

Going back to school Workbook



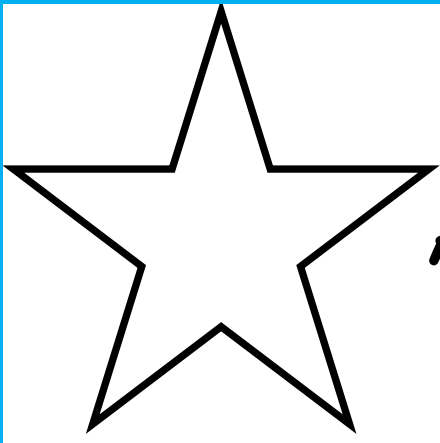
Name.....

Why use this workbook?

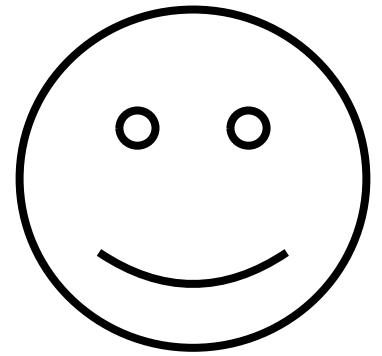
This workbook has been created to help you share your experiences of Lockdown, and how you **feel** about coming back to school, with your **family** and **key adults**.

Write down all the things you would like them to know, including what you like, your worries and any questions you may have.

Bring this to school on your first day to share with your **key adults** so that they can answer some of your questions.



All about **me**



My name is

This is me...

I am

years old.

I am in year .

I Like....

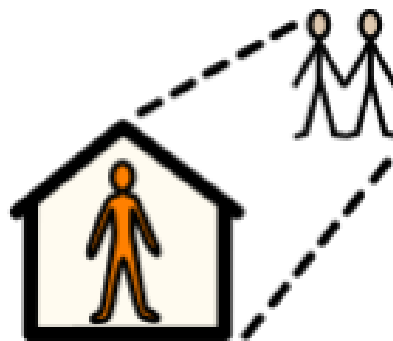
I am good at...

You have done a great job staying
at **home**!

Well done!



Please share some of the
wonderful activities you have been
doing at **home** during **Lockdown**
using this Lockdown journal.



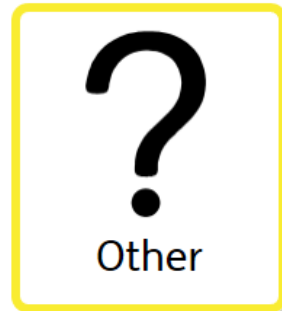
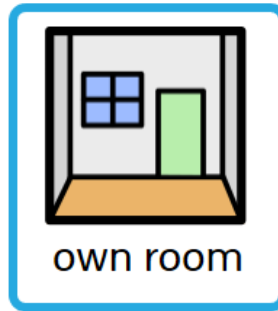
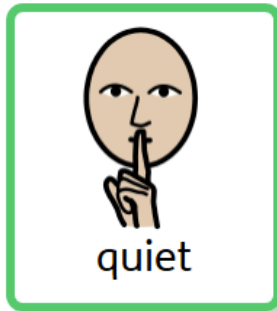
What I liked about Lockdown:

 <p>Being at home</p>	 <p>Resting</p>	 <p>Being with my family</p>	 <p>Free time</p>
 <p>Home-Learning</p>	 <p>Walks and exercise</p>	 <p>Computer time</p>	 <p>Other</p>

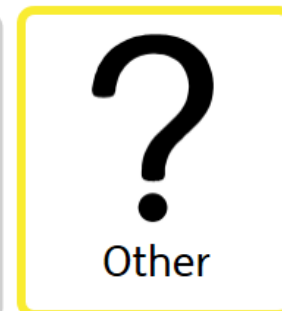
Significant events that happened during Lockdown:

 <p>My birthday</p>	 <p>Family birthday</p>	 <p>Achievement</p>	 <p>New learning</p>
 <p>I was ill</p>	 <p>Someone in my family was ill</p>	 <p>New skill</p>	 <p>Other</p>

