





My Back to School Workbook



You may be nervous about coming back to school after being off for so long. Using this booklet with your teacher or family will help ease any worries you have as well as any questions you may be afraid to ask.



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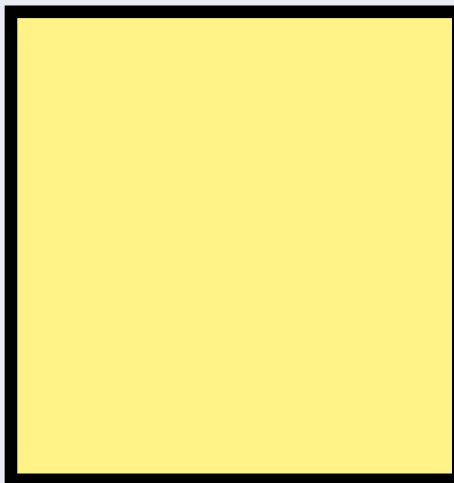
Please share this booklet with your family and teachers so that they understand how you are feeling and can help you fill it in.



Introduce Yourself



This is me....



My birthday.....

My favourite animal.....

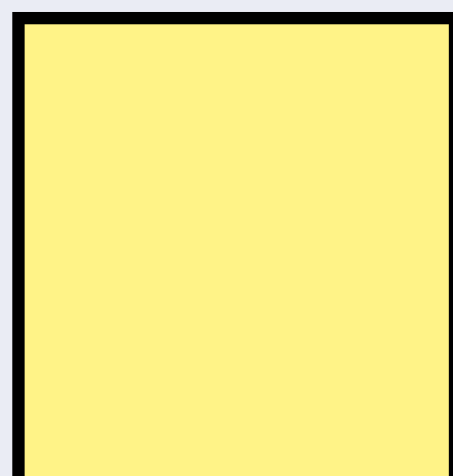
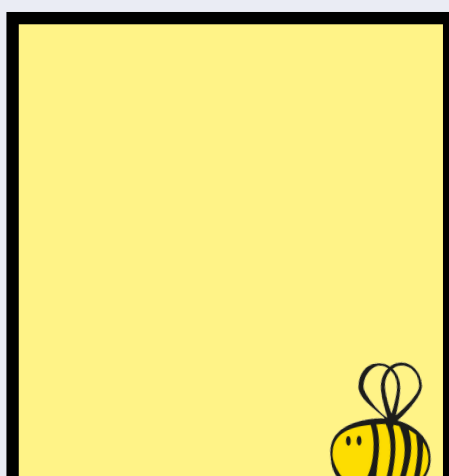
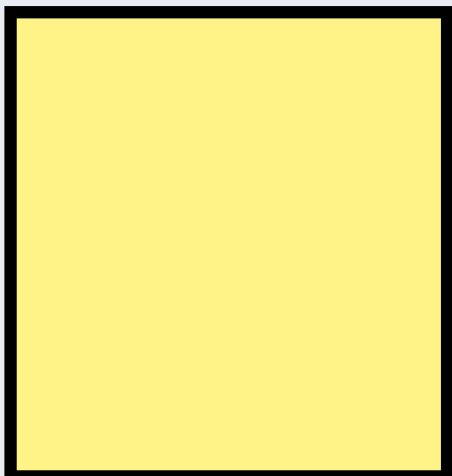
My favourite colour is

My favourite food is

My favourite thing to do is.....

My favourite song is.....

