



Manchester University
NHS Foundation Trust



**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you

OneEducation

Putting children first

Back to school



**A pack for younger
children**



Hello

Welcome to your back to school pack!

This booklet is to help you get ready for going back to school. Most children have been staying at home because of lockdown. When your school re-opens, some things will be the same as before, and some things might be different.

In this pack, you can think about all the things you are looking forward to, and anything that might be worrying you about going back to school.



All about me

My name:

My age:

The name of my school is:

I am in Year

Things I like doing.....



Who is important to me?

(Family, friends, pets)

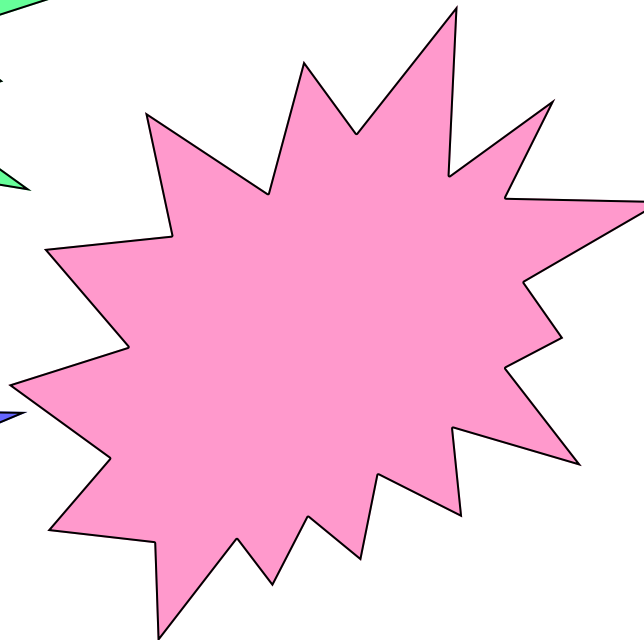
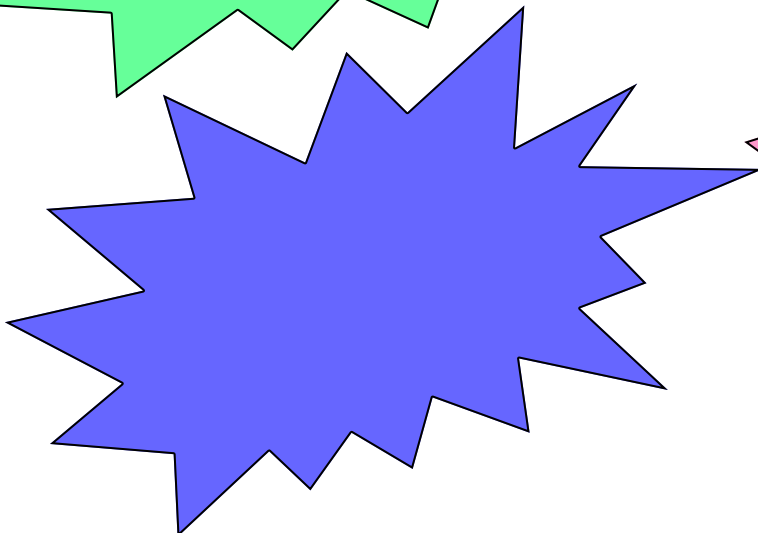
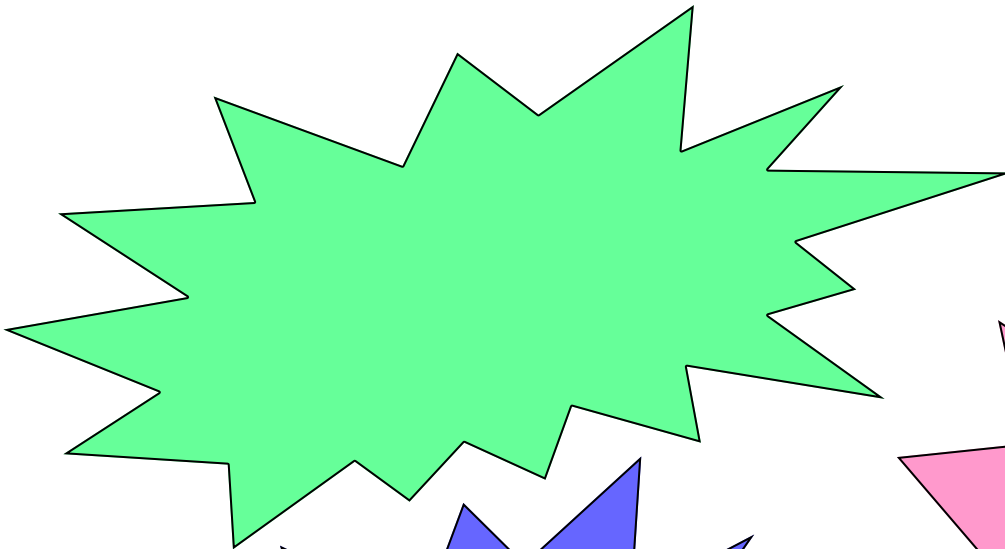


