

GOING BACK TO SCHOOL

It's time to start thinking about going back to school. After having a long time off and having a new way of learning too, this might seem quite scary.

For some of us, what was once familiar may have become unfamiliar and what was once certain may have become uncertain.

These activities and ideas will help you with any worries or thoughts you may have about going back to school.



These are my friends Sam, George and Tom. They have some helpful information and tips for how to cope if you are feeling worried about going back to school.



MY TREE OF LIFE

Have a go at making a tree of life all about you.

Think about all the experiences so far that will help you to transition back to school.



START BY DRAWING A TREE INCLUDING:

Roots

Ground

Trunk

Branches

Leaves

Fruit

THE ROOTS

ROOTS (PAST)

Jot down some of the people, places and things that have been important to you in the past. As you complete this section, notice how you are feeling?



Have you ever noticed changes or transitions in the past? What were they like for you?



What experiences have been important to you at school?

What parts of your roots make you happy, sad, proud, hopeful?

THE GROUND



GROUND (HERE AND NOW)

Jot down some of your thoughts and observations of what is going on right now.

What is happening right now?
What do you like to do?

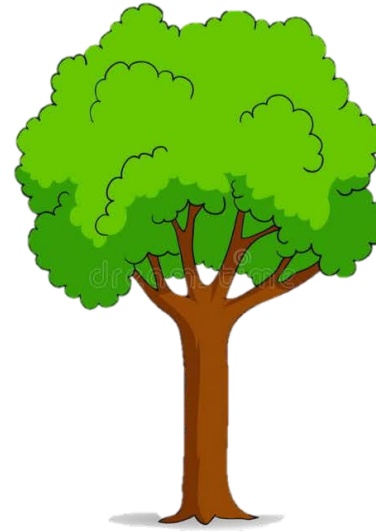
What has not being at school changed for you?

Who or what is important to you right now, at school and home?

What parts of your ground make you feel happy, proud, sad, grateful?



THE TRUNK



TRUNK (STRENGTHS)

The trunk represents who you are and how you see yourself. Think about your strengths, achievements and what makes you, you.

THIS IS YOUR STORY OF WHO YOU ARE!

WHAT ARE YOUR STRENGTHS?

WHAT DO YOU VALUE ABOUT YOURSELF?

WHAT MAKES YOU FEEL GOOD ABOUT YOURSELF?

WHAT WOULD OTHERS SAY ABOUT YOU?



THE BRANCHES

BRANCHES (HOPES)

The branches represents who you want to become. Think about your hopes and dreams, the goals you strive for each day.



WHO WOULD YOU LIKE
TO BECOME?

WHAT ARE YOUR AMBITIONS,
GOALS AND DREAMS?

WHAT WILL YOUR LIFE BE LIKE IN
THE FUTURE?

WHAT ARE YOUR HOPES ABOUT THE
NEXT STAGE IN YOUR EDUCATION?



THE LEAVES

LEAVES (ACHIEVEMENTS)

Think about your achievements at home and in school. What have you given to yourself and others?

What have been
your successes?
Why are they
important to you?

Who else has
noticed your
achievements?

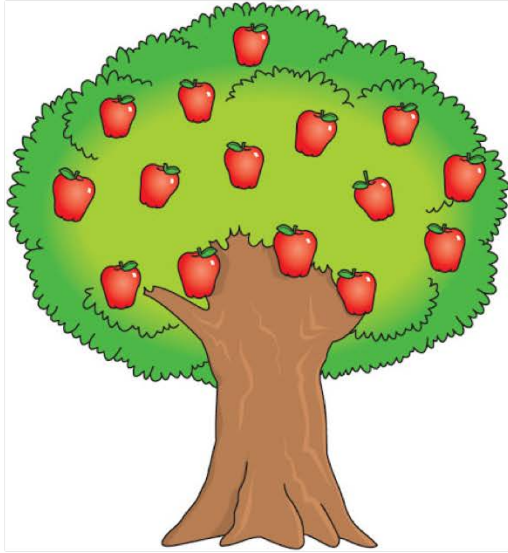


What things have
you contributed to
in school?

Are these
contributions
important to you
and others?



THE FRUIT



FRUIT (SUPPORTERS)

The fruit represents the gifts from others. This could be a parent, siblings, teacher, friend.

WHO HAS BEEN
IMPORTANT TO YOU
IN SCHOOL?