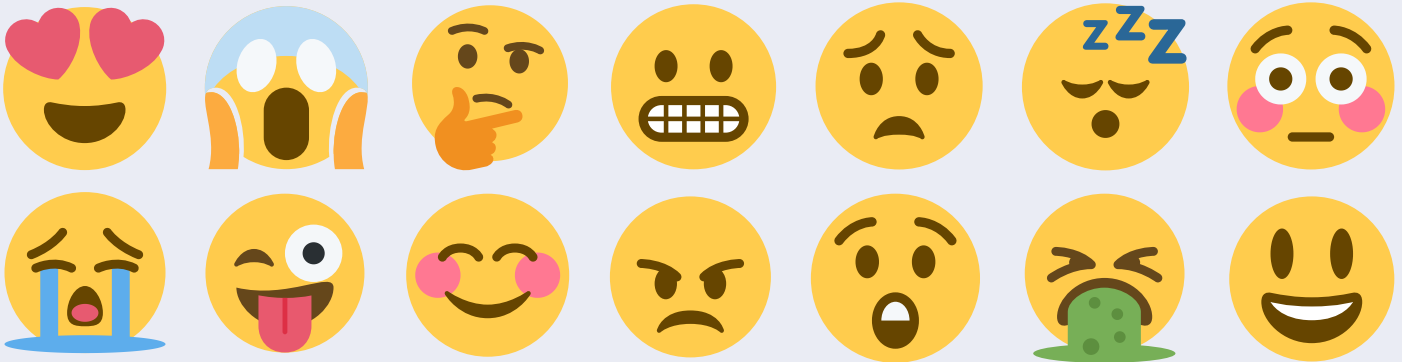
The Important People in my Life



How are you feeling



You may be feeling lots of different emotions from being back at school which may be confusing for you. Don't worry, everyone will be feeling the same! Have a go at picking out some of the emoji's which show how you are feeling and try to answer what is making you feel this way.



I feel like this because...



Please remember, if the emotion begins feeling too big for you to manage, speak to a parent or teacher and they will be able to help you.

Worry Feelings



My friends aren't back at school yet, who will I spend time with?

One of the feelings you may have about being back at school is worry. Here are some of the worries you may be having, but please know that worry is normal, everyone feels worry and you are not alone with it. If you are feeling this way though, speak to a parent or teacher and they will be able to help.

I feel that I'm further behind with school work than my classmates

Everything is different at school and I don't know what to do



When we become worried we can also start to feel it inside of our body. This can feel distressing and scary at times. again lease remember that this is normal and may include;



Increased Heart Rate



Faster Breathing



Feeling Hot



Shaking



Stomach butterflies

Can you think of one thing that may help us when feeling worried?

.....

Breathing Techniques



Square Breathing

Find a square in the room and focus your eyes on it. As you look up the left hand side of the square from bottom to top, breathe in for four seconds. As you eyes go along the top, hold your breath. Then as your eyes move down the right hand side of the square, breathe out for four seconds. Lastly as your eyes move along the bottom of the square hold your breath again for four seconds. You can repeat this for a few minutes until you feel better.



Hi Five Breathing



Try holding up your right hand with your palm towards you. Then starting at the bottom edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while you do this take a long breath in. Then you breathe out slowly, and while doing that bring your finger to the bottom of your next finger, repeating until you get to the bottom of your thumb. Repeat this for as long as you need to relax.

Breathing techniques can help reduce the feelings of worry within the body making you feel calmer. Have a go at them next time you feel a worry coming on.