Happy memories



Draw a picture of being at home.....

Write three happy memories of being at home.....





Draw a picture of your school.....

A large, empty rectangular box with a blue border, intended for drawing a picture of a school.Three large, empty thought bubbles with scalloped edges and small circles leading to them, arranged in a triangular pattern. The top-left bubble has three small circles leading to it from the bottom-left. The top-right bubble has three small circles leading to it from the bottom-right. The bottom-center bubble has three small circles leading to it from the bottom-right.

Three good things
I remember
about my school.....



Ask an adult to help you think about what might be the same when you go back to school, and what might be different.

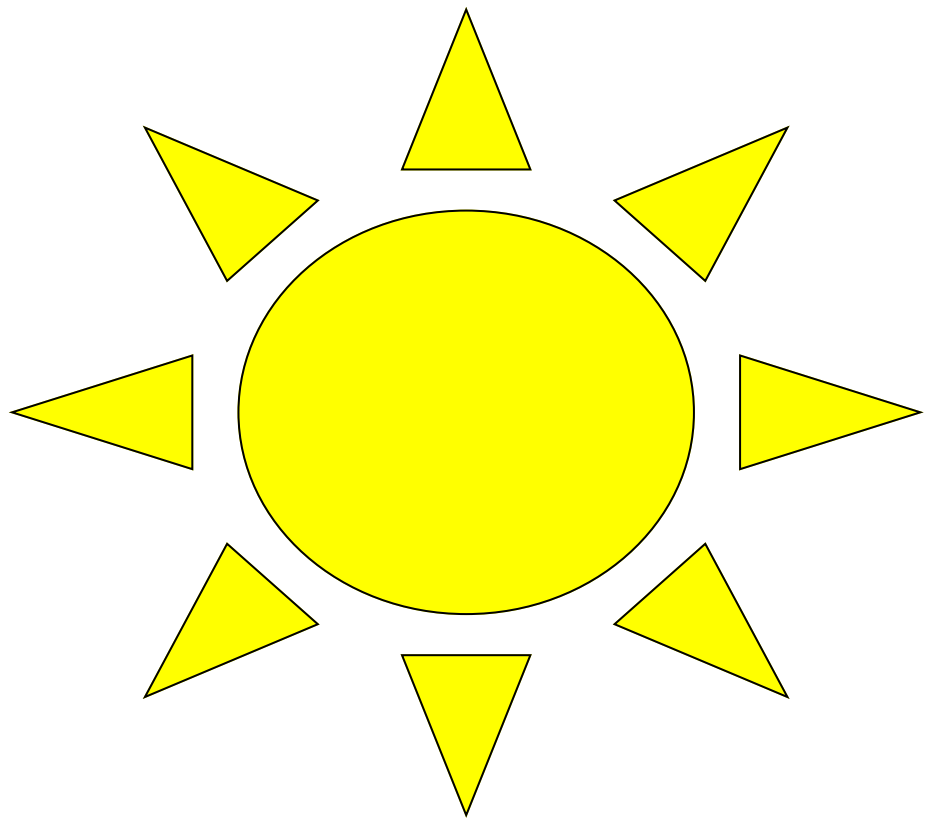
Things that might be the same at school.....

Things that might be different at school.....

Sunshine moments

Every single day, there are positive moments for us to see. Sometimes we do not notice the positive things, because we are too busy looking out for the things which worry us.

