

Back to School Booklet



Introduction

This workbook has been produced by Coventry and Warwickshire Mind Children and Young People's Service.

If however, you feel your child might need some additional support, please see the two pages titled 'Information Page' on how to access support.

We would recommend starting this workbook 14 days prior to your child's return to school, with one activity allocated to each day.

These have been designed to help them prepare for their transition back to school after a difficult period of time.

Who is this workbook for?

This workbook is for any young person who is attending primary school. The aim of this workbook is to support young people back into the school environment and help them to feel more prepared on how to manage their feelings at this time.

Parents and carers are encouraged to work through this workbook with their young people.



Information Page

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

Information Page

If you do feel that you need further support, please use the link below and check out our dedicated young people section on our website for more resources and support.

[Children and young people services and information - CWMind](#)



You can find resources, helplines and a Mental Health Survival Kit on our website by following this link:

<https://cwmind.org.uk/category/children-young-people-resources/>



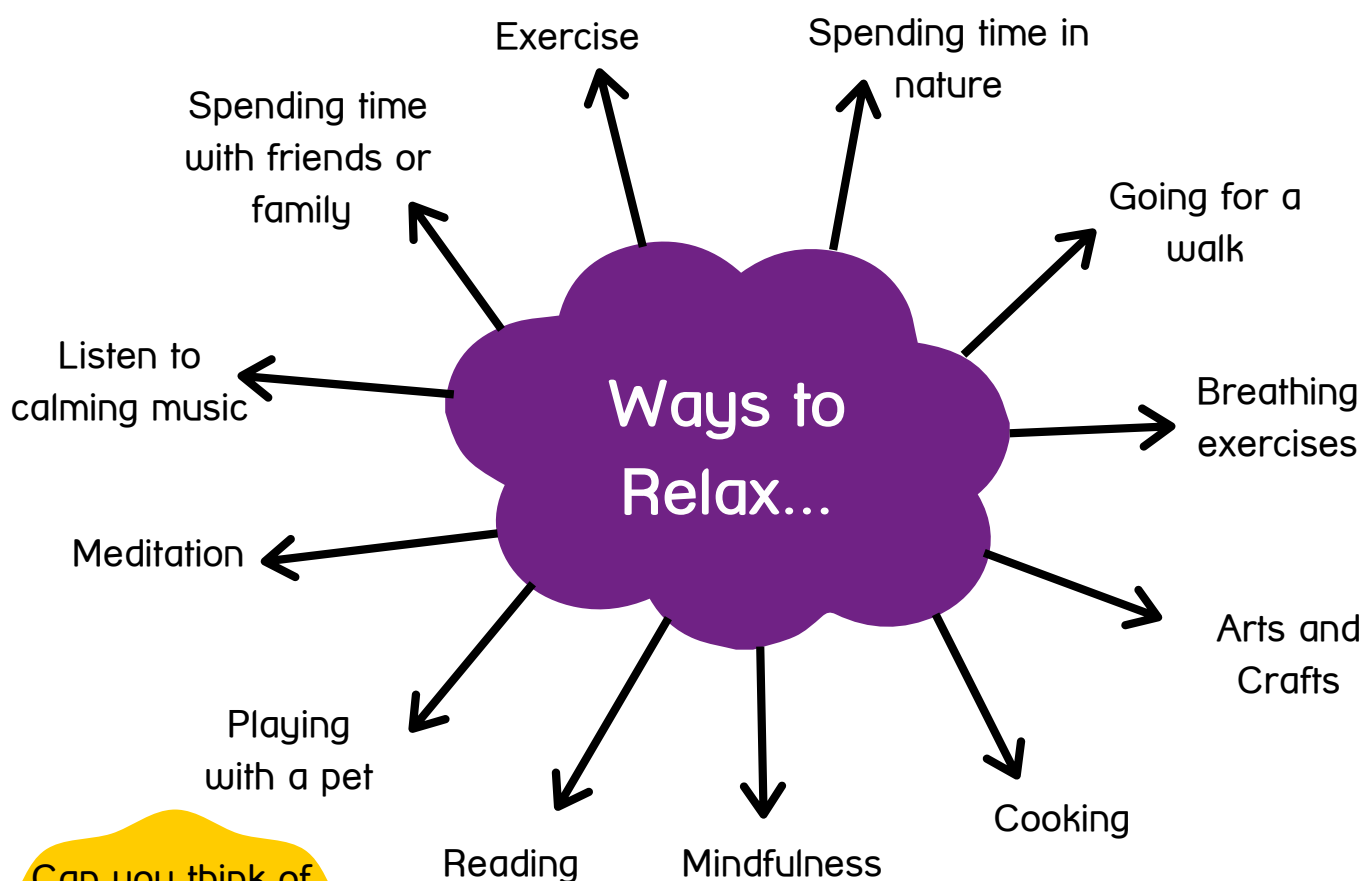
Within this workbook, there are a large variety of different coping strategies and activities. For the maximum benefit for your young person, it is important to complete each day in sequence in the 14 day lead up of their return to school.