Looking for the Positives

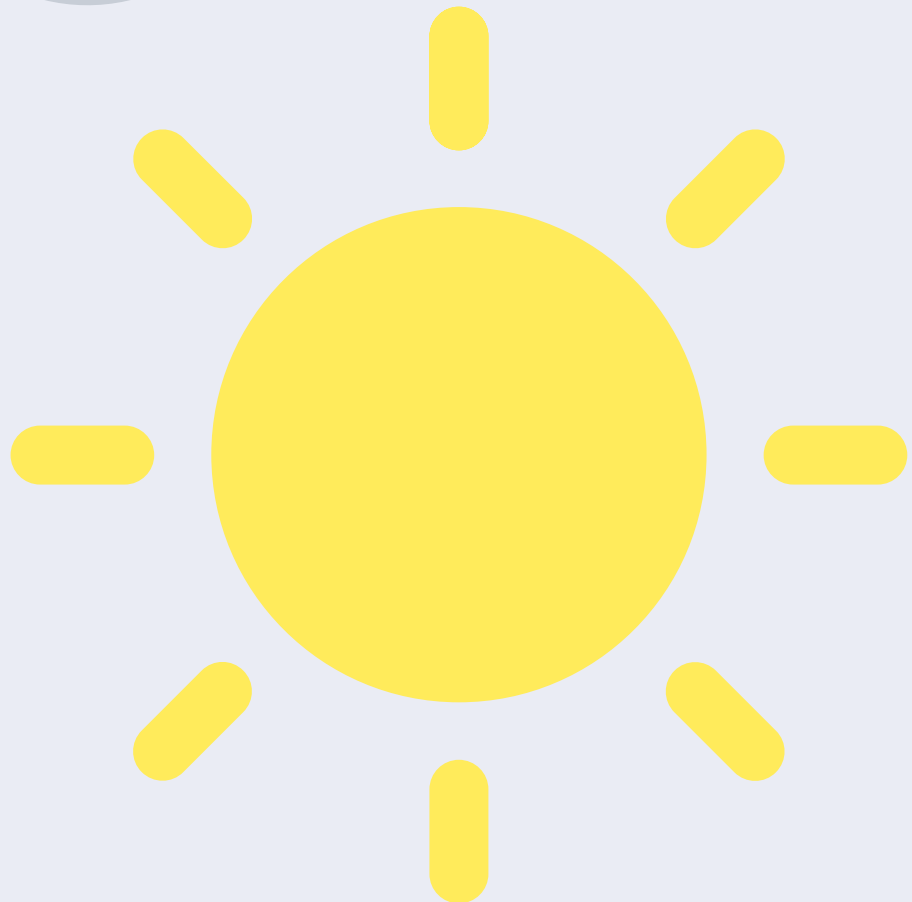


Looking at the positives in any situation can help us feel happier and boost our wellbeing.

In the cloud, write any of your worries or things that you are not looking forward to about being back at school.

In the sun, write the things you are happy about or are looking forward to about being back at school.

Remind yourself of these points when you are feeling down or worried about going back.



Taking Control



Sometimes we can get ourselves worked up about things that are outside of our control, however this is not helpful for our wellbeing. Instead, it is a better use of our time to recognise and focus on what we do have control over and what we can change.

What Can't I Control

What Can I Control

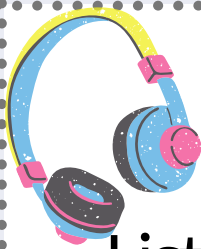


Self-Care Tips



It's really important to create time for self-care, it helps to keep us healthy and in a good routine. There are lots of ways you can do self-care some of which we have put below. Cut out the self-care cards below and pick one a day, or create your own!

Connect with
a friend/
relative
you've not
spoken to for
a while



Listen to your
favourite
songs/make
a playlist

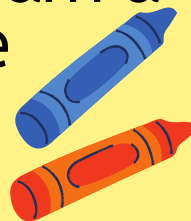
Treat
yourself
with your
favourite
thing to
eat



Have a
long soak
in a hot
bubble
bath



Try a new
hobby e.g
crafts, exercise
videos, learn a
language



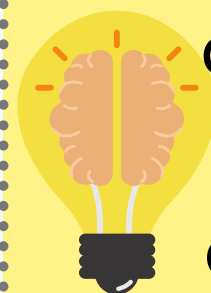
Go for a
walk/jog/cycle,
or do some
activities in your
garden



Keep a
journal of
positive
things that
you have
done



Read a book or
listen to an
audio book/
podcast



Have a
de-
clutter of
your
room for
a calmer
mind

My Needs



Places I like to go...



Things that make
me feel safe...



What I need at school...



Things that make
me feel good...



People I need around me...

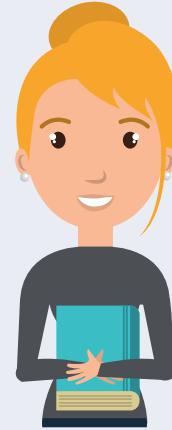


Just as a plant requires certain needs in order to grow and reach its full potential (eg. water, good soil, sunlight), people also have needs and working to meet these needs can increase our wellbeing and mood. What are some of your needs to help you feel better about being back at school?

Questions



Coming back to school may leave us with questions that we haven't received the answer for yet. Use this space to write these questions down.



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Once you have written your questions show them to your teacher, they will be able to answer your questions.