Sunshine moments are positive, happy things that happen during the day. These things might be tiny, so we have to watch out for them.



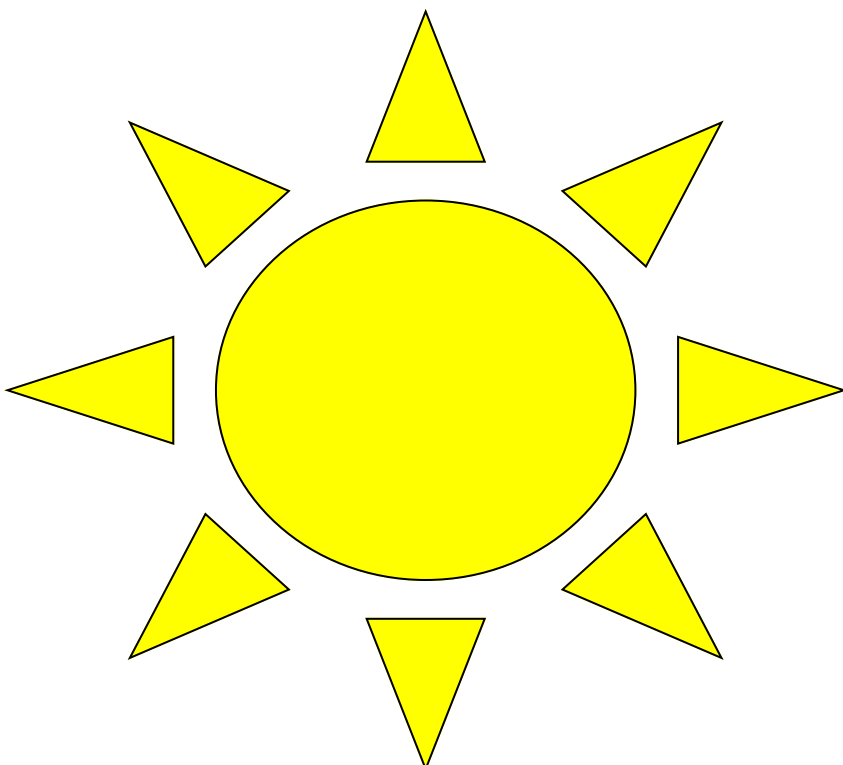
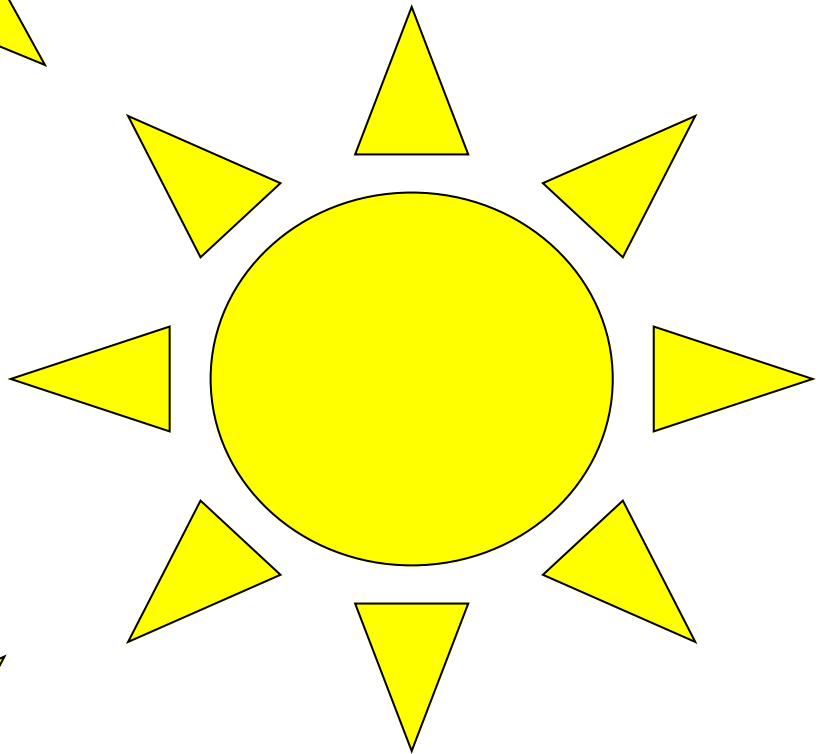
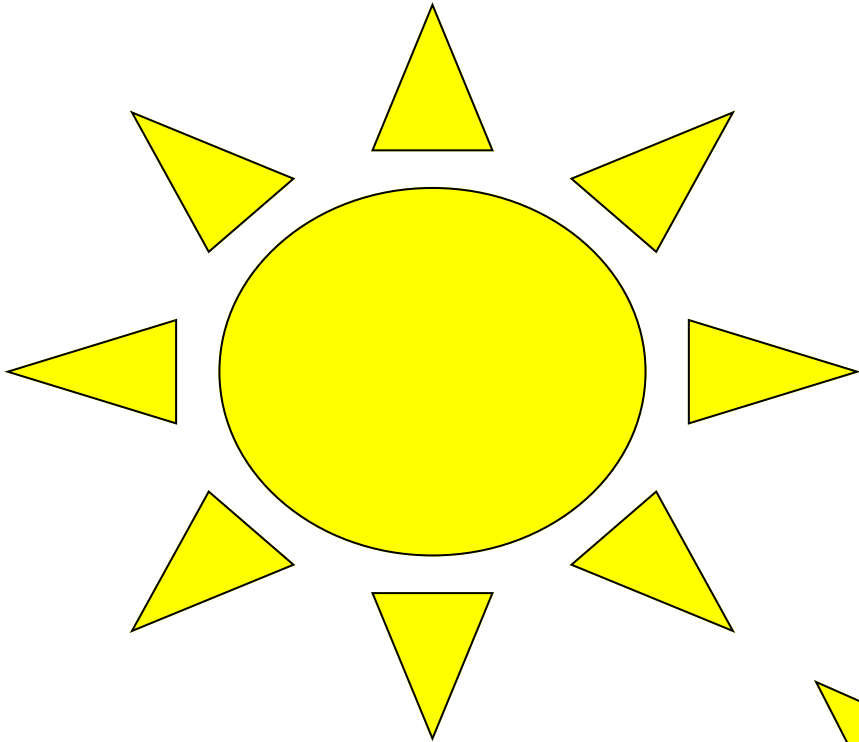
We need to look carefully for these sunshine moments every single day. It can help if we write them down, draw them, or talk about the positive things that have happened during the day.





