

# Back to school



A pack for younger  
children

# Hello

Welcome to your back to school pack!

This booklet is to help you get ready for going back to school. Most children have been staying at home because of lockdown. When your school re-opens, some things will be the same as before, and some things might be different.

In this pack, you can think about all the things you are looking forward to, and anything that might be worrying you about going back to school.



# All about me

My name:

My age:

The name of my school is:

I am in Year

Things I like doing.....

Who is important to me?

(Family, friends, pets)

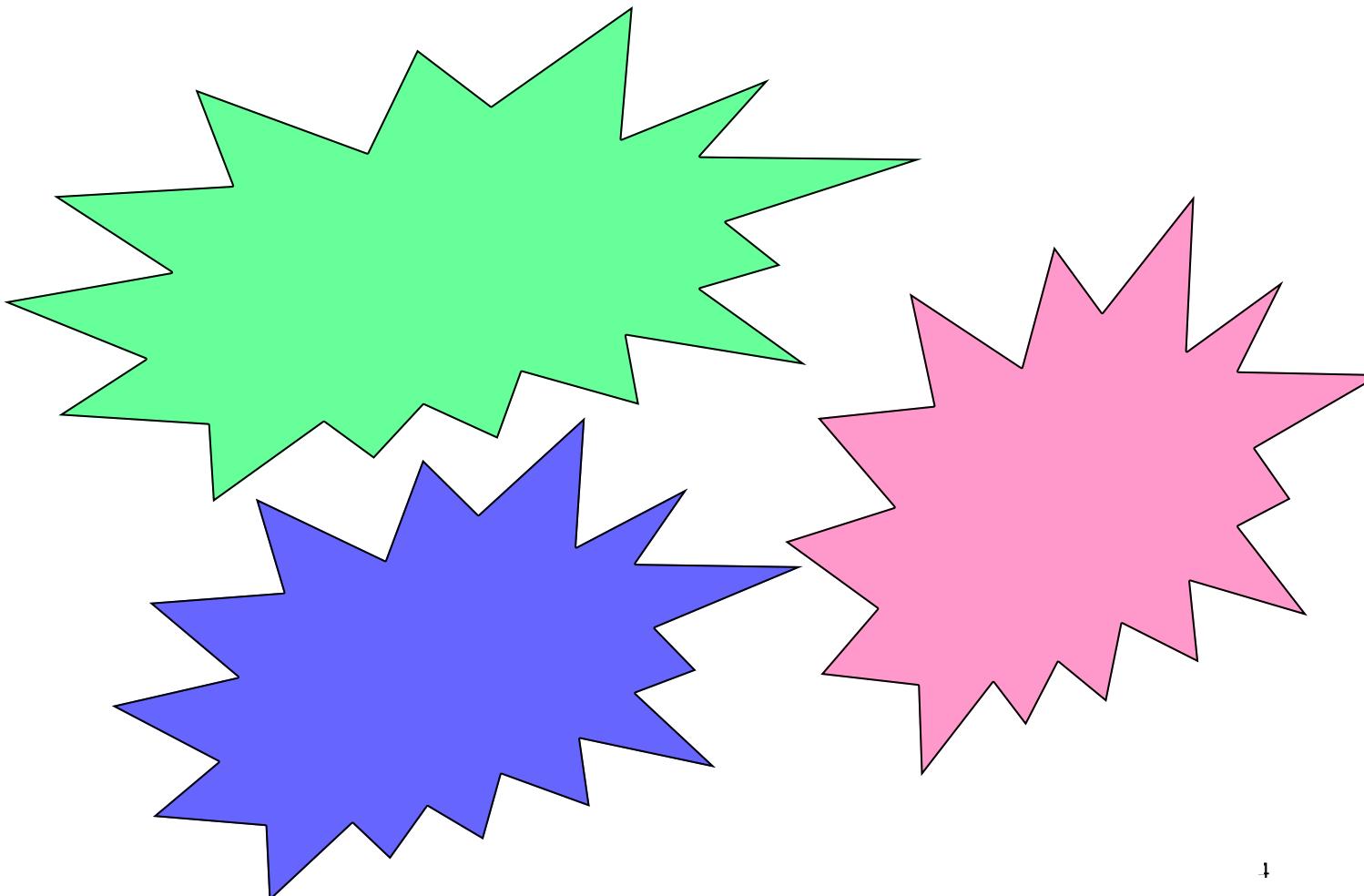


# Happy memories



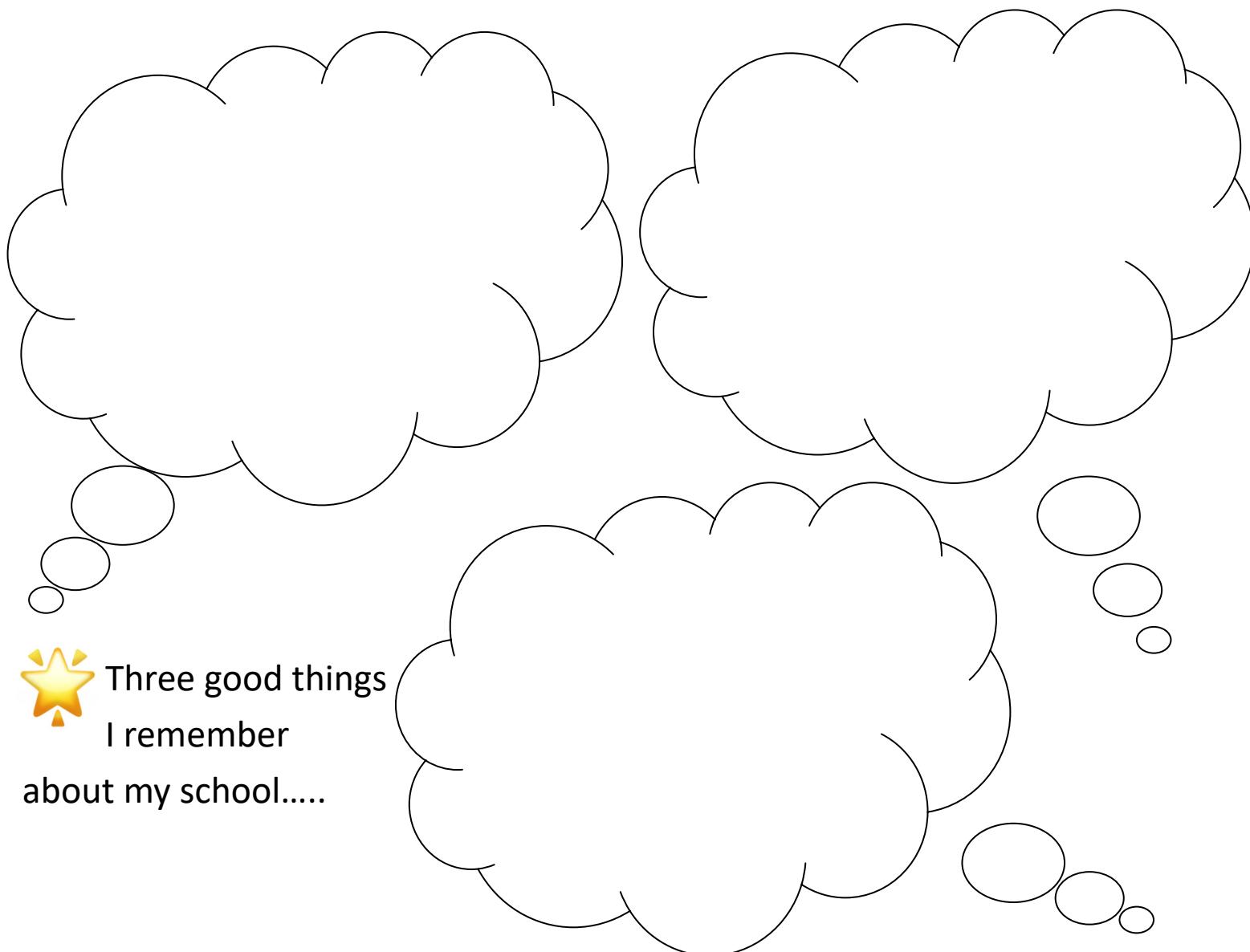
Draw a picture of being at home.....

Write three happy memories of being at home.....





Draw a picture of your school.....



Three good things  
I remember  
about my school.....



Ask an adult to help you think about what might be the same when you go back to school, and what might be different.

