Returning to School
Life After Lockdown

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



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Lockdown has given us different feelings

Happy



Pleased



Sad



Fed-up



Confused



Relaxed



Worried



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:

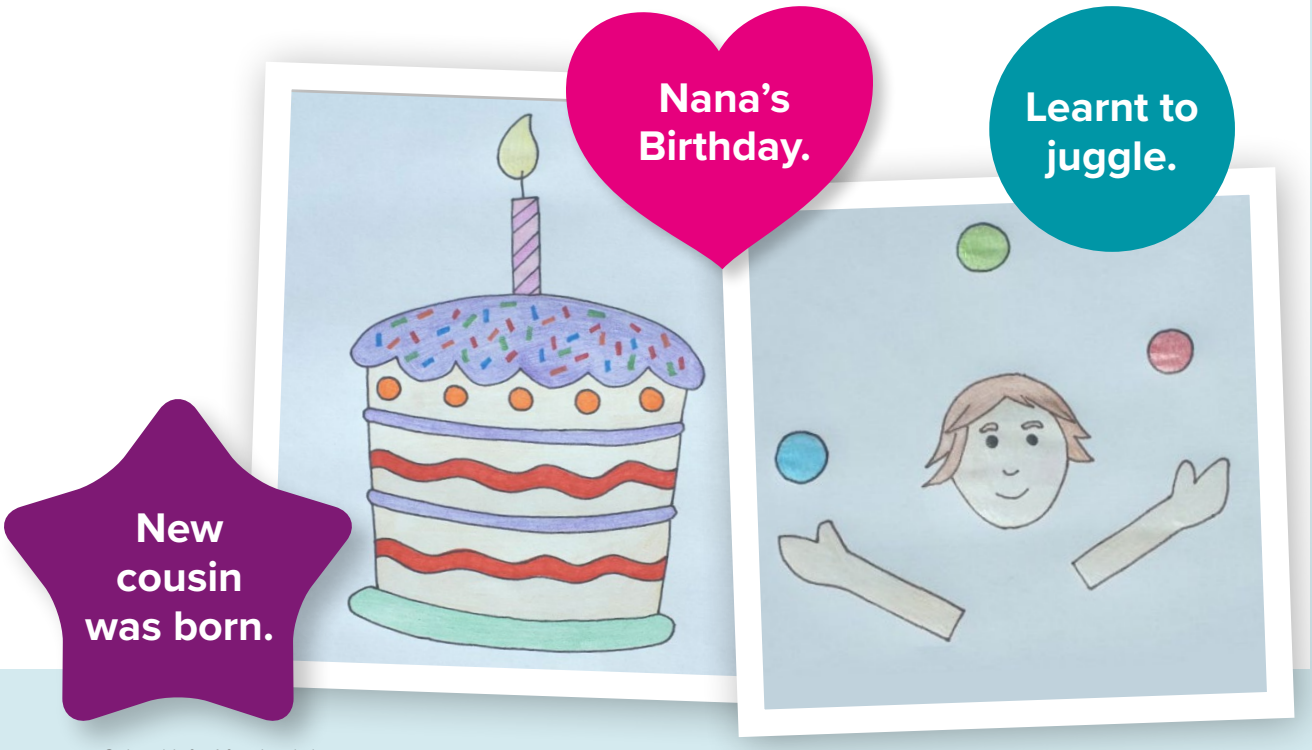


Feeling mixed emotions is normal.

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:



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:



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:



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.



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?



Noticing things you appreciate each day, however small, can help you feel more positive.

Write down something you appreciate each day:

1.

2.

3.

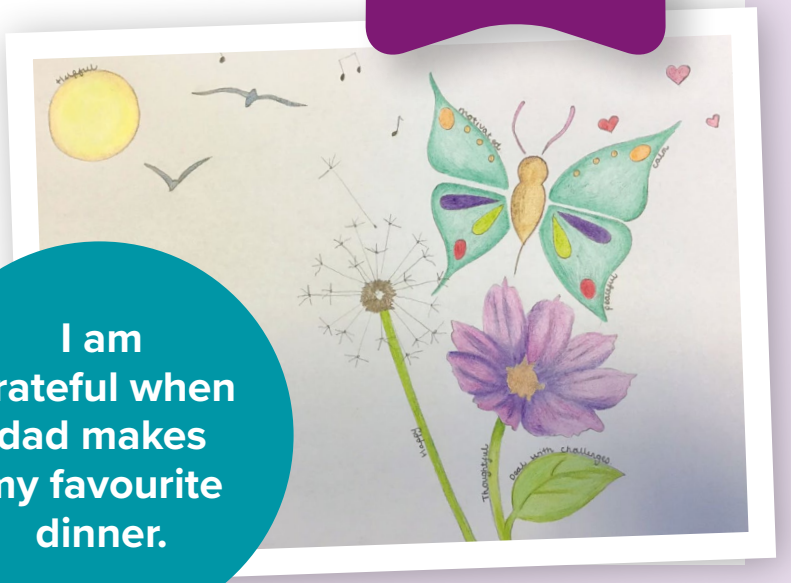
4.

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?:



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?



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:



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?



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.

Set your alarm.

Be ready to leave the house.



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.

	Time to sleep 

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

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

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

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.

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