Can you think of 3 sunshine moments from your day?

These might be big things, or very tiny moments that made you feel happy.



Try writing down three things every-day, which made you feel calm or happy.

Worrying

Change can be a worrying time. Going back to school after all these weeks at home might make you feel worried or nervous.

It is good to talk about your worries.

Talking about your worries can make you feel better.

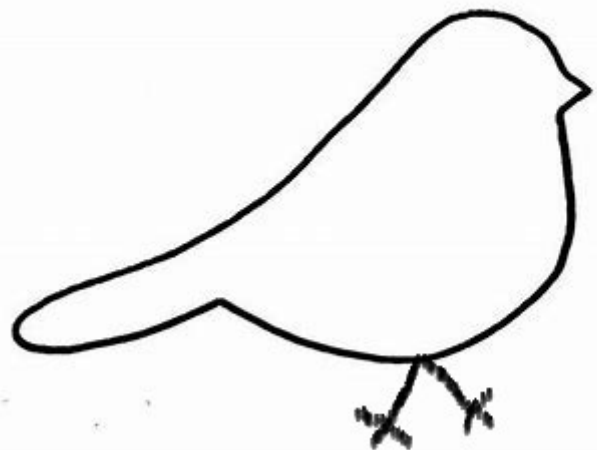
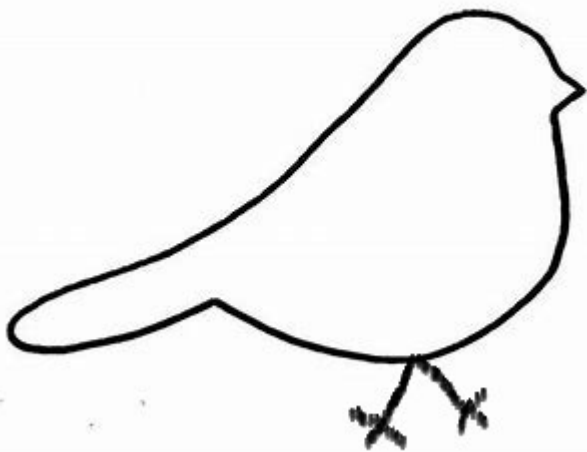
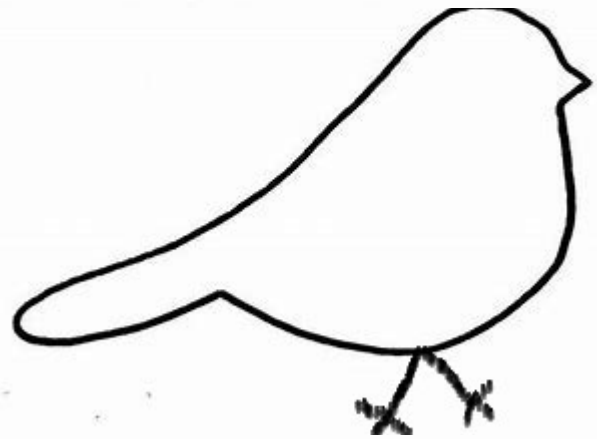
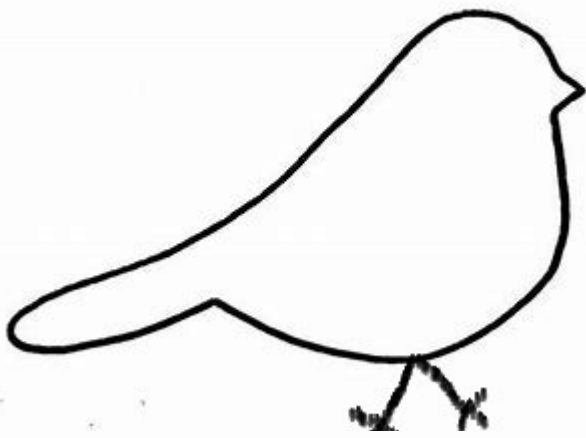
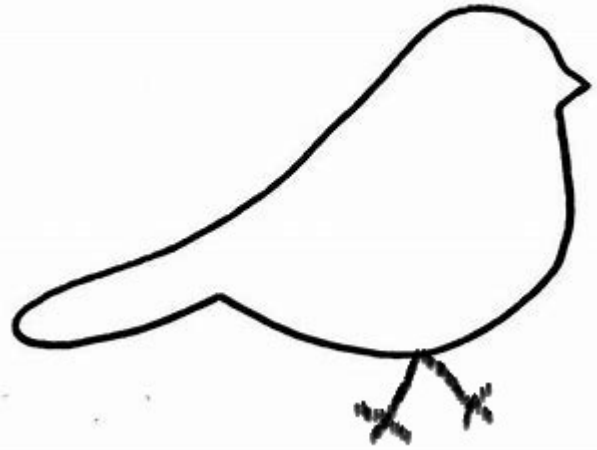
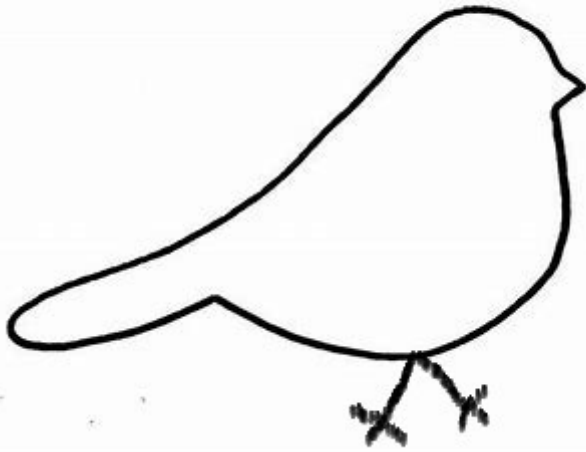
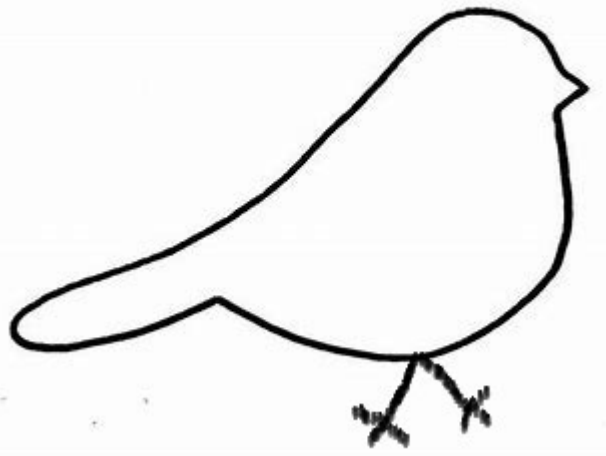
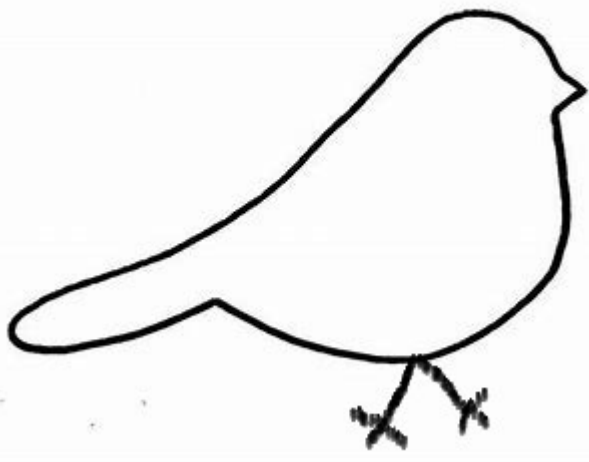
Some people find it hard to talk about what is worrying them.