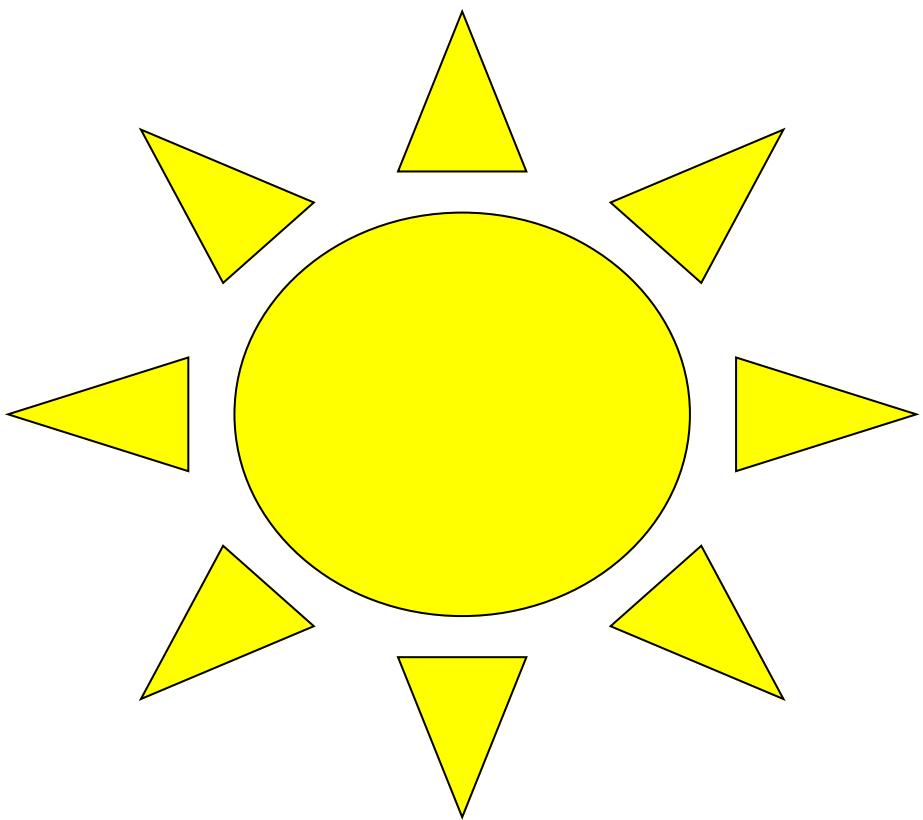
Things that might be the same at school.....

Things that might be different at school.....

# Sunshine moments

Every single day, there are positive moments for us to see. Sometimes we do not notice the positive things, because we are too busy looking out for the things which worry us.

Sunshine moments are positive, happy things that happen during the day. These things might be tiny, so we have to watch out for them.