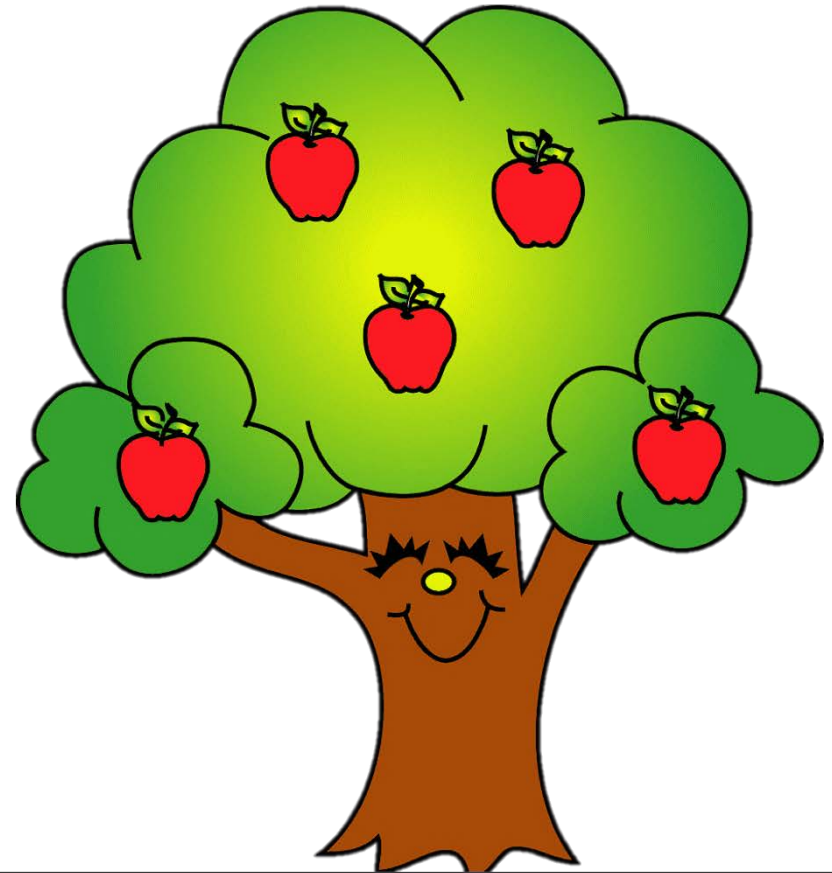
HOW DID THEY
HELP YOU? WHY
DID THIS MATTER
TO YOU?



WHAT HAVE YOU
VALUED ABOUT SCHOOL?
(PEOPLE, EXPERIENCES,
ACTIVITIES).

HOW DO YOU FEEL
COMPLETING THIS
SECTION? NOTICE
YOUR FEELINGS.

MY TREE OF LIFE



FINALLY THINK ABOUT THE WORLD AROUND YOU. WHAT HAS HELPED YOU TO GROW AND THRIVE? WHAT HAS PERHAPS STOPPED YOU FROM DOING THIS?

THINK ABOUT WHAT PARTS OF YOUR TREE WILL HELP YOU TO MOVE FORWARD INTO YOUR NEXT TRANSITION TO SCHOOL (STRENGTHS, ACHIEVEMENTS, SUPPORTERS)

MY WELL-BEING PLAN

IT IS IMPORTANT TO KNOW
SOME TOOLS AND TIPS FOR
FEELING CALM DURING
UNCERTAIN TIMES.

HELPFUL
STRATEGIES

PEOPLE &
ACTIVITIES I
ENJOY

CELEBRATING
ME



MY HELPFUL STRATEGIES

MAGIC 5
BREATHING

Trace around your fingers
breathing in as you go up a finger
and breathing out as you trace
down the finger.



5 SENSES

Close your eyes. Place your hand on
your chest and take a breath in, as
you breathe out, hum. Feel the
vibration through your hand.



HAPPY HUM

Think of 5 things you can see, 4
things you can hear, 3 things you
can touch, 2 things you can smell
and 1 thing you can taste.



CLOUD
BURST

Close your eyes. Tap your thumb
to your index finger 5 times
saying 'tap, tap, tap, tap, tap'.
Repeat this for each finger.



TAP AND
WIGGLE

Close your eyes and take a breath in. As
you exhale, imagine you are blowing the
clouds filled with thoughts of worry
away. Repeat as many times as you need.



POSITIVE 5

Take a moment to think of 5 positive
things that have happened this week. It
could be something that has happened
to you, or something you have achieved.



MY OWN TOOL

--	--

RATE THE TOOLS

Try each of the strategies 3 times and rate them out of 10 to find your favourite relaxation technique.

