

Returning to School Life After Lockdown

A hearts and minds guide to support
your next steps back to school



Lockdown has given us different feelings

Pleased



Happy



Fed-up



Sad



Relaxed



Worried



Confused



These are all normal feelings.

Think about the things you have liked and write your thoughts in the box below

Things I have liked:



Some things have been more difficult

Take some time to think about the things you have found difficult. This might include some of the things you have missed. Write these in the box below.

Things I have found difficult:



**You are not alone, many children have had
some difficulties during the lockdown.**

Complete the two blank emojis to describe how you have mostly been feeling



Mostly I feel:



Sometimes I feel:



Feeling mixed emotions is normal.

Big events and achievements

During lockdown have any of your friends and family had birthdays?, have there been any births or illnesses?, have you achieved anything?, learnt a new skill?, mastered a new craft or activity?

Remember them here:



Doing things differently

We will have found new ways of doing things during the lockdown. Think about the things you have needed to do differently. Which of these do you plan to carry on doing when you return to school?

Things I have needed to do differently:



**Exercise
with Joe
Wicks.**



**Speaking
with Granddad
on Skype
before bed.**

Am I ready for school?

Some children and young people may feel some worry about their return to school. By September some may have been off school for more than 5 months.

My main worries about returning to school:

Will there still be social distancing and how will I know what the new rules are?

I didn't like school before and have felt happier being at home.

I have missed lots of work.

Seeing people again that I haven't seen for ages.

What can YOU do to get ready for school?

There might be things you can do to help yourself feel better about any worries or concerns that you have. Others may be able to help you too.

Things I can do to help myself:



Do my best and that will be good enough.



Talk to a friend and plan to travel together on our first day.



Trust the teachers to let me know what the new rules will be.

Getting Ready – 6 Week Plan

Week 1 – Support from Others

Having the right support will help you feel better. It's important to ask others around you for support if you need it. This might include asking someone to listen to how you feel or to give you some advice.

This week, practice talking to others about the help and support you need.

Name the people who can support you and write down the things they do that you find most helpful.

**Mum
because
she listens.**

**Nana
because she
gives good
advice.**

**My dog because
he gives
good hugs.**

**My friend
because they
often feel the
same way
that I do.**



Make a note of how it helped you when you asked someone for support

How I feel after talking to someone about the help I need:

Maybe you can offer a little support to someone else. This week think of a time when you can be helpful to someone.

How did it feel when you helped them?

Week 2 – Notice What’s Good

Look for what’s good, even on a not-so-good day.

This week think about all the different things that are good about you.

What is good about me?

I am good at sport.

I am good at art.

I am a good listener.

I always give my best.

I am kind and thoughtful.

I am helpful to others.

Noticing things you appreciate each day,

however small, can help you feel more positive.

Write down something you appreciate each day:

1.

2.

3.

4.

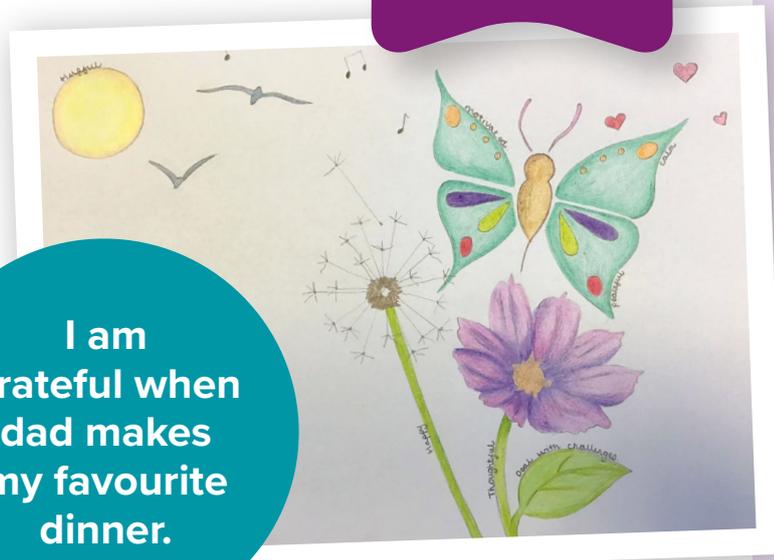
5.

