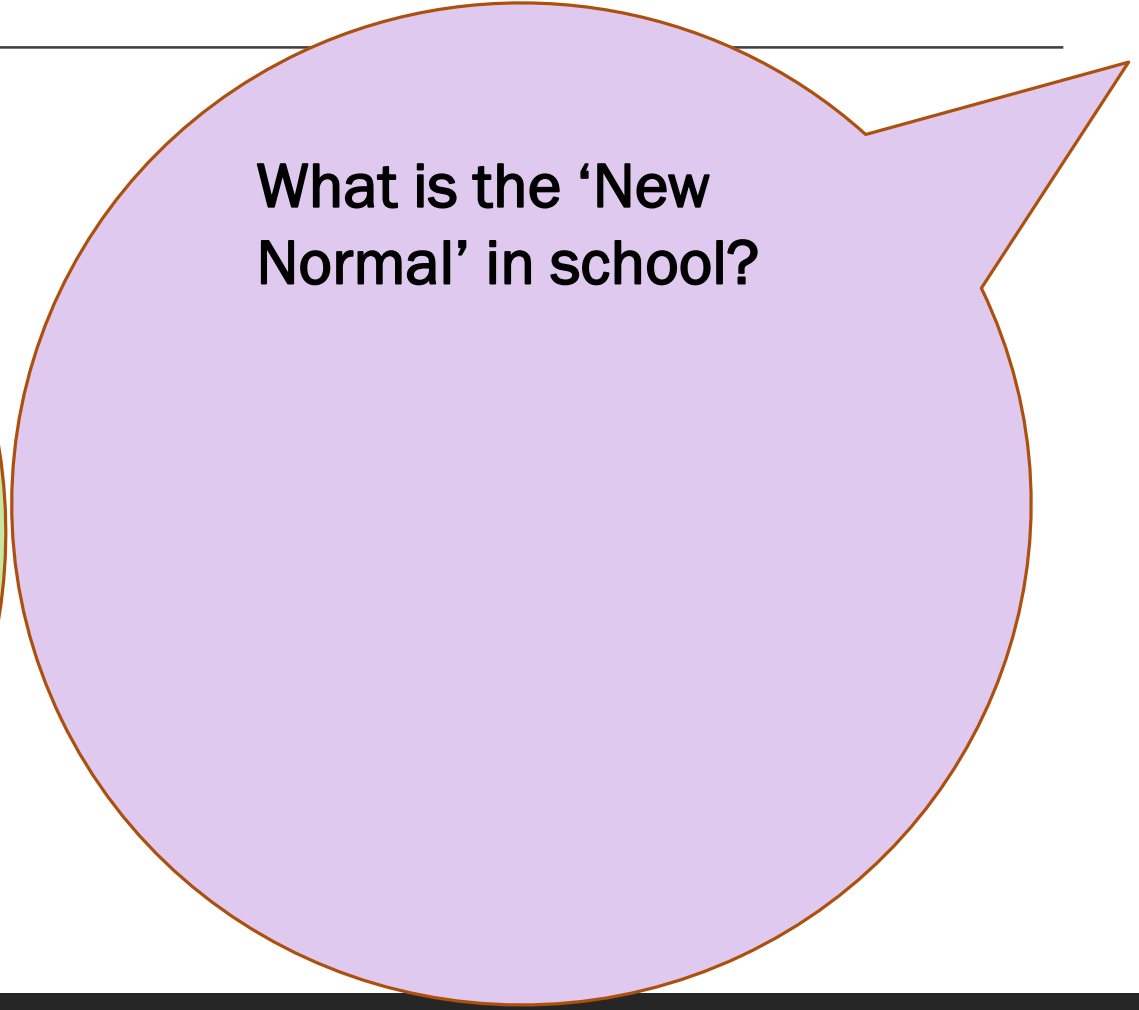
What's bothering me is...



What will be the same and what's changed about school?



What's just the same?

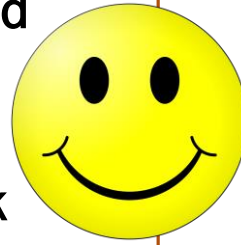


What is the 'New Normal' in school?

All of us need help especially when things have changed...

What might you need help with when you go back to school?