Day 1 - Relaxation

Relaxation is really important for us to stay healthy and happy. We know this summer has been a little strange and some of us have maybe found it hard to be able to relax.

What is Relaxation?

Relaxation is when our body and mind feel completely calm. We all need a little bit of calm in our day so we don't feel as stressed and we can complete the tasks of the day better.



Can you think of any other ways to relax? Maybe create your own mind map of things you like to do to relax.

IMPORTANT-
Relaxation is different for everyone; you may find that your friends do different things to help them relax. This is okay; different is normal; different is cool.



Day 1 - Relaxation

Click on the picture of Rosita to learn how to belly breathe.

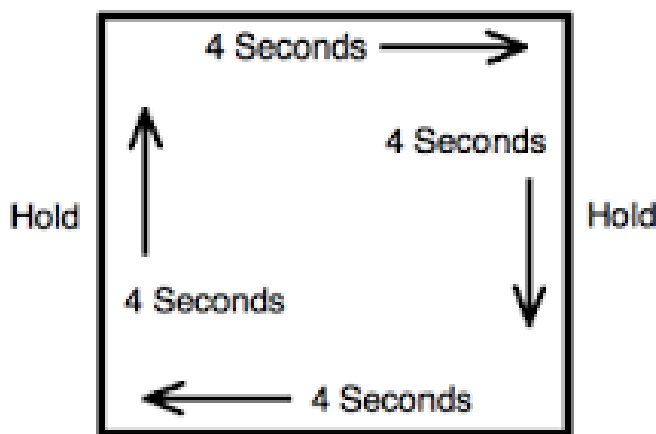


If you can't click on Rosita, search Sesame Street: Learn to Belly Breathe with Rosita, in YouTube

ACTIVITY- Whenever you feel worried or maybe angry, try to do one of the breathing exercises to help you to feel calm. It is also really good to just practise them at least once a day; this will help us to remember to use them when we need them.



Breathe in



Breathe Out

How to use the Breathe Box:

1. Lay down in a quiet comfortable place on your back and breathe in only through your nose.
2. Breathe in for 4 seconds, whilst feeling your belly fill up like a balloon.
3. Hold your breath for up to 4 seconds or whatever feels most comfortable for you.
4. Breathe out through your mouth, controlling the air flow so your lungs empty after 4 seconds and your belly deflates.
5. Take a 4 second pause after breathing out.
6. Repeat as many times as you need to.

Day 2 - Emotions

Emotions and feelings are really important. They are how we respond to all of the things that are around us. Some things, like cake for example, may make us feel really happy. But not everyone likes cake and that is okay. Emotions are different for everyone and there are lots of emotions you might feel.



Sometimes the emotions that we have can feel really good, like when we feel happy if we are having fun. Sometimes they don't feel so good; we might feel sad if someone called us a name in the playground.

It is really important to remember that everyone has feelings, even adults. They are a big part of our lives. They make us individuals, which means we are not the same as everyone else. It's normal if you have different feelings about things. Take for example a rollercoaster; some people love rollercoasters and feel happy and excited when they ride them; other people might feel a little bit sick just thinking about a rollercoaster.