You can write it down, or draw a picture to show what you are thinking about.

It is good to ask an adult at home or at school to help you with the things that make you feel worried.



On the next page there are some birds. Work with an adult to write your worries on the birds, and stick them on the worry tree on page 13.



Worry Tree



Stick your worry birds onto this tree, and talk about them with an adult.

When you are worried, stressed or upset, you can sometimes feel it in your body. You might notice some of these things.....

Headache

Feeling too hot or too cold

Breathing quickly

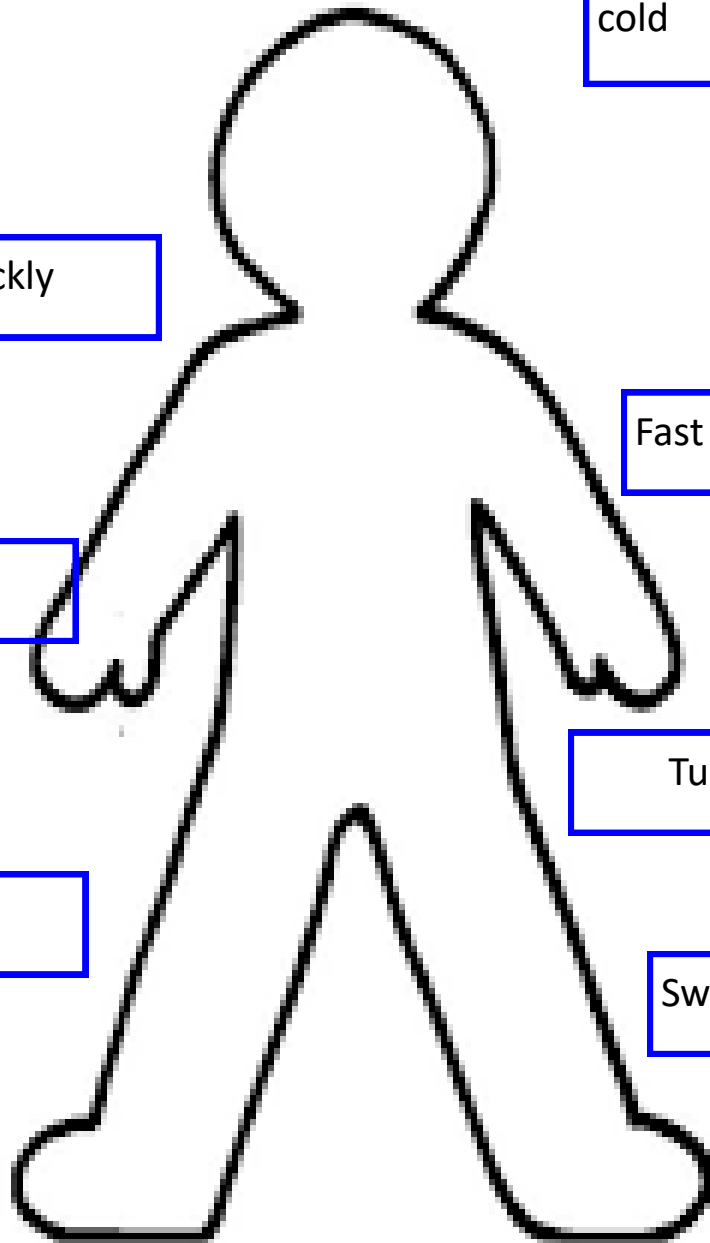
Fast heart beat

Shaking

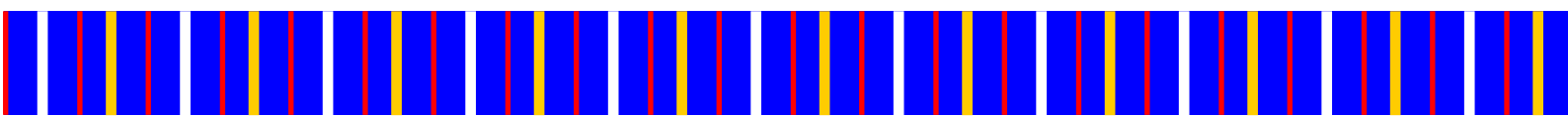
Tummy ache

Needing the toilet

Sweating



Tick all the ones that you notice when you are feeling worried. Are there any other things that you can write onto the picture?



Relaxation

When we do activities to relax our body, it helps our mind to feel calm and happy.

Here are some ideas about what you could try to relax.

Listen to music	Go outside	Use a mindfulness app or do meditation
Play a sport or jump on a trampoline	Play with your family pet	Read a book or magazine
Watch something funny on TV	Do some baking	Hug someone in your family
Play with some sensory toys	Draw, paint or be creative	Look at photographs which make you happy
Play with my toys	Do some colouring in	Have a bubble bath