If you feel worried or a bit sad or upset, it is important to talk

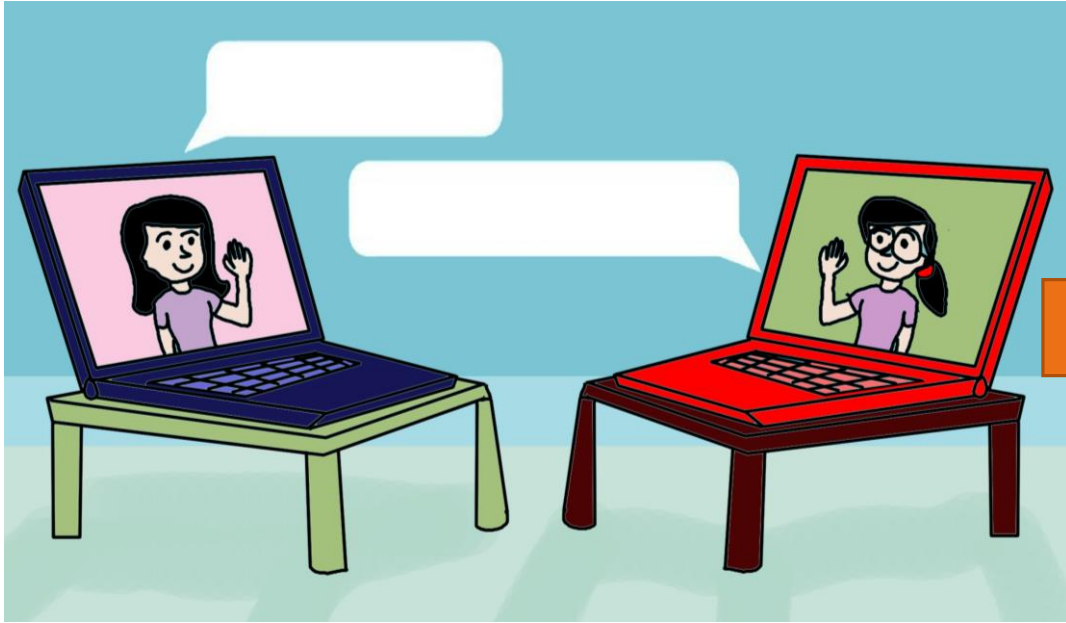


Who would you talk to?

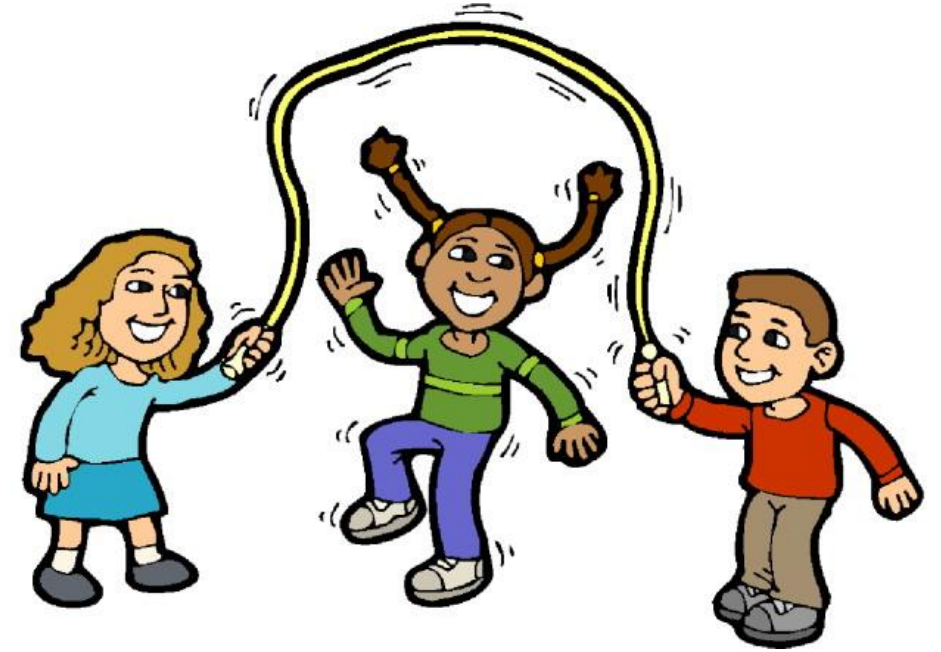
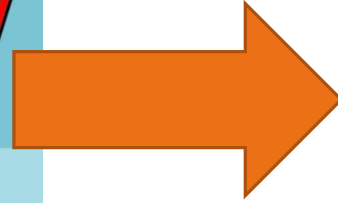


Friends and being around others

The 'New Normal' may mean that playing is a little different, but still with the same people