Day 2 - Emotions

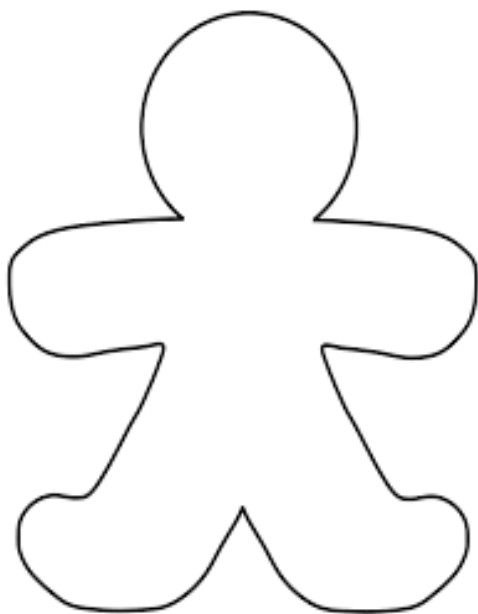
Click on the picture to learn more
about emotions



If you can't click on the picture, search
Sesame Street: Name That Emotion with
Murray! in YouTube



ACTIVITY- Use the template below to draw different people and how they might look as they feel different emotions. Use the list of emotions below to help you, but maybe you could think of some emotions you have felt too.



- Happy
- Sad
- Frightened
- Excited
- Bored
- Angry
- Surprised

Click on the picture to watch a video
that could help you with your drawings



If you can't click on the picture, search How
are you? | Emotions song for children |
English Through Music in YouTube



Day 3 - Fact Finding & Cosmic Kids

Very soon you will be going back to school. You may have lots of questions about school and what things will be the same and what things will be different. This is okay.

Activity - Fact Finding

It may help you feel more relaxed and prepared if you can find the answers to some of your questions.

Task:

1. Write down any questions you have about returning to school.
2. Try to find out some answers. You can do this by:
 - Asking your family.
 - Looking at the school website.
 - Asking your teachers.
3. Write down your answers so you can remember them.



IMPORTANT - You may not be able to answer all of your questions at the moment. This is okay.

Here are some examples of questions you could have.
There is space to write your own questions too.

Who will my teacher be?.....

What time will I start school?.....

What time will I have lunchtime and breaktime?.....

Will I have to keep my distance from my friends?.....

.....

.....

Day 3 - Fact Finding & Cosmic Kids

You may feel a bit worried if you can't find all of the answers to your questions. This is okay. It is normal to worry about things that we are not sure about. But we can do things to make us worry less.



ACTIVITY - If you are feeling worried and want to relax a bit, check out the CosmicKids website and YouTube channel. It has lots of fun yoga and relaxation videos for you to look at! You can do something every day.



To start your CosmicKids journey, click on the picture



If you can't click on the logo, search Cosmic Kids Yoga in YouTube!



It gets your
body moving

It can make a
story come
alive!

It can take
your mind off
your worries

Cosmic Kids
Yoga can be
great for you
because....

It can make
your muscles
stronger

Day 4 - Sleeping Well

Why is it important to sleep well?

Sleeping well is really important as it helps your body to grow; helps your body to repair if you have hurt yourself; keeps your brain healthy and can really help your immune system (the function in your body that helps to stop you from being poorly).



If you sleep well at night, this will help your brain to do all the things that it needs to do in the daytime. It will help you to learn lots of new things; solve problems; make choices and remember things.

Now everyone is different and that is perfectly normal. But when it comes to sleep, all children need about 10 hours of sleep every night as your body is constantly growing.

How sleep can help us?

Sleep helps us to not feel tired in the daytime

Sleep helps our bodies to develop

Sleep helps us to focus in our lessons and our hobbies

Sleep helps us to stay healthy

Sleep helps to reduce our stress

Sleep helps us to organise all of our memories in our mind

Sleep helps us with our appetite and to keep a healthy weight



Day 4 - Sleep

Click on the picture to learn more about sleep



If you can't click on the picture, search: Why Do We Sleep? The Dr. Binocs Show in YouTube



How to have a good night's sleep...

Don't have anything to eat or drink that is sugary too close to bedtime

Make your room nice and tidy to sleep in

Don't play/watch things on technology too close to bedtime

Go to bed at the same time each night

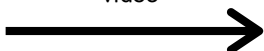
Do a little bit of exercise each day

Spend time outdoors during the daytime

Do something relaxing before bedtime

When you go to bed each night, try some of the suggestions we have given you; this will help you sleep well.