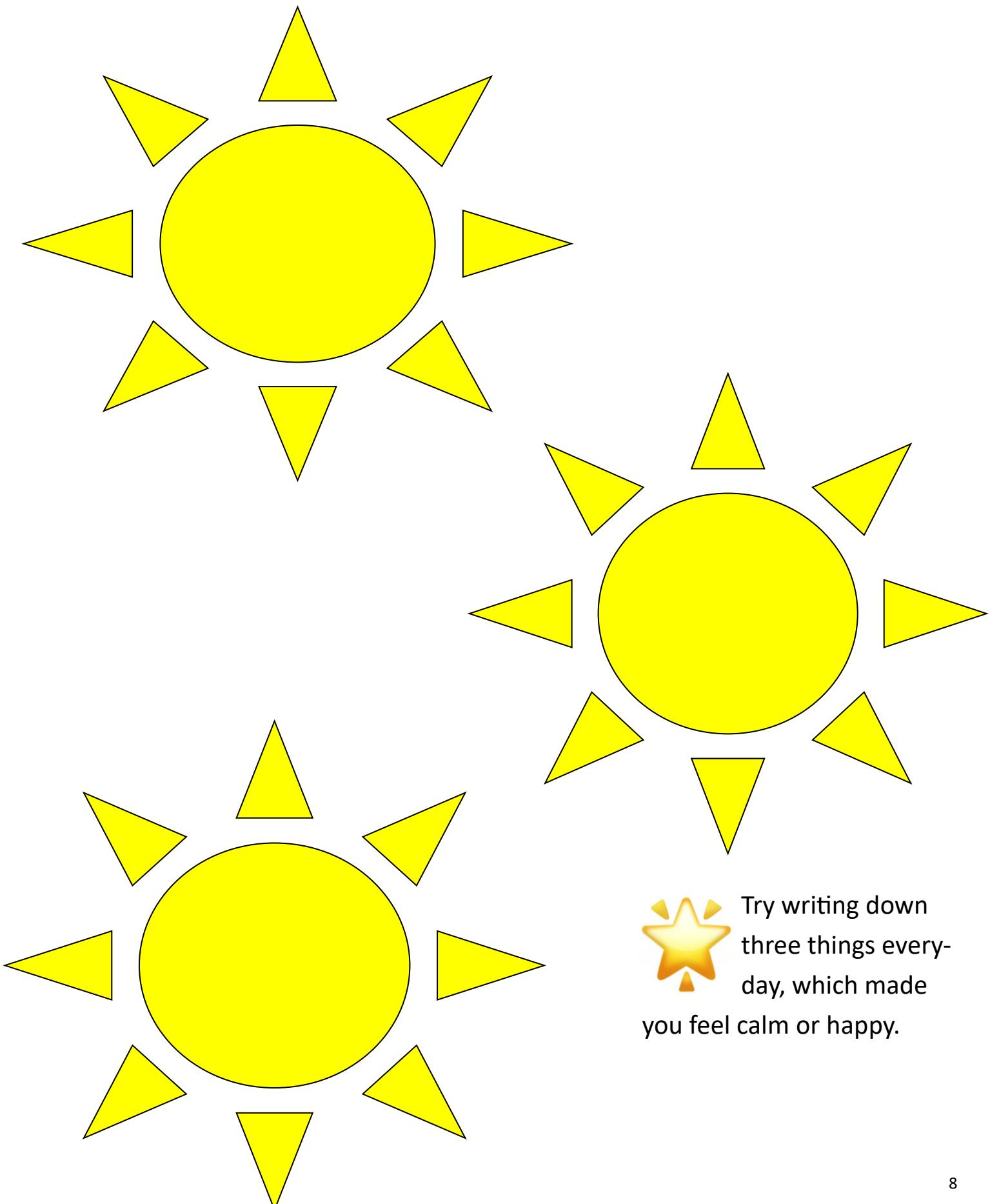


We need to look carefully for these sunshine moments every single day. It can help if we write them down, draw them, or talk about the positive things that have happened during the day.



Can you think of 3 sunshine moments from your day?

These might be big things, or very tiny moments that made you feel happy.



Try writing down  
three things every-  
day, which made  
you feel calm or happy.

# Worrying

Change can be a worrying time. Going back to school after all these weeks at home might make you feel worried or nervous.

It is good to talk about your worries.

Talking about your worries can make you feel better.

Some people find it hard to talk about what is worrying them.