TOOL	1	2	3	RATE /10
MAGIC 5 BREATHING				
5 SENSES				
HAPPY HUM				
CLOUD BURST				
TAP AND WIGGLE				
POSITIVE 5				

MY JAR OF HAPPINESS

Fill the Jar below with all of the things around you that make you feel happy, proud, grateful and positive.



KINDNESS KITE

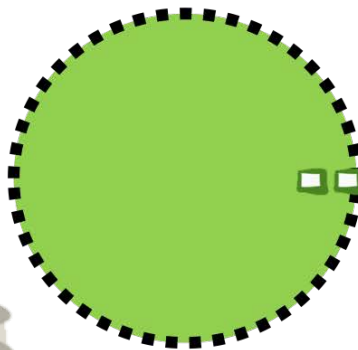


In this activity, I'd like to invite you to complete a kind act for someone else or even yourself.

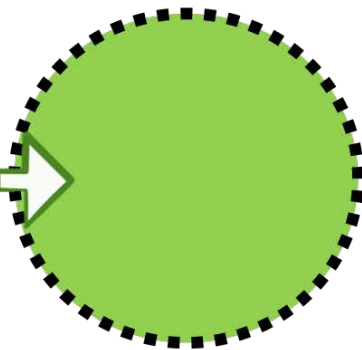
Once you have completed it, notice how it made you feel.



KIND ACT



FEELING



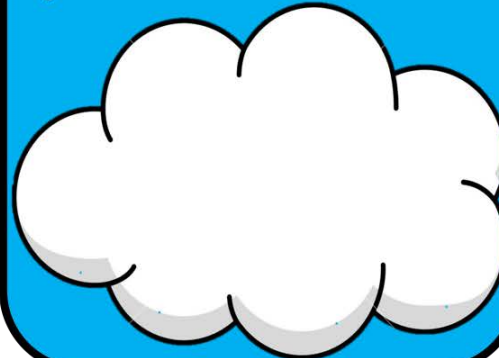
MY HOPE CLOUDS

Have a go at answering the questions below thinking about your hopes and dreams for the next school year.



IN THE NEXT SCHOOL YEAR, WHAT DO YOU HOPE...

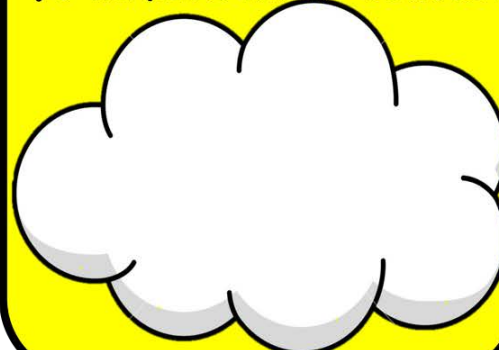
TO ACHIEVE IN SCHOOL?



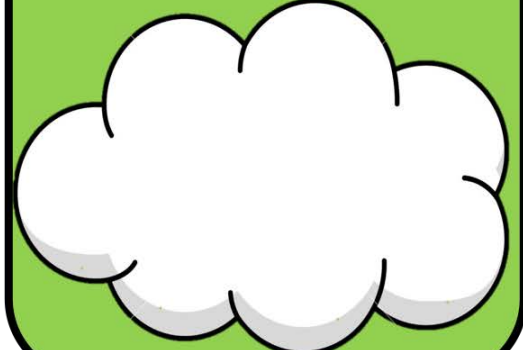
TO LEARN IN SCHOOL?



TO IMPROVE AT IN SCHOOL?

