

Going Back-to-School After Lockdown



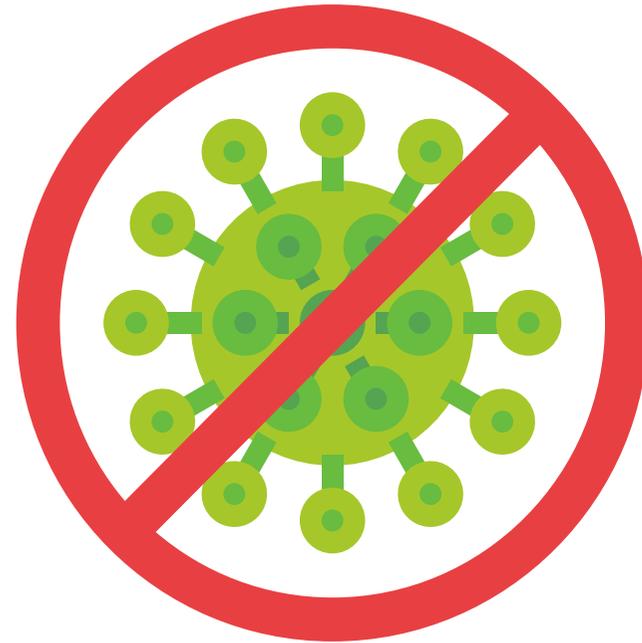
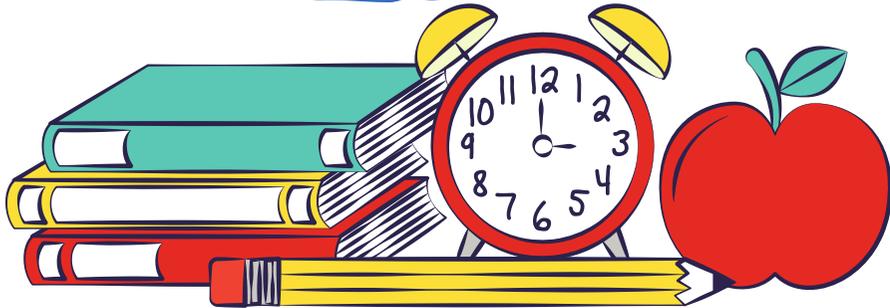
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Your school was closed for a few months because of coronavirus. You have been learning from home.



School and doctors say it is safe to go back to school
now!

Back to
School



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Kids will have many different feelings about this:

Some kids will be excited.

Some kids will be sad.

Some kids will be worried or confused.



All of these feelings are okay! It is a big change and it is expected to feel different feelings. You can talk to your mum or dad about this.

It is okay if you feel sad or worried on your first day
back. Lots of kids will be feeling the same.
Your teachers and friends will help you and make sure you
are ok.



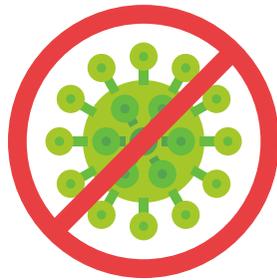
Some things might be different when you go back to school:

- kids may get dropped off at different times,
- teachers may meet us at the school gate,
- different grades may have different playtimes, and drop off points
- teachers and office staff may wear gloves and masks.

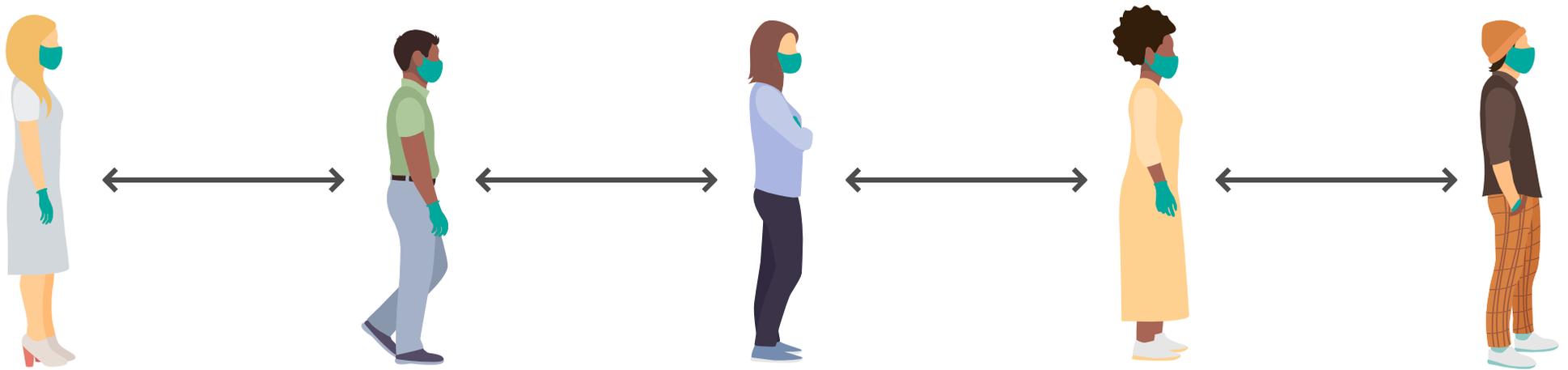
All of these things keep us safe and stop us spreading germs.