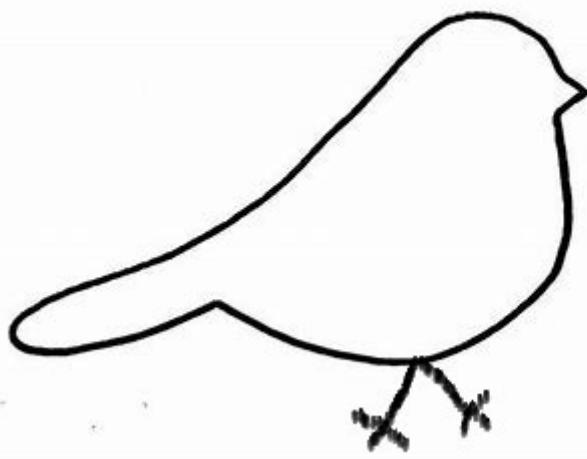
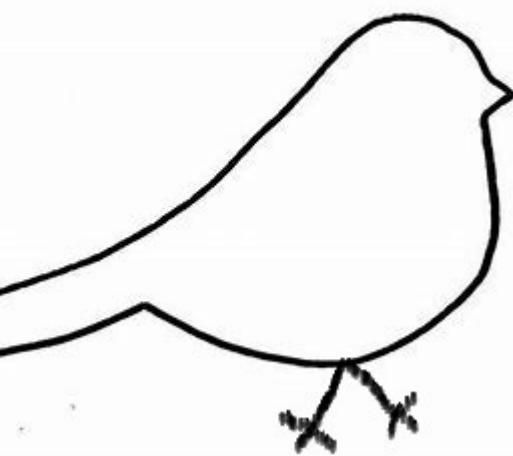
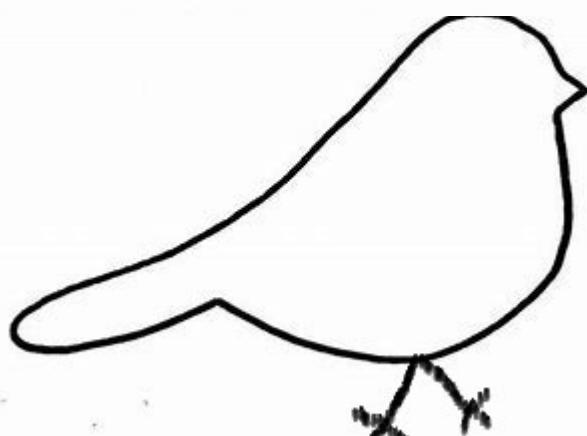
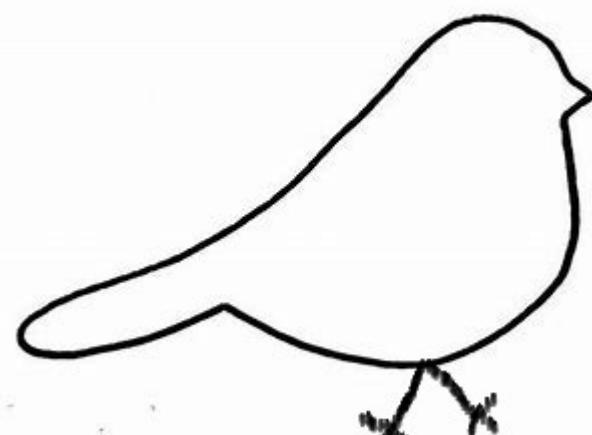
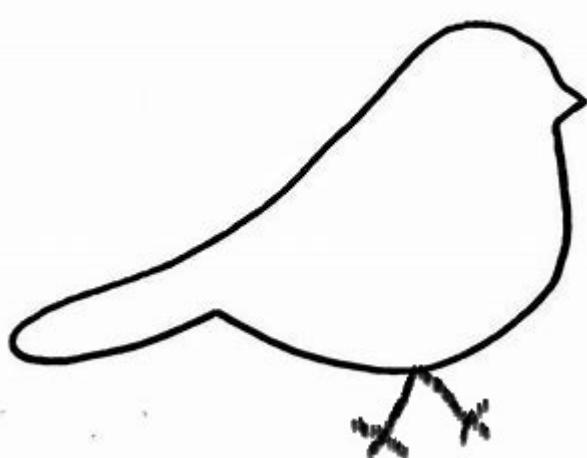
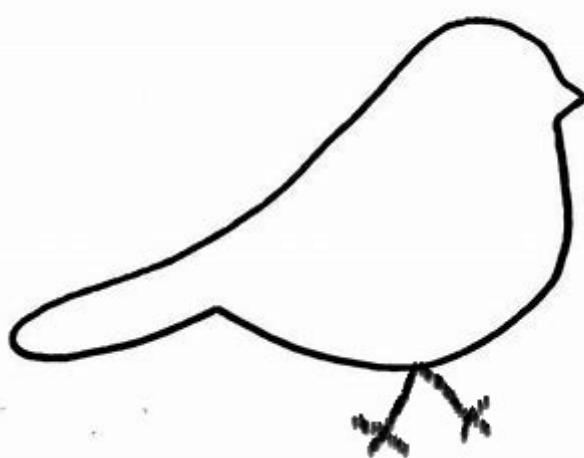
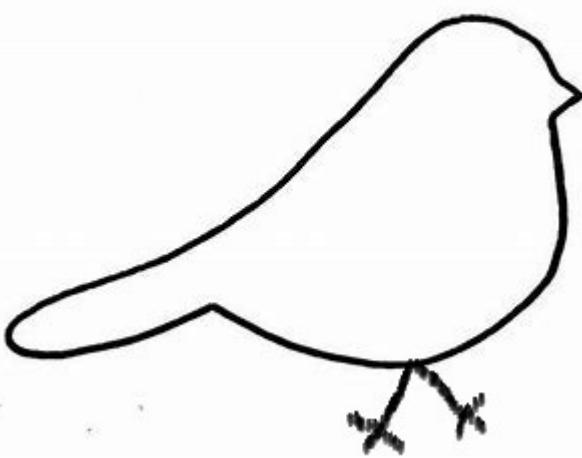
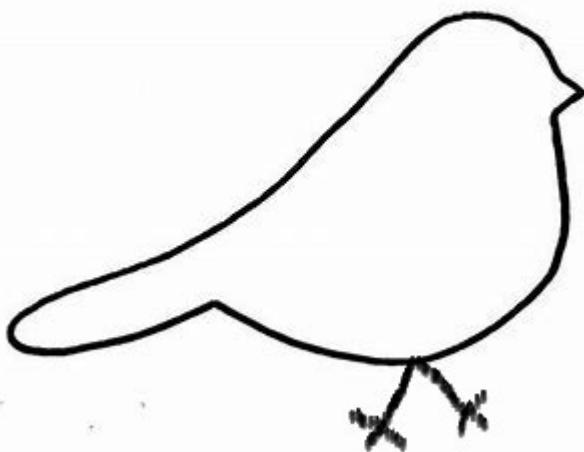
You can write it down, or draw a picture to show what you are thinking about.