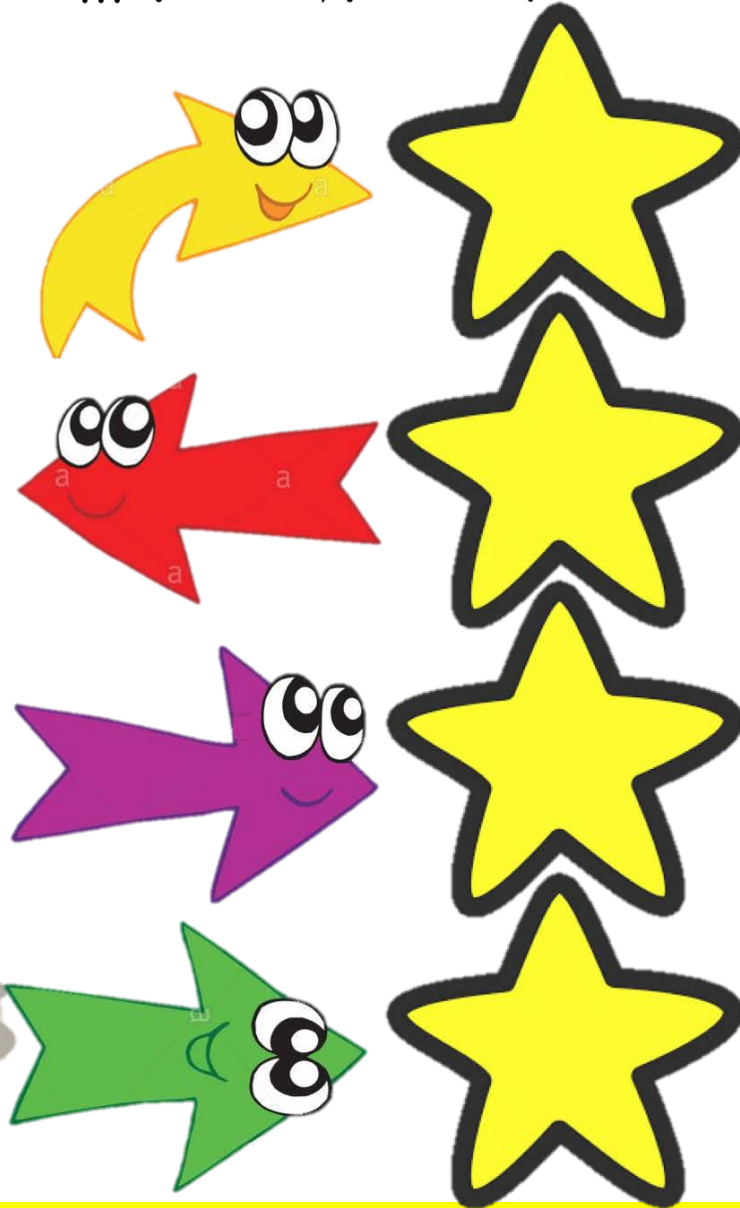


CHANGES OR STAYS THE SAME?



I AM

FOR EACH OF THE STARS, WRITE A POSITIVE STATEMENT
ABOUT YOURSELF... (I AM KIND, I AM DETERMINED)



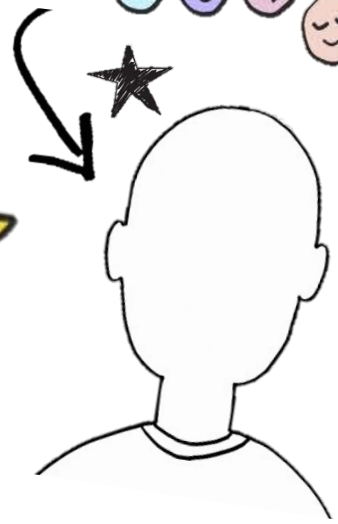
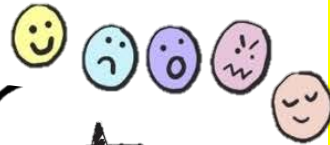
THREE THINGS

MY FAVOURITE THING
ABOUT BEING AT HOME...

SOMETHING I FOUND
TRICKY WAS...

3 THINGS I'M LOOKING
FORWARD TO...

3 THINGS I WANT TO
ASK OR TELL YOU...



TOP TIPS

WE'VE ALL GONE THROUGH THIS PANDEMIC BUT SOME PEOPLE WILL COPE BETTER THAN OTHERS AND THAT'S NO ONE'S FAULT.

ALLOW EACH OTHER TIME TO GET USED TO THE CHANGES.

MAKE TIME TO BE IN THE MOMENT AND NOTICE HOW YOU ARE FEELING.

EVERYONE'S EXPERIENCES ARE DIFFERENT. DON'T EXPECT THAT IF ONE PERSON IS OK, THEY ALL ARE.