When you go back to school it is important to remember to keep your hands away from your face and to wash them during the day.



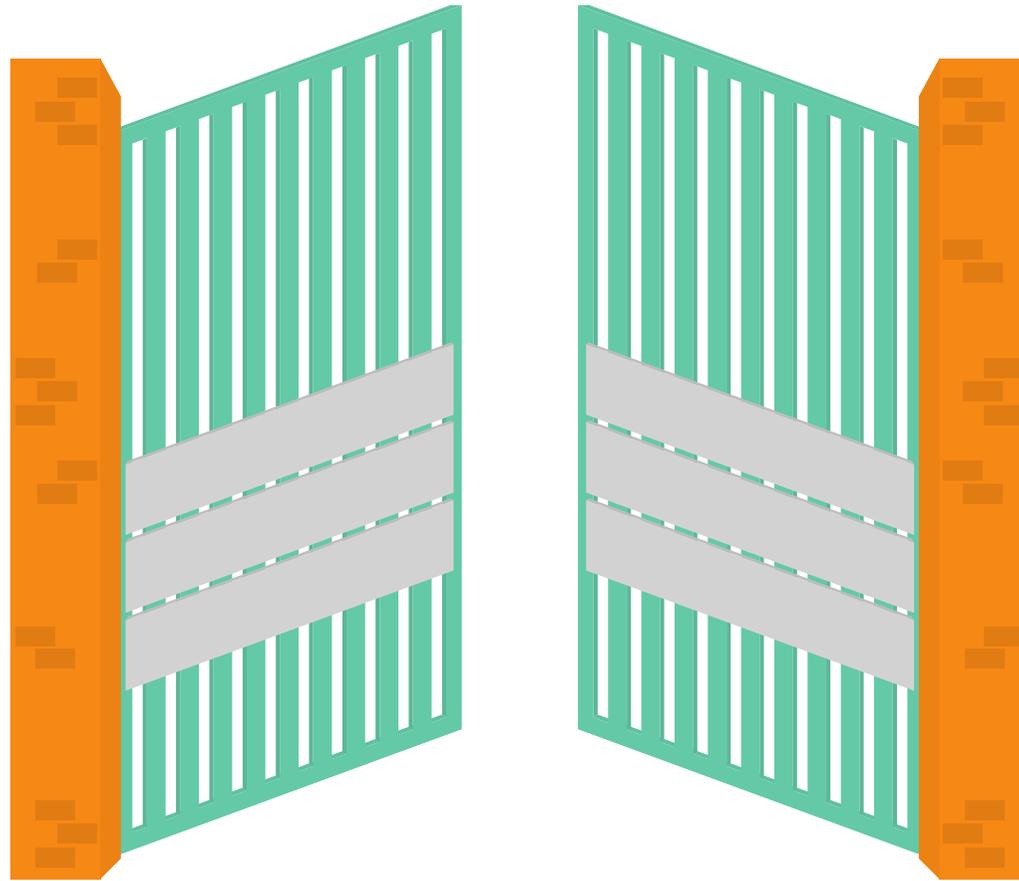
You will not be able to sit or stand as close to your friends as you used to. This is called "physical distancing" and it helps to stop germs spreading.



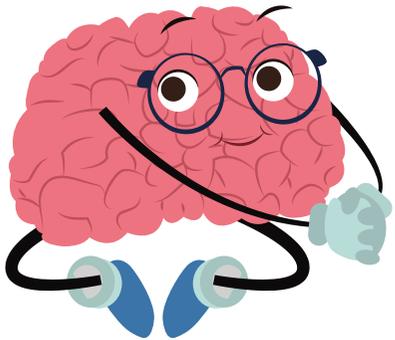
Remember not to hug your friends and teachers. You can wave at each other instead.



Your teacher or a helper may walk you to the gate for your family to pick you up at the end of the day.



It will feel different not being at home with your family all day. It will take time to get used to being back at school, being around so many children, being in the classroom and playing on the playground. You might feel nervous at first, and that is expected. Each day will get easier and you will get used to being back at school.



You might feel more grumpy and tired for the first few weeks as you get used to the new routine. This is expected. When you get home from school, rest and re-charge your battery. Sleep, exercise and lots of cuddles help.

Remember that it's ok to have mixed feelings about going back to school. You could feel excited and happy or sad and uncomfortable. If you feel upset you can always talk to your teachers, friends or family and they can support you.



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Things I am looking forward to:

A large, empty, rounded rectangular box with a pink background and a grey drop shadow, intended for writing responses to the prompt above.

Things I am feeling unsure about:

A large, empty, rounded rectangular box with a green background and a grey drop shadow, intended for writing responses to the prompt above.

My questions/Things I want to find out:

A large, empty, rounded rectangular box with a yellow background and a grey drop shadow, intended for writing responses to the prompt above.