It is good to ask an adult at home or at school to help you with the things that make you feel worried.



On the next page there are some birds. Work with an adult to write your worries on the birds, and stick them on the worry tree on page 13.







# Worry Tree



Stick your worry birds onto this tree, and talk about them with an adult.

When you are worried, stressed or upset, you can sometimes feel it in your body. You might notice some of these things.....

Headache

Feeling too hot or too cold

Breathing quickly

Fast heart beat

Shaking

Tummy ache

Needing the toilet

Sweating



Tick all the ones that you notice when you are feeling worried. Are there any other things that you can write onto the picture?

# Relaxation

When we do activities to relax our body, it helps our mind to feel calm and happy.  
Here are some ideas about what you could try to relax.

|   |                                   |   |
|---|-----------------------------------|---|
| <b>Listen to music</b>                      | <b>Go outside</b>                 | <b>Use a mindfulness app or do meditation</b>   |
| <b>Play a sport or jump on a trampoline</b> | <b>Play with your family pet</b>  | <b>Read a book or magazine</b>                  |
| <b>Watch something funny on TV</b>          | <b>Do some baking</b>             | <b>Hug someone in your family</b>               |
| <b>Play with some sensory toys</b>          | <b>Draw, paint or be creative</b> | <b>Look at photographs which make you happy</b> |
| <b>Play with my toys</b>                    | <b>Do some colouring in</b>       | <b>Have a bubble bath</b>                       |

Activities that make me feel happy!



Activities that make me feel calm  
and relaxed.

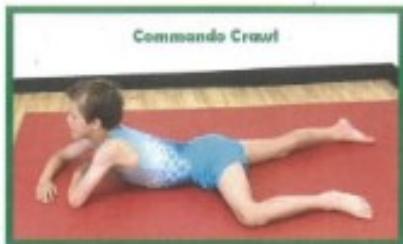


What do I need if I feel sad or  
worried?

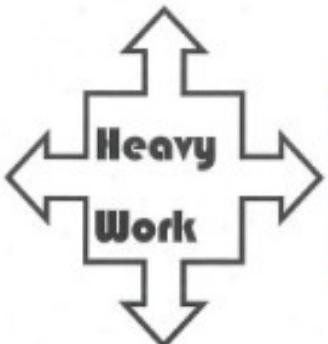


# Calming strategies for Home

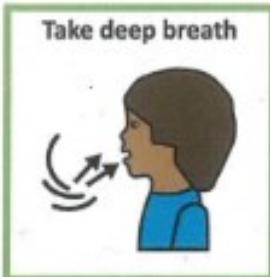
## Movement



- Crawling under & over blankets
- Obstacle Course
- Star jumps
- Rolling across the room wrapping up in blanket Burrito
- Trampoline



- Squeezing bath toys
- Wall push-ups
- Carry something heavy
- Wheelbarrow walks
- Playdough
- Digging in the garden
- Theraband
- Making bread / kneading dough



- Chewy snacks ie jam on toast
- Crunchy snacks ie raw carrot or bread sticks
- Blowing games / bubbles
- Warm drink



- Wrap up tightly in a blanket
- Sandwich between cushions
- Give yourself a hug
- Wrap in warm towel
- Tactile box



Use natural light when possible



- Calming sounds ie Rain Rain App
- Soft voices
- Reduce noise

# My Plan

**What works well for me at school?**

**Who can I ask for help at school?**

**What can I do for myself if I feel worried?**



Ask an adult to help you fill this in. This is your plan for going back to school.



Picture by Jake (age 11)

This resource represents a multi agency collaboration within Manchester. Contributors include Specialist Speech and Language Therapists; Educational Psychologists; Clinical Psychologists; Specialist Learning Disability Nurses; Occupational Therapists; and parents across the city.



Manchester University  
NHS Foundation Trust



Manchester Local  
Care Organisation

Leading local care, improving  
lives in Manchester, with you

OneEducation  
Putting children first