Activities that make me feel happy!



Activities that make me feel calm
and relaxed.



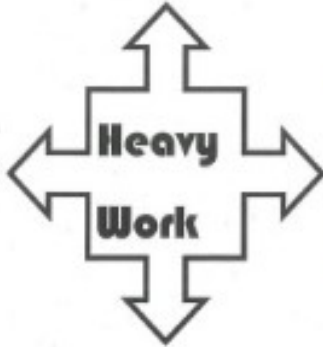
What do I need if I feel sad or
worried?



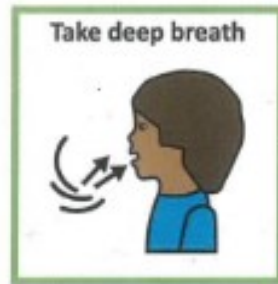
Calming strategies for Home



- Crawling under & over blankets
- Obstacle Course
- Star jumps
- Rolling across the room wrapping up in blanket Burrito
- Trampoline



- Squeezing bath toys
- Wall push-ups
- Carry something heavy
- Wheelbarrow walks
- Playdough
- Digging in the garden
- Theraband
- Making bread / kneading dough



- Chewy snacks ie jam on toast
- Crunchy snacks ie raw carrot or bread sticks
- Blowing games / bubbles
- Warm drink



- Wrap up tightly in a blanket
- Sandwich between cushions
- Give yourself a hug
- Wrap in warm towel
- Tactile box



- Use natural light when possible



Use soft tone of voice



- Calming sounds ie Rain Rain App
- Soft voices
- Reduce noise

My Plan

What works well for me at school?

Who can I ask for help at school?

What can I do for myself if I feel worried?



Ask an adult to help you fill this in. This is your plan for going back to school.



Picture by Jake (age 11)

This resource represents a multi agency collaboration within Manchester. Contributors include Specialist Speech and Language Therapists; Educational Psychologists; Clinical Psychologists; Specialist Learning Disability Nurses; Occupational Therapists; and parents across the city.