



We are all very excited about welcoming you back to school! It's been a long time since we were all together and it's only natural for children to be feeling a little nervous about going back. This workbook will help you and your child think about your experiences during school closure, get ready to return to school and share what you think. We hope you find this resource useful.

#### Top Tips for Parents

- Use a calendar to start counting down the days to school- get your child to tick off the days.
- Start to get your child back into a school routine- go to bed earlier, have a good morning routine, get the uniform ready.
- Practise handwashing and good coughing/sneezing etiquette.
- Check the school website [www.stpatsbray.ie](http://www.stpatsbray.ie) regularly.
- Talk about how your child feels about returning to school.



# All About Me!



My name is \_\_\_\_\_.

I am \_\_\_\_\_ years old.

I am going into \_\_\_\_\_ Class.

My teacher's name is \_\_\_\_\_.



Draw yourself doing something that makes you happy!



## Life During lockdown!

School has been closed for a while. You might have enjoyed baking or learning something new like riding a bike! There were other times that weren't so good, like not being able to see friends or family.

Write or draw about two good things you experienced during lockdown and two things that weren't so great.



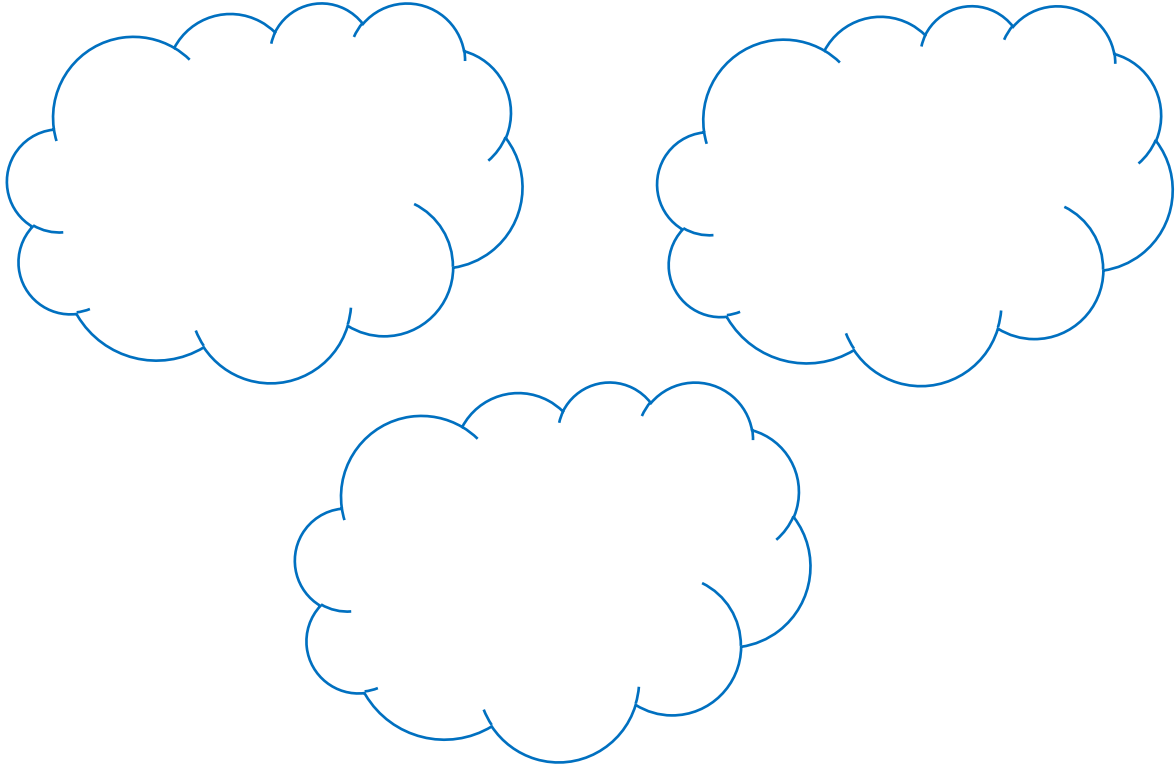
# What will school be like?