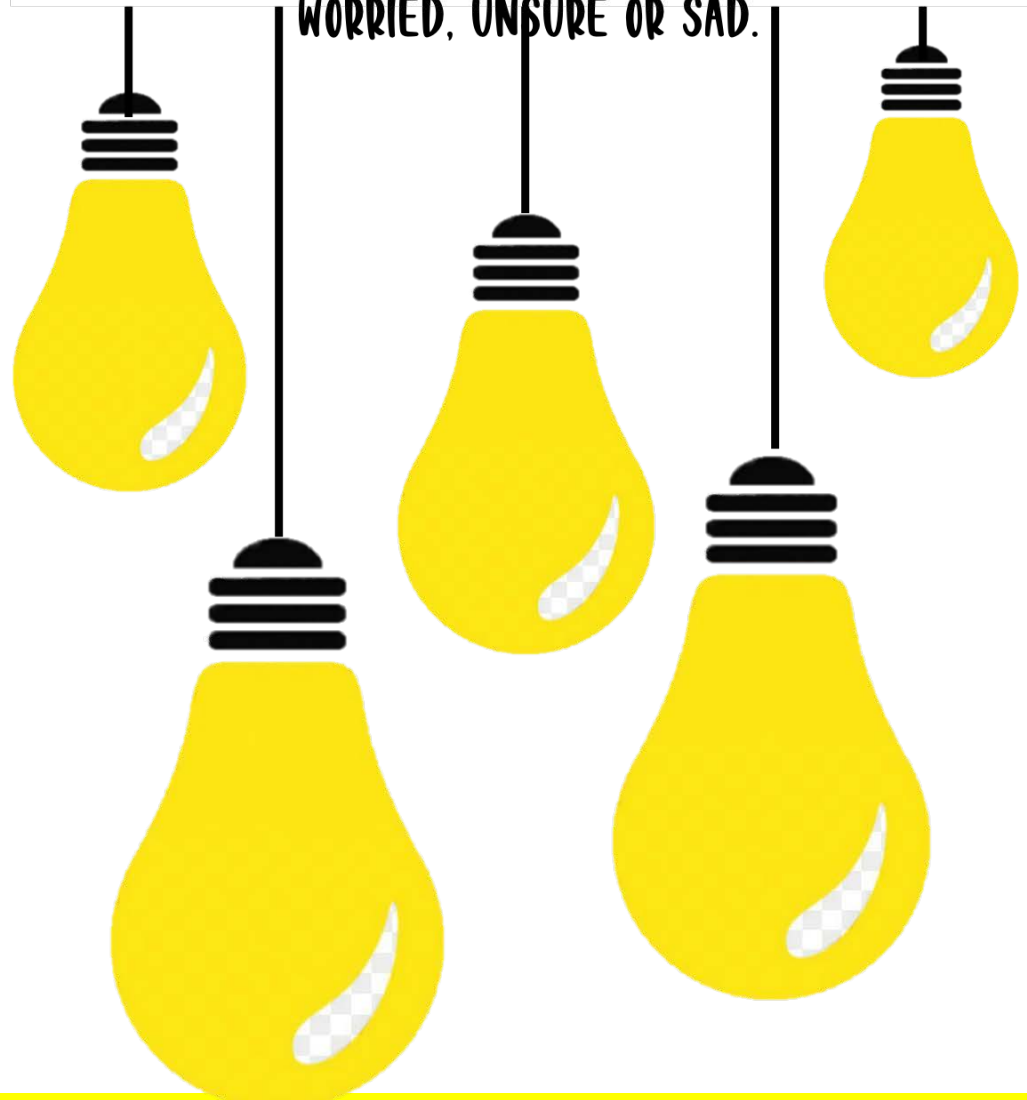
LISTEN TO OTHERS AND NOTICE CHANGES IN BEHAVIOUR

ASK OTHERS HOW THEY ARE FEELING.



WHO CAN I TALK TO?

ON EACH OF THE LIGHTBULBS, NOTE DOWN SOMEONE YOU KNOW YOU CAN TALK TO IF YOU ARE FEELING WORRIED, UNSURE OR SAD.



WHAT ELSE CAN I DO?



SPEAK TO A FRIEND

If we are feeling upset or unsure, it's a good idea to speak to a friend. They might have some helpful tips to manage the problem. Or it might be that you ask them to tell someone else for you.

SPEAK TO A TEACHER

Sometimes when faced with a problem, your teacher will know how to deal with the issue. Talk to them if you are feeling sad or are simply not sure what to do.

SPEAK TO THE PASTORAL TEAM OR SLT

When our feelings become too big, it is sometimes best to speak to the Pastoral Team or SLT. They have a range of resources to help with difficult feelings and can help you to manage them.

RING CHILDLINE

If you still feel worried or need to speak to someone outside of school, contact Childline who can help with lots of different problems and feelings.

BYE FOR NOW!

WE HOPE YOU FOUND OUR TOOLS AND TIPS HELPFUL. REMEMBER, EVERYONE AT REDWELL HAS BEEN THROUGH A SIMILAR EXPERIENCE. THEY WON'T BE EXACTLY THE SAME, BUT DON'T BE AFRAID TO TALK TO OTHERS. MAKE SURE TO ASK FRIENDS HOW THEY ARE FEELING AND CONNECT WITH ONE ANOTHER.