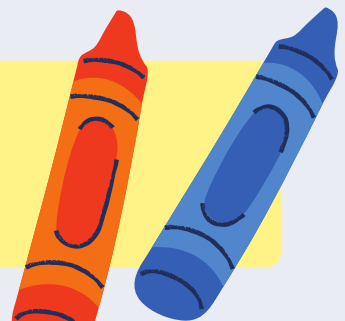
Helping Hand



It's important to know who we can turn to when we feel we need cheering up or need support. Underneath draw around your hand and on each finger and thumb write the name of someone who can help you. This may be family, friends or school staff.



If you are struggling with any problems being back at school, speak to one of the people written on your helping hand, they will want to help!

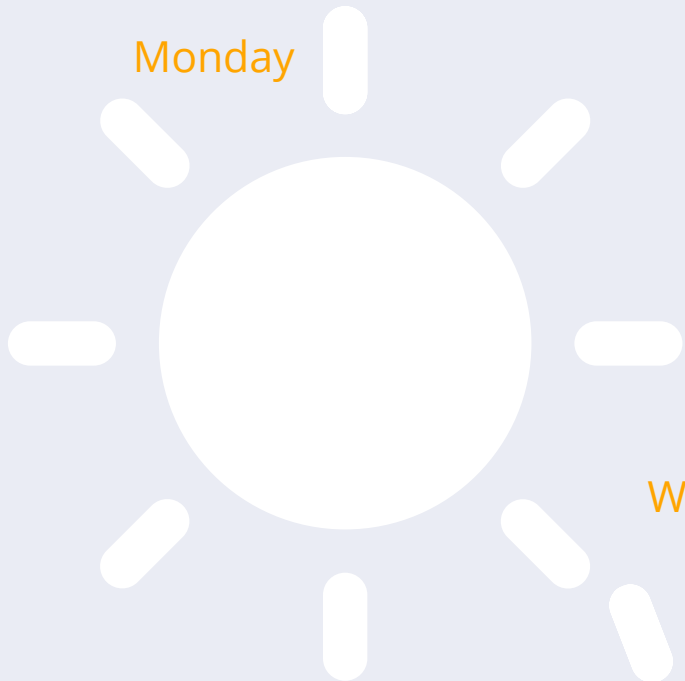


My Happy Week

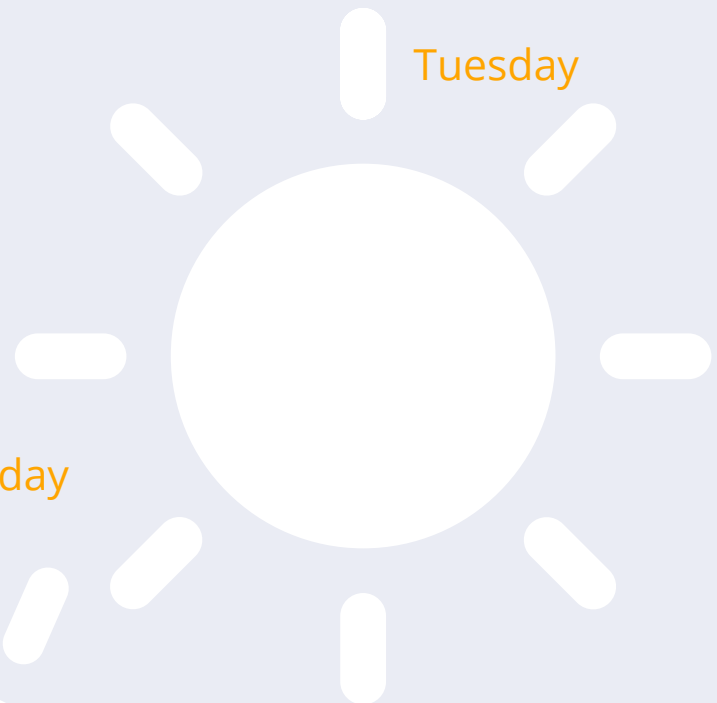


For each day this week, please draw or write about something good that happened that day at school.

Monday



Tuesday



Wednesday



Thursday



Friday