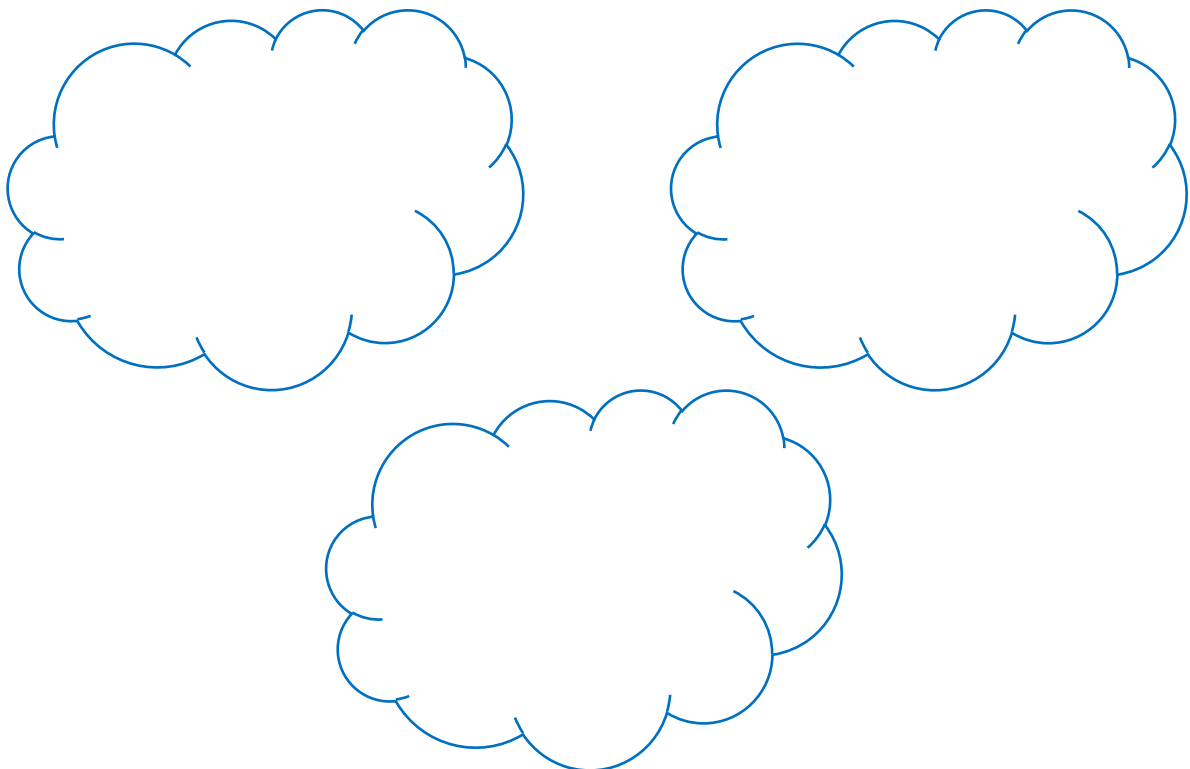
	What will be the same?	What might be different?
In the classroom		
In the yard		
Around the school		

# How Am I Feeling About School?

What 3 things am I looking forward to?

Three empty cloud-shaped thought bubbles arranged in a triangular pattern (two on top, one centered below). Each bubble is a simple blue outline with a scalloped edge, intended for a student to write their thoughts.


What 3 things am I worried about? What could help me?


Three empty cloud-shaped thought bubbles arranged in a triangular pattern (two on top, one centered below). Each bubble is a simple blue outline with a scalloped edge, intended for a student to write their thoughts.

# What Can I Do If I'm Feeling Nervous?


**I Can Calm Myself**

**Take deep breaths**

Smell the flowers 

Blow out the candle 

**Count slowly**

1...2...3...  
4...5...6... 

