

School after lockdown

for primary school students



South West
Yorkshire Partnership
NHS Foundation Trust

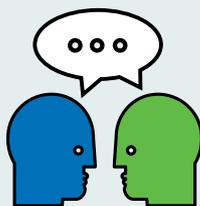
Lately, life has been different for everyone because of Covid-19. You might feel that not much has changed or things might feel like they have turned upside down.

You may have been staying at home or still going to school. Either way, this leaflet is for you, to help you get ready for the changes to come. More students will be at school soon, but it will be different.

Helpful tips



It's okay if you feel emotional or stressed—this is normal in times of uncertainty.



You are not alone - there are always people available to talk to, whether that's friends or a helpline.



Preparation and managing expectations is key.

What is normal?

You might be used to staying at home or there being fewer students at school. You are not the only one. What you do each day is going to change, and we all like knowing what is going to happen.

Think about how being back at school with more people will make feel. What will be hard for you? Can you tell your family or someone that can help you? Then together you can come up with plans to help you get through this change.

Thinking about change...

Take a moment to think about:



What did you enjoy about "lockdown"?



What, if anything, do you dislike about life during lockdown?



Is there anything that you are worried about?



Make a list of what you can control and what you cannot as things change.

Where you can find help

This is a strange time for everyone. Here are some ways to get extra help:



[childline.org.uk](https://www.childline.org.uk) For advice, videos, activities and games



[winstonwish.org](https://www.winstonwish.org) For bereavement



Call Childline on 0800 1111



For smartphones or tablets checkout these apps:

- HappiMe for Young People
- The Worrinots - Home Edition

With **all of us** in mind.

Activities!

Here are some ideas to help you feel ready for the coming changes to school. You can do some with you the people you live with or on your own. There is no wrong way to do any of these activities. They are to help you smile and have fun.

Going back to school

As a family, take some time to note down how things have changed and what you have enjoyed or disliked about lockdown.



Create two weekly plans to compare life before lockdown and life during lockdown. If you know what your schedule will involve for the first week of school, write that down too!



Print/draw two clocks. Colour in the hours with different activities that you have been doing. In the second clock, colour the times that you will go to school and other time you will still have for activities.



Pretend to go to school before you have to. Start going to bed at the same time you would before school. Wake up and get dressed as you would for school. If you walk to school or to a bus stop maybe practice that too. When school starts, you will be used to it.



Draw a map of school. Then, mark where you will go to classes, have lunch and play. It might be different than it was before. Write or draw what you remember about school before lockdown. What did school look, sound, feel and smell like? When you go to school, notice what is different.



Plan a fun activity to do every night after school for the first week. Examples are: game nights, movie nights, crafts, cooking or something outdoors. Having something to look forward to can make it easier to go to school.



Make a time capsule. People in the future might ask what life was like during Covid-19. Write and draw what you want them to know. You can find a booklet to print by searching "time capsule" at: www.coventry.gov.uk

Going to a new school



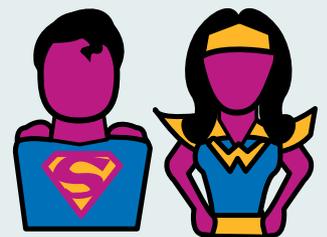
Find out if there is a virtual tour/paper map of the school to help children visualise where they will go on their first day.



Create an 'All about me' poster or booklet to describe to your new teacher what you like/dislike, what hobbies you have, who you live with and how you usually feel at school etc.

Helpful tips

- Make sure you know about new rules at your school. These rules are to keep everybody safe. Talk about them with the people you live with.
- Be a superhero! Stand up as straight as you can with your feet apart. Lift your head, look forward and have your hands on your hips or crossed over your chest. Then take some deep breaths. Can you be brave?



What do I do if I feel anxious?



- Take a look at what is causing these feelings. Write down the worst possible scenario of your first day and then the best possible one. How likely to happen are these things? Most likely, your day will actually fall somewhere in between; there will be some good things and also some not so good things that happen.
- Are there steps you can take to make sure that more things on the 'best scenario' list take place? If you can't think of anything, you could ask a friend or a trusted adult for advice.

Everyone experiences anxiety at some point. Sometimes it's possible for us to help ourselves by trying new techniques, but other times you may need more help. Speak to an adult you trust if nothing seems to be helping

Reasons you might feel anxious and what to do



What others think of you

Our self-image is affected by how we think our peers view us. It might be that you don't have very high self-esteem or a strong self-image if you are really worried about what your peers think of you. Click [here](#) to try an activity to boost your self-esteem.



You're behind in your school work

It's incredibly hard to self-teach or try and learn as much as you normally would without a teacher present. Make a list of the subjects and topics you feel like you don't understand. Try to rate them in order of the ones you need most help with (#1) to the ones you need least help with (#10). Make sure you tell the teacher of each subject or your form tutor that you want extra help. Make sure you also dedicate an hour a day to revising or learning about those items on your list.



You're not sure what to expect

Your school day is going to be different. You might have to sit in a different place, only socialise with certain students and only be allowed in certain places in the school. Remember that this is the same for everyone; nobody really knows what they are doing on the first day back. Your school will be giving you information as to how things are changing - make sure you read this information and ask any questions you have before the first day.



You're worried about you or your family getting ill

The government are only allowing you to go back to school because they have agreed with schools a safe way to do this. Keeping absolutely everyone safe is [not in your control](#), no matter how much you worry. All you can do is wash your hands regularly with soap and follow the rules school have put in place.

Ways to calm yourself

- Breathe! Try a [breathing exercise](#).
- Close your eyes and [visualise](#) the best possible scenario of your day.
- [Question your thoughts](#) - fears can be brought on by thoughts that are not true. Are yours true?
- Do as much as you can to prepare - [don't put it off](#) as this will only make it worse.
- Use methods to distract yourself - listen to music, do some exercise or try a [mindfulness exercise](#).