6.

7.

I appreciate
time spent
outdoors with
my family.

I am
grateful when
dad makes
my favourite
dinner.



Week 3 – Set Goals

Having goals, whether big or small, is part of what makes life good.

Make sure your goals are achievable.

Goal:

I will practice getting up earlier before school starts in September.

How will I achieve this?:

I will start going to bed earlier 2-3 weeks before school re-opens.

Goal:

How will I achieve this?:

Goal:

How will I achieve this?:



I will think more about the things I like about school and what I'm excited about doing when I go back.



I will be prepared for school.

Share your goals with others.

Telling others about your goals increases the chance that you will stick at them. The people you tell might even be able to help by offering encouragement.

**Tell someone about your goal, what did they say?
how will they help you?**



**Dad said
he will help me
to get my bag
ready for
school the
night before.**



**My friends
will support
me in asking
the teacher
for help if
I need it.**

Celebrate your achievements, however small.

Week 4 – Learn Something New

Learning new things keeps your mind active and can increase your learning speed. It can also help you adapt better to change.

Ask a brother or sister, parent, carer or grandparent to teach you something they know. This could be a practical activity or share knowledge on a topic of interest.

What I will learn this week:

I will ask my brother to teach me a dance routine.

I will ask mum to show me how to make her spaghetti bolognese.

I will ask grandad to tell me about what he liked to do when he was my age. I can practice listening skills.

Think about how it felt to learn something new.

Was it difficult? Did you find it rewarding?

How did it feel to learn something new?

I feel happy
that I found
something
new to try.

I feel a bit
more confident to
go back to school
after learning
something
new.

I am excited
to share what
I have learnt
with others.

Week 5 – Daily Plan

Having a daily plan can support you to feel emotionally and physically better by helping to make sure you get enough exercise, have a healthy diet, spend time outdoors and complete important tasks.

Many people’s daily plans will have changed during lock down. It can help to see what your new plan might look like when you go back to school.

Be ready to leave the house.

Set your alarm.



My Daily Plan

This week complete the plan below including times that have been left blank. Look at the example and remember to include time to talk to friends and helpers at school, time to eat and time to complete homework and do things you enjoy after school.

.....am Time to get up			am Leave the house
.....am Arrive at school			pm Finish school
.....pm Arrive home from school			pm Bedtime

Turn over for a more detailed look at a bedtime routine

Week 6 – Sleep Routine

Lots of children and young people will be out of their normal school routine. Getting a good night's sleep is really important for your mood and concentration.

**Stop looking
at my phone
and screens
1 hour
before bed.**

**Have
a bath.**

**Make my
room dark.**

**Relax and
read a book,
practice
mindfulness.**

**Try to get
9–10 hours
sleep per
night.**



Make a plan to get you back into your routine for school.

Write in the boxes things you can do and times you will do them to help you relax and prepare for sleep.

	<p>Time to sleep</p> 

Start Practicing

Practice your routine over the next week before you go back to school. This will give your body time to get used to it and help you feel less tired.



A good sleep routine is very important for our bodies to rest and grow.

Go to bed at a set time on school nights and try to stick to it.

The average 7–11 year old needs 9–10 hours sleep per night.

Don't forget to include teeth clean and toilet before getting into bed.

Lack of sleep can affect how we feel.

Information for parents

If you need a helping hand here are some useful websites.



Remember, if you are struggling the best thing you can do is ask for help.

[sleepfoundation.org](https://www.sleepfoundation.org)

More tips and tricks on how to get a good night's sleep and why it is good for your emotional and physical health.

[howareyoufeeling.org.uk](https://www.howareyoufeeling.org.uk)

Advice and where to get help locally (in Hull).

[barnardos.org.uk](https://www.barnardos.org.uk)

Info and advice about coping during the lockdown.

Thank you to Janine Knight, a Project Worker from the Barnardo's team in Hull, for drawing the pictures used in this guide.



Certificate of Completion

This certificate is proudly presented to

who spent 6 weeks completing this
‘Returning to School’ guide
and has worked hard in helping
themselves to feel ready
to return to school.