Maybe try listening to the bedtime story "The Sleepy Rainbow"
Click on the Rainbow to be taken to the YouTube video





If you can't click on the picture, search Sleep Meditation for Kids | THE SLEEPY RAINBOW | Bedtime Sleep Story for Children in YouTube



Day 5 - A Different kind of Winter

Some of you have had a very long time away from school to stay safe.

There will be some things you will have enjoyed. You may have learnt a new skill or found a new hobby. 

There will be some things you will have found difficult. This is okay. 

ACTIVITY

It is important to think about what you have been doing and how you have felt during your time away from school. Have a think about each bubble and write or draw in your response. You can talk to another person if that helps you. The speech bubbles have some examples to help.

What have you enjoyed about being away from school?

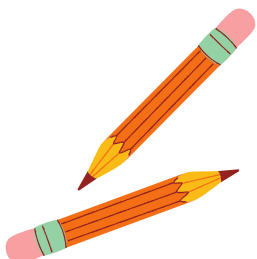
"I have been able to play more games".



"I can now make lunch for myself."

Have you learnt any new skills?

"I have been having my lessons at home on the internet."



Day 5 - A Different Kind of Winter

What are some things you have missed?

"I have missed seeing my friends every day".



"I have missed the school dinners".



"I have felt happy a lot of the time because I like being at home".



How have you felt during lockdown?

What are some fun things you have done?

"I have felt sad when I miss my family and friends".



"I have felt a mix of feelings; I can't always think of the right word".



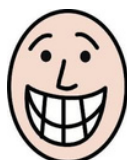
How do you feel about going back to school? (Circle as many as you want from the list)



Happy



Afraid



Excited



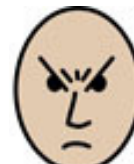
Upset



Nervous



Okay



Cross

You might circle lots of different feelings or not many. This is okay.

Day 6 - Nature

Scavenger Hunt



Being in nature can be really good for us. If we pay attention using all of our senses, it can help us relax and make us feel happy.



ACTIVITY - Scavenger Hunt!

Go on a walk, out in your garden or open the window and see if you can see any of the items below.



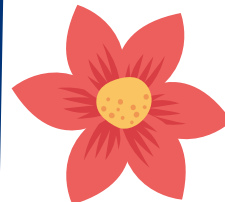
Butterfly



Grass



Bird



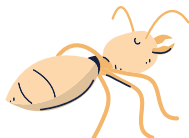
Flower



Bug



Cloud



Ant



Water



Spider web



Tree

Question: Can you see anything else?
Write or draw it below.

Day 6 - Nature

Scavenger Hunt



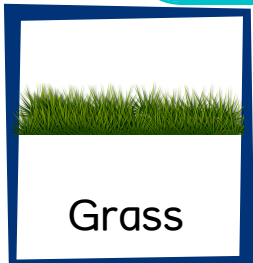
Close your eyes for a minute and focus just on what you can hear.
How many different sounds can you make out? Below are some examples of sounds.



Question: Can you hear anything else?
Write or draw it below.



Now focus just on what you can smell. This can be a bit tricky but see if you can identify different scents. Below are some examples of what you might be able to smell.



Question: Can you smell anything else?
Write or draw it below.

Day 7 - Word Search

Try to find all of the words below in the grid, Good Luck!

- RELAXATION
- SLEEP
- EMOTIONS
- SKILLS
- POSITIVE

- HAPPY
- YOGA
- NATURE
- HOBBIES
- SCHOOL



Day 8 - Emotional First Aid Kit

- Mindfulness

It's important we know what to do when we feel angry or scared or upset. By making an emotional first aid kit, you will be coming up with a plan of what to do for these times when our emotions become too much.

