

# Back to School



Soon you will return to school, seeing all your teachers & friends again. We know that some of you are feeling excited about this and others are feeling sad and worried. Here's a few tips to help you settle back into your new routine.



# All feelings are OK

As you think about going back to school you might be feeling happy, worried, scared or excited. You might be feeling all of these feelings and that's OK. It helps to talk about your feelings with someone you trust. Or, if you don't want to talk, you could draw or use puppets to let others know what you might be feeling.



#SupportBarnardos

# Routines

Start to plan for your return to school. This might mean going to bed a little earlier and getting up & dressed in the mornings. Find moments in your day to relax.



And enjoy your last few weeks of summer.



# Our minds & bodies are connected

When we listen to our bodies they can tell us a lot about how we are feeling; happy, excited, sad, worried. There are ways we can relax & calm our bodies which make us feel better. Shaking our legs and arms, deep breathing, squeezing & relaxing our muscles are all ways to connect body & mind.



"woof"



# Worrying about school & Covid19?

Some of you are worried about becoming sick when you go back. But know that everyone is working hard to make sure the school is clean & that everybody follows the new rules. Now your main job is to learn & have fun. Remember at any time, you can always take a deep breath into your tummy & sloooowly breathe out.



# Stay positive

This school year might look different but when we think happy thoughts & have hope, we can feel good about ourselves. Your family, teachers & friends can all help you feel happy about your school year ahead & the fun times you will have!