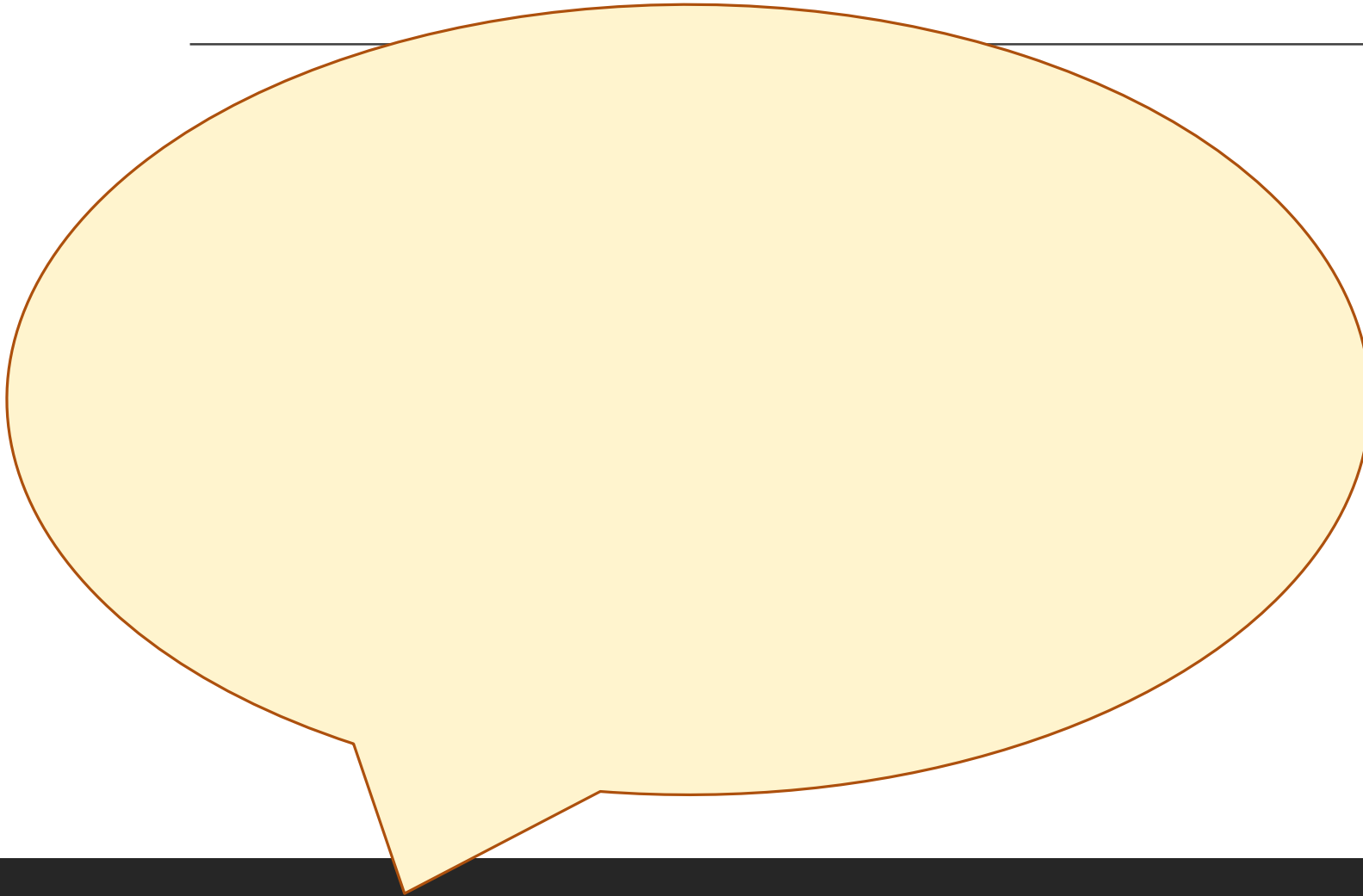


It was like this...



Now I am going to see my friends...

**How does being around others again
at school make you feel?**



I will need to get to know my friends again...