Try a Relaxation
exercise



Label the emotional
first aid kit with all
the things you can do
to help you feel more
relaxed when you
have negative
emotions

Examples:

- Belly Breathing
- Talking to an adult
- Counting to ten
- Yoga
- Mindfulness

Day 8 - Emotional First Aid Kit

- Mindfulness

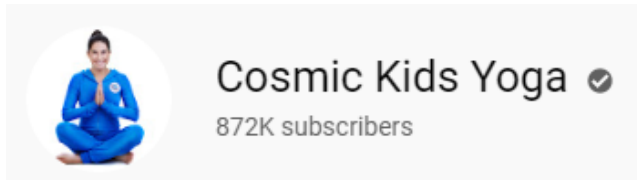
What is Mindfulness?

Mindfulness is all about living in the moment and feeling good from all of the things that are around you. This means when we practise mindfulness, we are not thinking about either the past or the future only the right now.

Click on the picture to learn how to practice mindfulness.



If you can't click on the picture search: What is MINDFULNESS and how do you do it? | Cosmic Kids Zen Den, in YouTube



Ways you can practice mindfulness:

Brushing your
teeth

Colouring in

Telling jokes

Going for a walk

Having a bath or
shower

Lying down
somewhere
comfortable

Day 9 - Physical Activity

What is Physical Activity?

There are many different types of physical activity. It's really important to do things that you find enjoyable, as long as you are moving your body you are being physically active.

Being physically active is really good for our bodies but it's also really good for our minds; it can make us feel happier. Even just a small amount of physical activity can help us all to feel a little bit better.

How can I be more physically active?

- Go for a walk, jog or run
- Cycle
- Play a game
- Play at a playground
- Skipping
- Gardening
- Dancing
- Trampolining
- Housework



Everyone can benefit from being physically active; it can be really flexible to help adjust to your level of mobility and fitness.

Day 9 - Physical Activity

Click on the picture of Joe Wicks to
do a 5 minute work out.



If you can't click on the picture of Joe Wicks,
search: 5 Minute Move | Kids Workout 1 |
The Body Coach TV in YouTube



From today, try to
do at least 1 bit of
physical activity
EVERY DAY!

TOP TIP:

When we are more physically active, we
lose water from our bodies as sweat.

It is important to stay hydrated;
when you do your physical activity, have
a glass of water nearby to drink during
your physical activity and after.



Day 10 - Resilience

What is resilience?

Resilience is the ability to cope when things go wrong or out of control. Sometimes we might feel like we can't do something. Recently, there have been lots of things going on and we have needed good resilience to cope with these changes.

Activity - 'I can...'

Sometimes, when we have a difficult situation, we can react in a negative way.

We may think "I can't do this...".

We are going to focus on things we CAN do. This can be anything but when we think about these things, we will feel happier. This will help us to cope better when things go wrong.

Complete the sentences with things you CAN do. Here are some examples to get you started.

- "I CAN make other people smile".
- "I CAN be brave".
- "I CAN try new things".