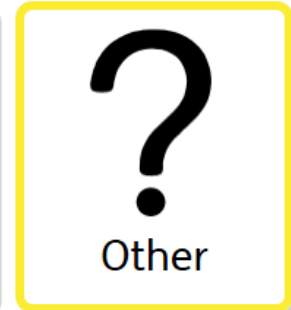
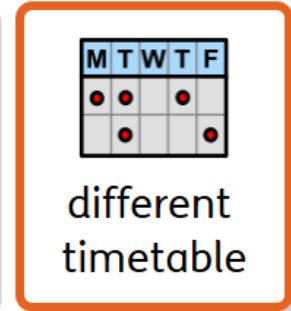
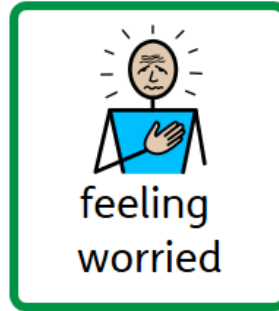
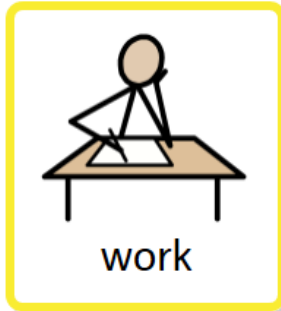
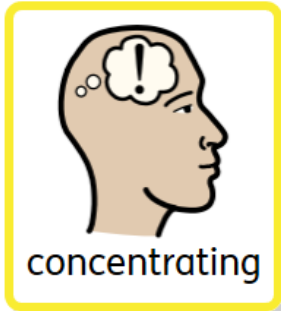
How did I learn best?



What new skills did I learn?

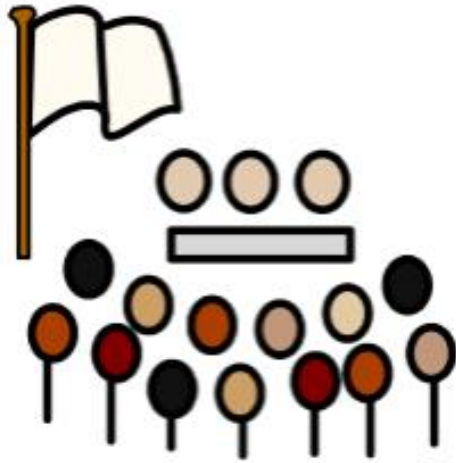


What did I find difficult during Lockdown?



Use the space below to share anything
else you would like us to know about
your lockdown experience:







Large empty rounded rectangular box for sharing additional lockdown experiences.



The Government have said that it will soon be safe enough for us to go back to school.









You may be having all sorts of **feelings** about going back to school:

		
excited	happy	worried
		
sad	nervous	confused

It is ok to feel some, or all, of these **feelings**.

Other people will be **feeling** these things too.

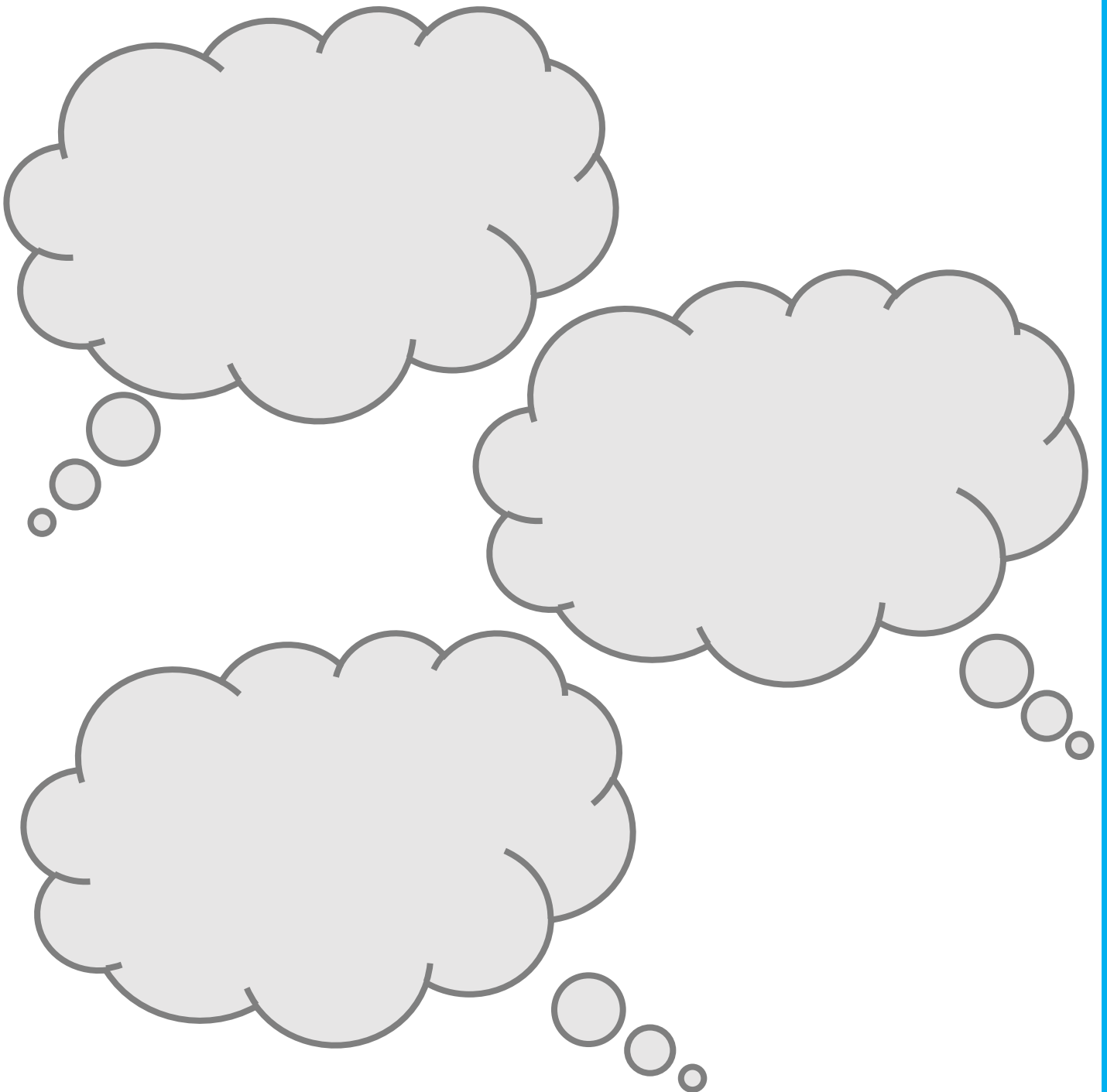
Colour in how you are **feeling**:

		
excited	happy	worried
		
sad	nervous	confused


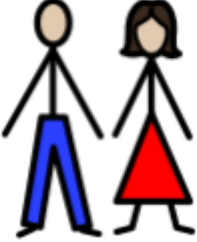



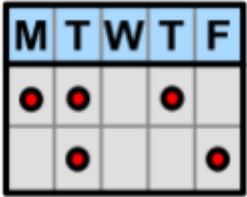


OR

Draw/write how you are **feeling**:








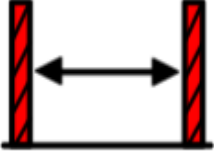
Use this page to write down any questions you may have about returning to school. We will try to answer some of these when you come back to school.



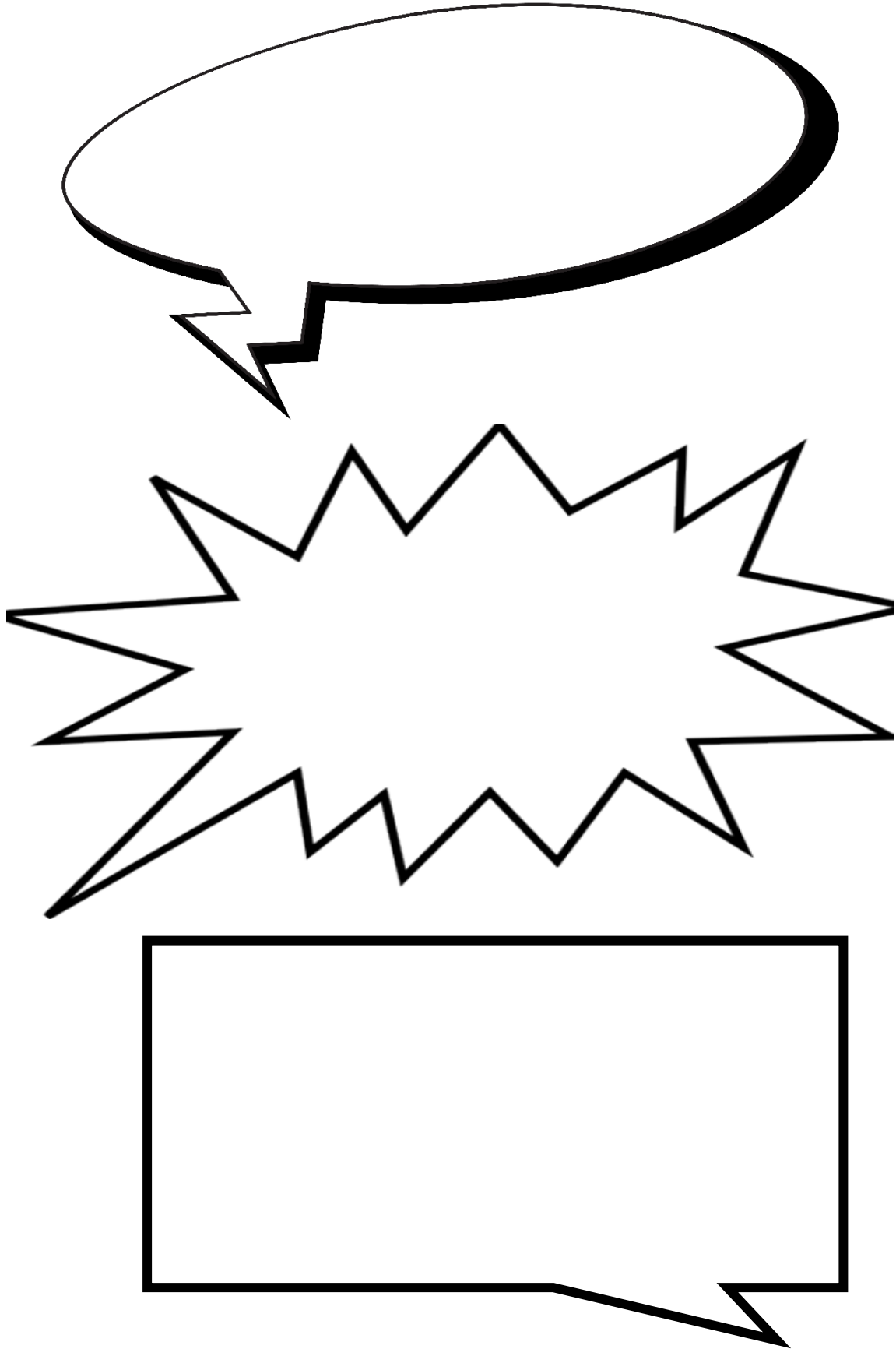
Although there may be some changes, you may be surprised at how much will still be **similar** or the **same**:

			
<p>We will still be in our classrooms and year group bubbles.</p>	<p>Most of the adults supporting us will be familiar to me. They may not be my classroom adults but they will know me.</p>	<p>There will be many familiar faces around school. My friends will all be at school too.</p>	<p>All the adults will be there to help and support me. They will know what I like and how to help me.</p>
			
<p>We will still be learning. Lessons may be a bit different but adults will try to make them as similar as they can.</p>	<p>Your timetables may look a little bit different but your adults will share these with you each day</p>	<p>Everyone will have their own table where they can work and keep their belongings.</p>	<p>All the adults will try to make school as fun and as engaging as before.</p>

There are also a few things to remember about our return to school:

			
<p>You will all be grouped into Bubbles. These will be our new learning groups. Each Bubble will have an adult to support.</p>	<p>Every child will have their very own 'Learning Wallet'. This will have all the resources you will need.</p>	<p>All children at school from the 8th March will wear school uniform.</p>	<p>You can still bring in your own lunchbox to school. This must stay under your table.</p>
			
<p>All children will be asked to bring in their own water bottles each day. These will stay on your table.</p>	<p>Playtimes will be a little bit different to normal. Our teachers will help us understand this and think of new games to play.</p>	<p>All of our belongings will be kept under our tables - we cannot put these on our pegs. We cannot bring in toys or teddies.</p>	<p>We must try to keep a safe distance between one another and wash our hands regularly. This will help prevent the virus spreading.</p>

What are looking forward to
about coming back to school?



Use the 5-point scale to show how you **feel** about some of these things:

	1 Fine	2 OK	3 Nervous	4 Worried	5 Angry
Seeing familiar faces.					
Having a different, but familiar adult.					
Seeing some of my friends.					
Having a different learning space.					
New lunchtime and playtimes.					
Coming to school through a different door.					
Learning something new.					
Wearing school uniform.					
Wearing trainers to school.					
Keeping a safe distance from other people.					
Having my own learning space and resources.					
Having fun!					

← Add your own here

Use this page to problem-solve any worries you may have.

Create 2 possible plans for each worry you think of.

Problem

Solution 1

Solution 2

Problem

Solution 1

Solution 2

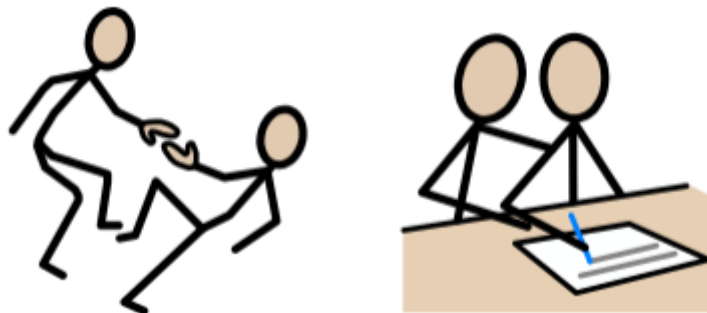
We know that you will all be feeling differently about coming back to school and may have different worries.

But remember, the adults around you will help!



All the adults at school have missed you and are looking forward to seeing you.

We know things will be a little different but we will all help each other.



We are a good team!



Please use this page for anything
you would like to tell us or share.

(This may include pictures/photos.)