They may have had different memories to me

They may not want to talk because they are trying to get used to new routines

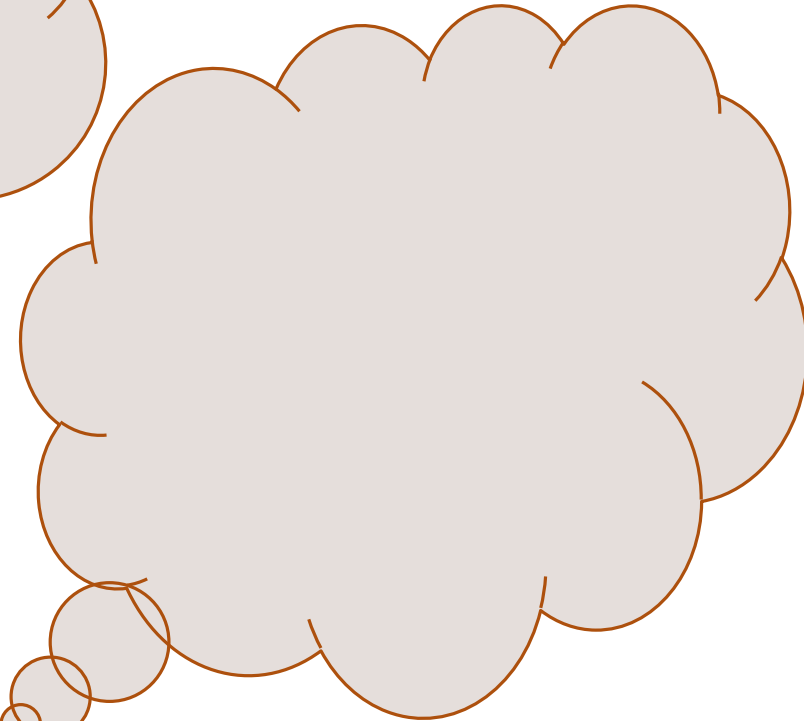
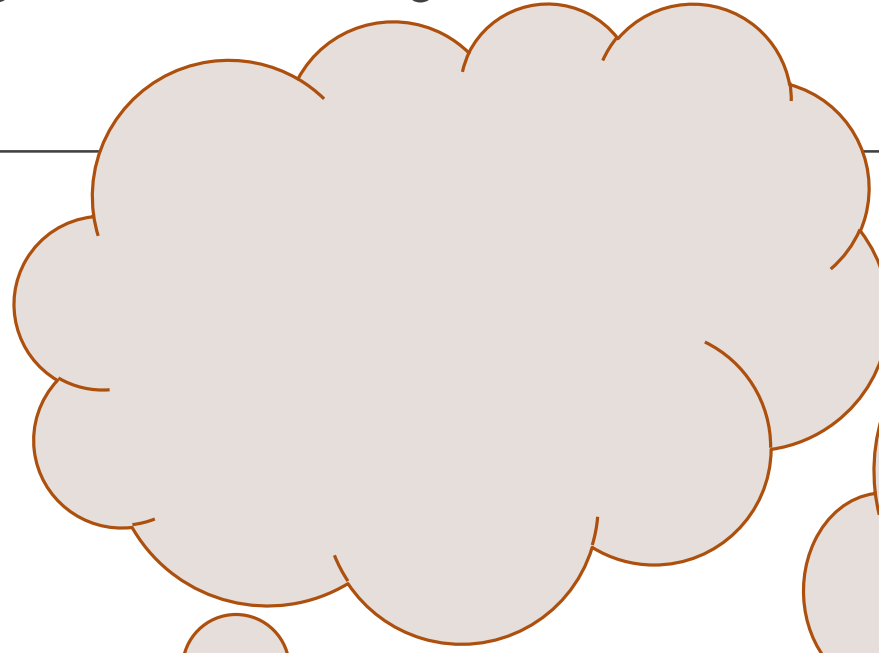
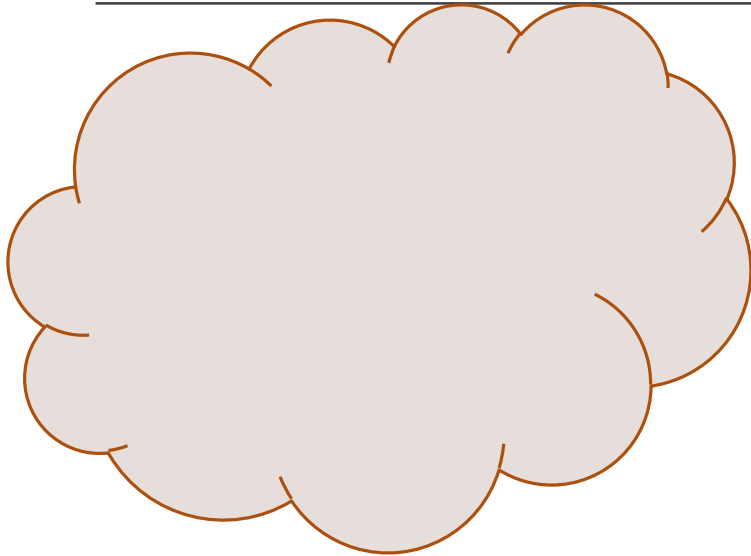
They may have new interests and new friends

They may not like the same things they used to like



I may want to be on my own...

What will help you with your friends
and playtimes?



I know things may feel a bit different, but that's okay!! I know what to do if I feel:



- Awkward
- Stressed
- Anxious
- Angry
- Upset
- Confused
- Not good enough
- Tired
- unwell

**I will
talk to:**

At home:

At school:

**I'm ready to
have a great
time back at
school !!**



What will help me to get ready for being back at school...

Getting used to my school day daily routines before going back to school

Going to bed at the same time I used to for school before going back

I wash my hands regularly and know about safe distance

Talking to my family about anything that worries me AND my successes

Finding out what is the same and what is different about being back at school

Talking to adults at school if I feel worried, upset or confused

Being friendly and helpful to people in my class

Carry on doing my interests which made me happy at home



I know I am being my own superhero and doing great!!