I CAN _____

I CAN _____

I CAN _____

I CAN _____

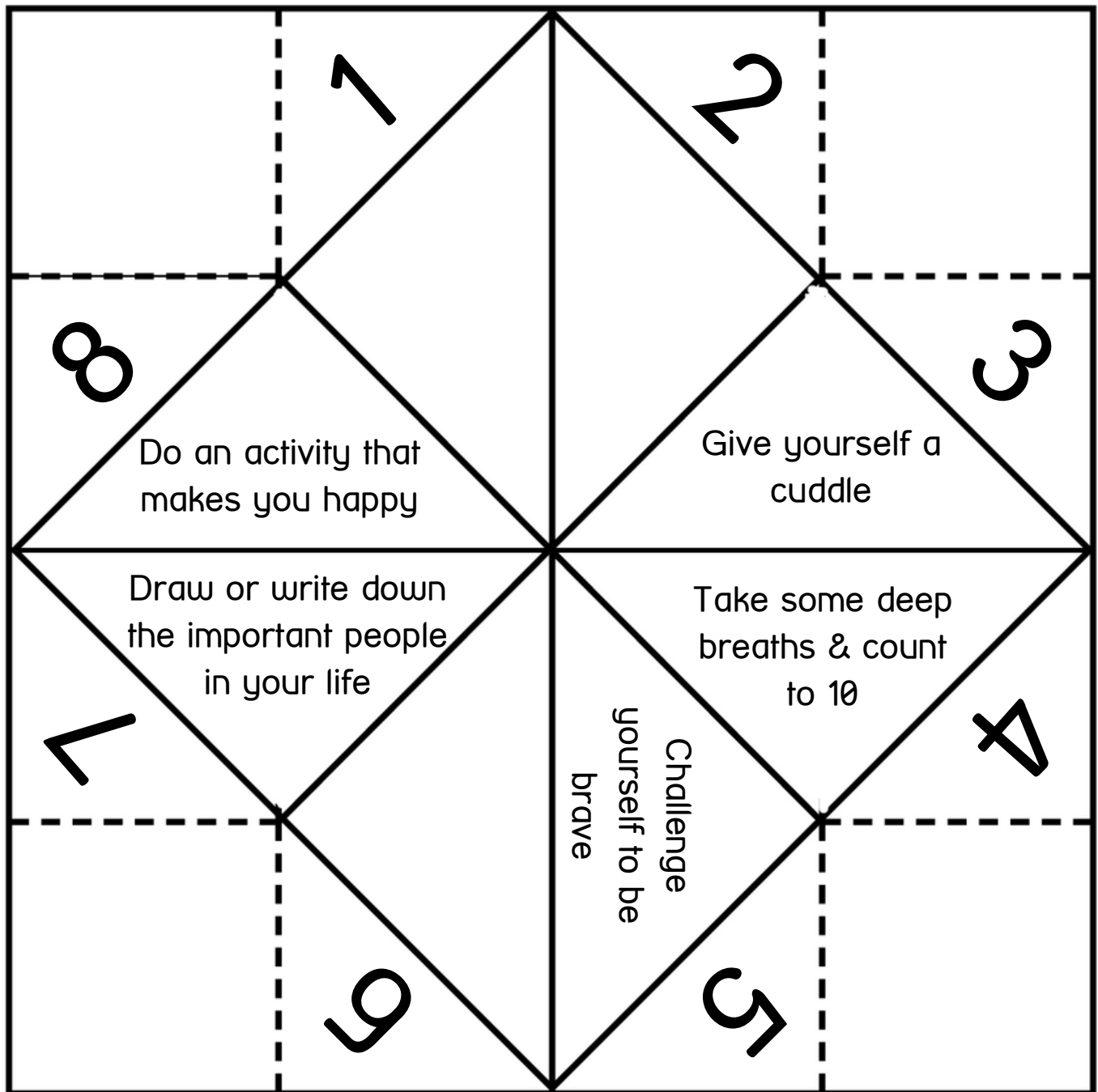
I CAN _____



If you ever start to worry about a problem, think about these statements and remind yourself of all the amazing things you CAN do!

Fortune Teller Template

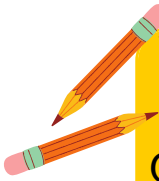
Cut this template out and use it to create your own fortune teller.



The corner squares can be anything you want them to be. You could colour them in a single colour, draw a picture of some of your favourite things (e.g. toys, food, animals, games) for each one. The important thing to remember is they all need to be different.



Day 11 - What To Bring

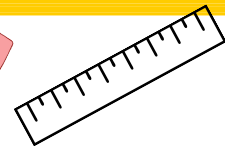


Your school will be very excited that you are coming back, but you need to be prepared.

One way to help you prepare is to plan what you will be bringing in every day. By planning what you bring, it will help you feel more relaxed about going back.



Activity - Pencil Case + Bag Challenge



Have a think about what you will need to bring to school. A lot will be things you brought in before. There might be some new things too.

Fill in the bag on the next page with your ideas. The bubbles below will help you think of things that you may need to pack. You may not need all of these items, they are just ideas.

Something to drink from

Will you have a packed lunch?

Do you have a school diary?