**Relax my body**

*when you feel* **ANXIOUS** @POSITIVELYPRESENT

**GO OUTSIDE** 

**ASK FOR HELP** 

**CREATE SOMETHING** 

**DRINK WATER** 

**WRITE ABOUT HOW YOU FEEL** 

**TAKE A DEEP BREATH** 

**LISTEN TO SOOTHING SONGS** 

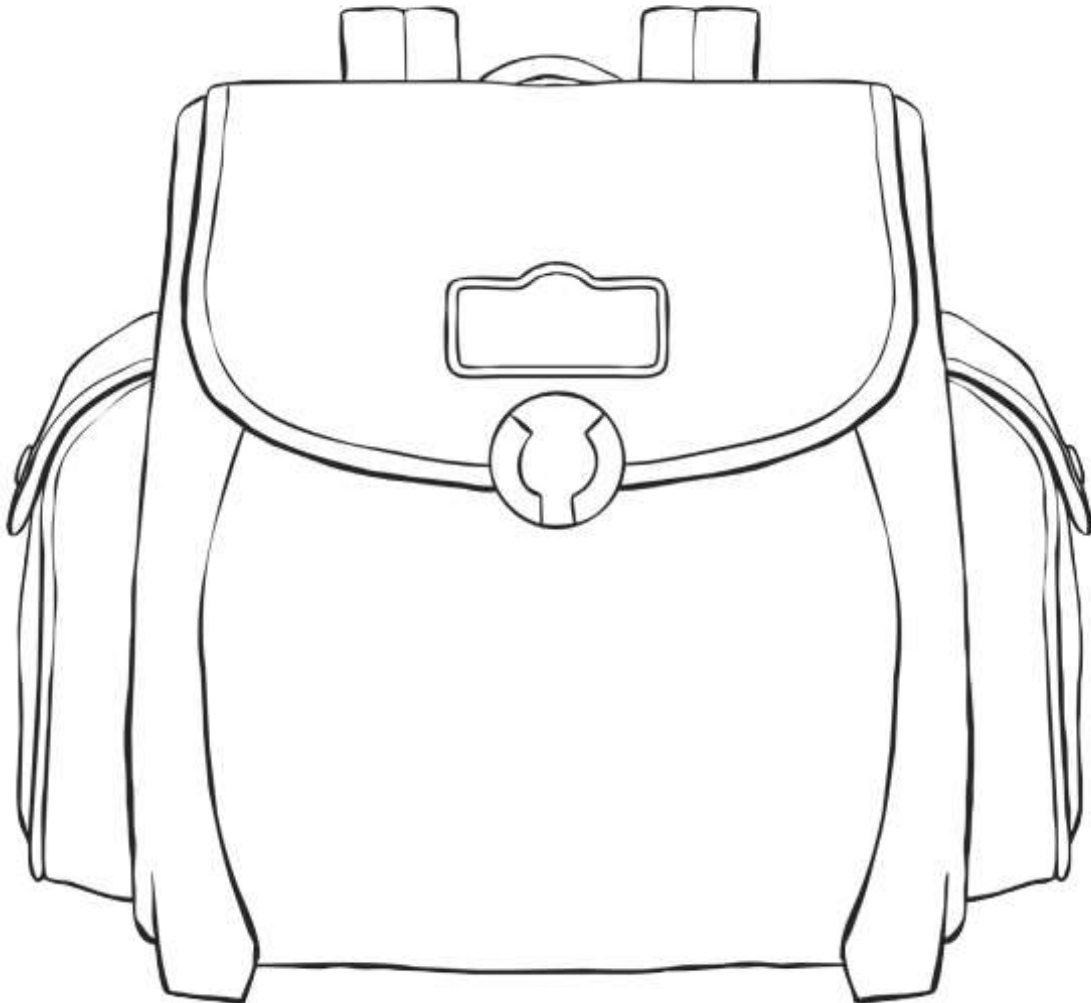
**STAY PRESENT** 

**FIND A POSITIVE DISTRACTION** 

Talk about what helps you and your child feel better when you're nervous or anxious. Choose your favourite three!

- 1.
- 2.
- 3.

