

Returning to school

If you feel a little nervous about going back to school--you're not on your own. Let's have a plan to make it ok.



What will I keep?

After lockdown, what is the good stuff you want to keep doing?

Taking walks, board games with the family, slowing down, reading, etc.



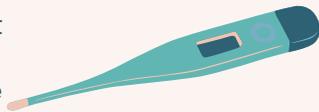
What have I learnt?

I need time around people, physical contact means a lot, I love my family, I know some people better now.



Check your temperature.

How do you feel about returning to school? Excited, uncertain or not bothered? Its OK and normal to feel any of the above.



Watch out for others.

Support and respect your brothers and look out for your friends. We need to lean on each other when we're struggling. Be there for each other.



Adjust your suspension

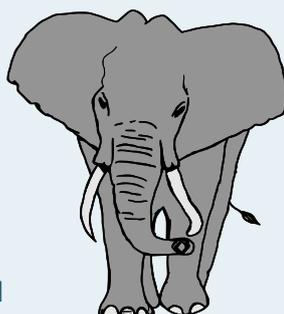
Don't expect a perfectly smooth ride back to school. There will be bumps, so allow for this.

Adjusting your suspension might mean getting more sleep, being more organised, taking a few deep breaths, etc. What do you need to do?



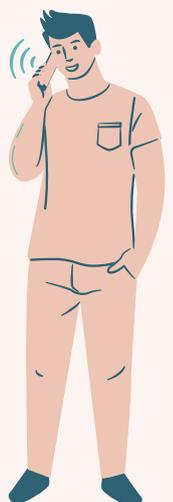
Agile like the cheetah but as steady as an Elephant

You've proven you can adjust and adapt. Now as you return to school, be slow, steady and consistent like the great elephant.



Chat to someone about the first day/week back

Chat to your mates, teachers or tutor prefect about meeting up on the first day. Make a plan to connect. Have something to look forward to at the middle and end of the week.



Returning to school – Your Reflection

Sit down with mum, dad or your caregiver and complete this together. Bring this to school for the first day.



Name _____

What will I keep doing?

- _____
- _____
- _____



What have I learnt?

Check your temperature.

circle one that represents how you feel



I feel... _____

How can I show support?

How can I adjust my suspension?

How can I be steady and consistent?



Who can you connect with prior to school? Who can help you?