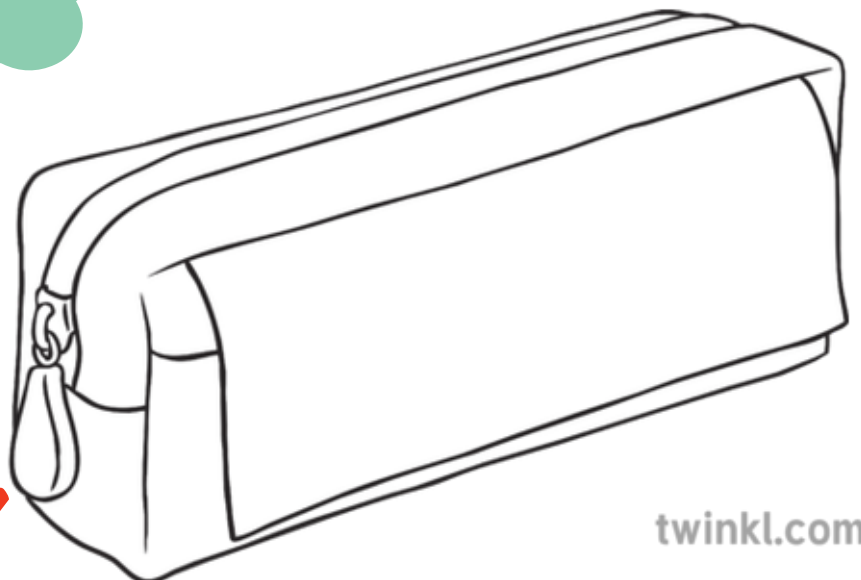
Something small that makes you relax e.g. soft toy, fiddle toy. (Make sure you are allowed to bring this in)

Something to clean your hands with

Something to write with

Reading Book

You might need to bring in your own pencil case. You can design your own here!



Day 11 - What To Bring

Draw or write down all of the things you will need to bring when you return back to school. This might be slightly different for different people. That is okay.



Day 12 - Back To School Plan



Going back to school might seem a little scary, but making a plan can help reduce the worries and help us to feel more prepared.

Because we haven't all been at school for what feels like forever, let's have a reminder of all the important things we might need to do before we leave the house on the first day back to school.

What I might need to do the night before

- Put my school shoes and coat by the front door
- Pack my school bag/book bag
- Get my uniform ready
- Do something relaxing
- Set an alarm and get an early night



What I might need to do the morning school starts

- Get up with my alarm
- Have my breakfast
- Have a wash and brush my teeth
- Get dressed in to my uniform
- Brush my hair
- If you bring a packed lunch, check you have it ready
- Put my shoes and coat on
- Pick up my bag and lunch if I have one.



School might feel a little bit different at the moment and that's okay. It is really important to follow the advice this year from your teachers about trying not to spread germs. It might seem a bit strange or scary at first and rules might seem a bit stricter, but it's all there to keep us all safe.

If we are worried at school because things have changed, we can always talk to our parents or adults that we live with. The school teachers will also be more than happy to talk to you about your worries.

Day 12 - Back To School Plan

Morning plan for Day 1 of school...

Make a plan using the timetable provided below to help you prepare for your first day back to school. Include all of the important things that you will need to do after you wake up; this will help you to feel more organised.

Example

Time

7am

Task

Turn off alarm and get up out of bed.



Time

Task



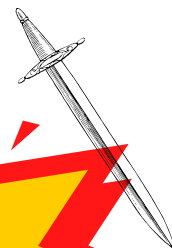
Day 13 - Design a superhero



For your hero, of course
you need to think about
what abilities they have:
Flight? Invisibility?
Intelligence?



But also have a think
about what other
important abilities they
could have: Kindness?
Compassion? Bravery?



Name:

Special Abilities

Appearance

How they got
their powers

- ☐ Born
- ☐ Mutated
- ☐ Man-made
- ☐ Other...

Who they help

Words to
describe them

Kind?

Loyal?

Trustworthy?

Hardworking?

Honest?

Reliable?

Compassionate?

Brave?

Funny?

Motivated?

Forgiving?

Fair?

Day 14 - Let's have a Disco



As you have done so well keeping up with all of the different activities, it's time now to celebrate!

So pick a time today that suits you best, find a space in the house or garden and play your favourite tunes and have a boogie.

You can choose to either play the music out loud or through some headphones. Maybe see if the people that you live with will join in for this fun activity.

Whilst you are dancing, you should congratulate yourself on how hard you have worked and make a little promise to yourself that you will keep using the techniques you have learnt!

Well done! Now go and have some fun!!!



Colour me In