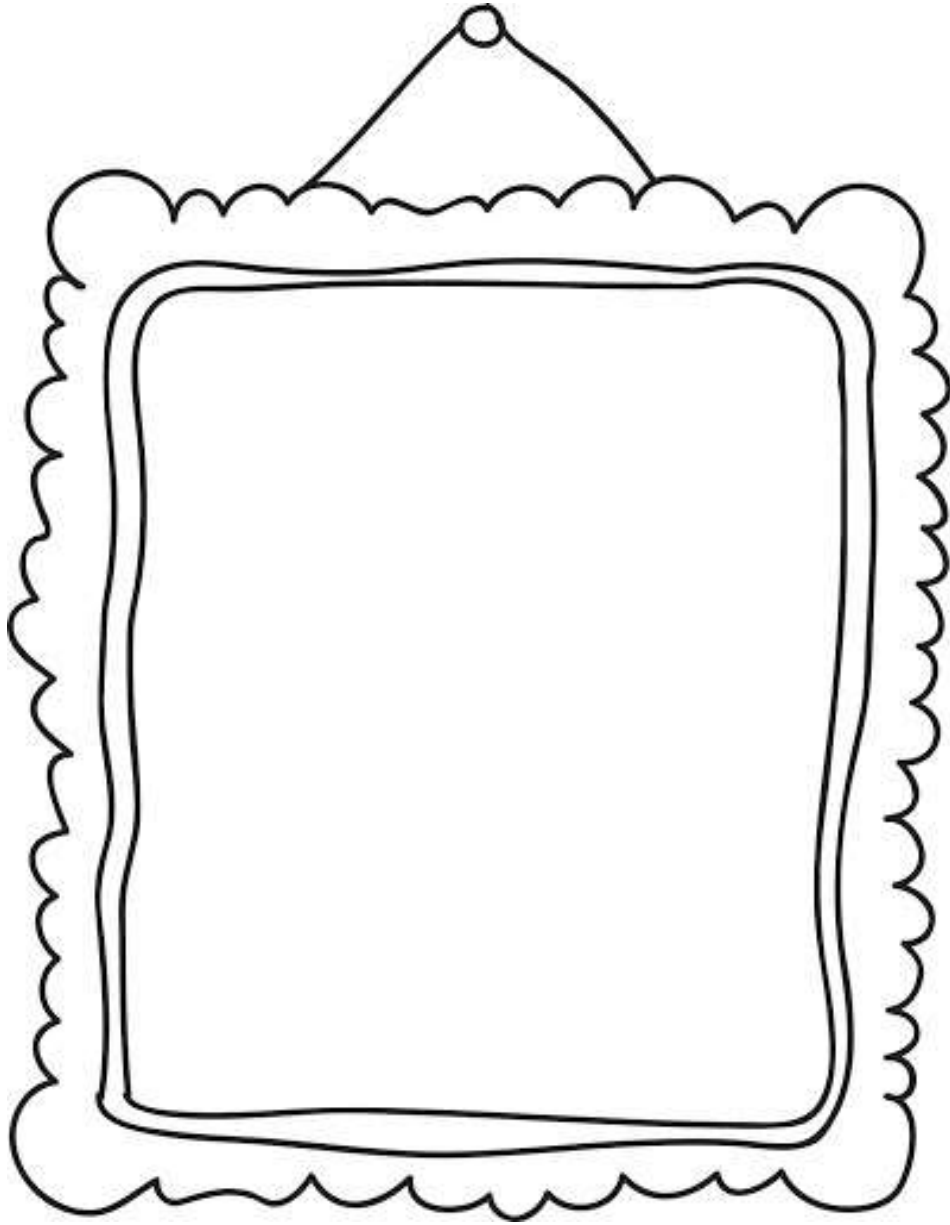
# Let's Get Ready For School!



Draw or write what you will need in your schoolbag.

Is there anything else you can do to help you feel ready for school? Maybe talking to a classmate you haven't seen in a while or practising using your lunchbox? Write a list!

**Draw Yourself Going Back to School!**



**See you soon!**