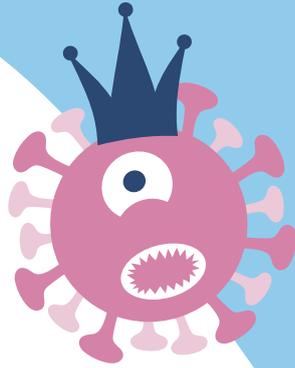


Back to school

This is a story about going back to school after the **coronavirus** lockdown

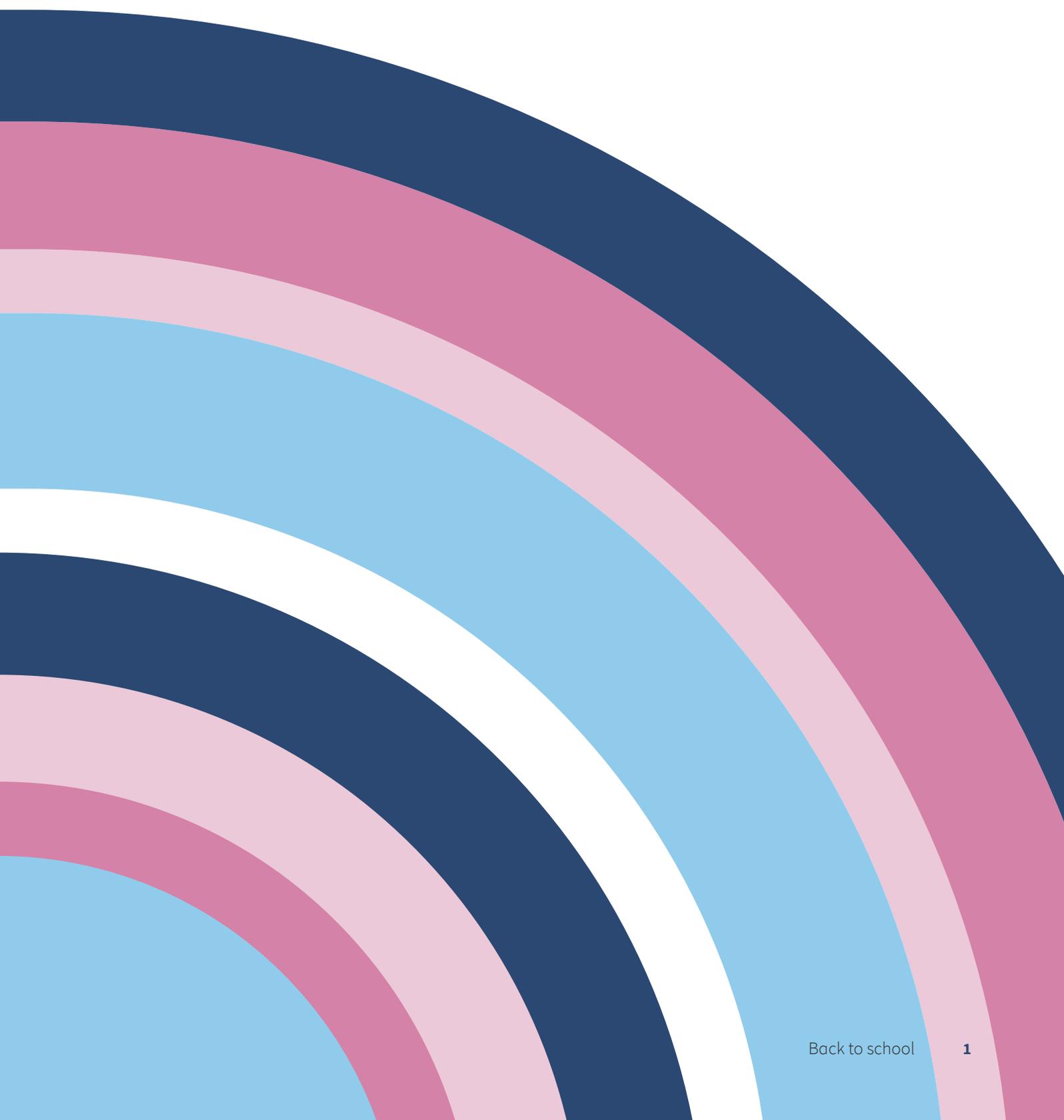
ACTIVITY PACK



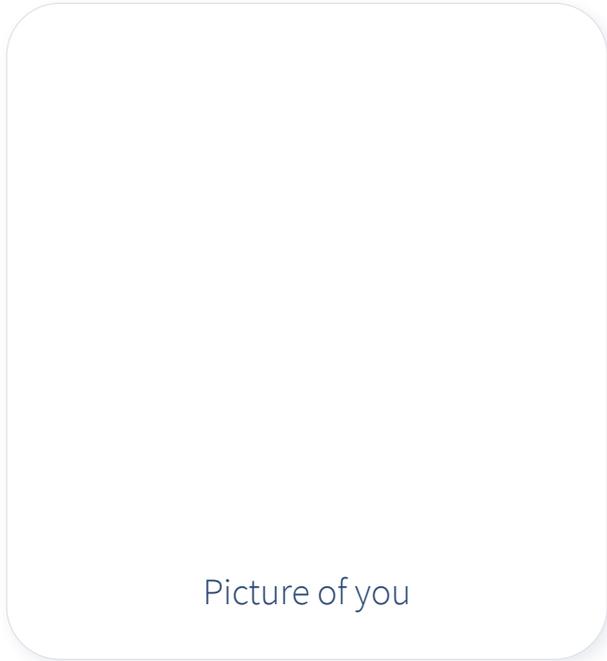
**Activity
Pack!**



This pack was created by
the Early Intervention team
in Child and Adolescent
Mental Health Service
(CAMHS) in NHS Grampian



All about me



My name is

I am years old

I go to school

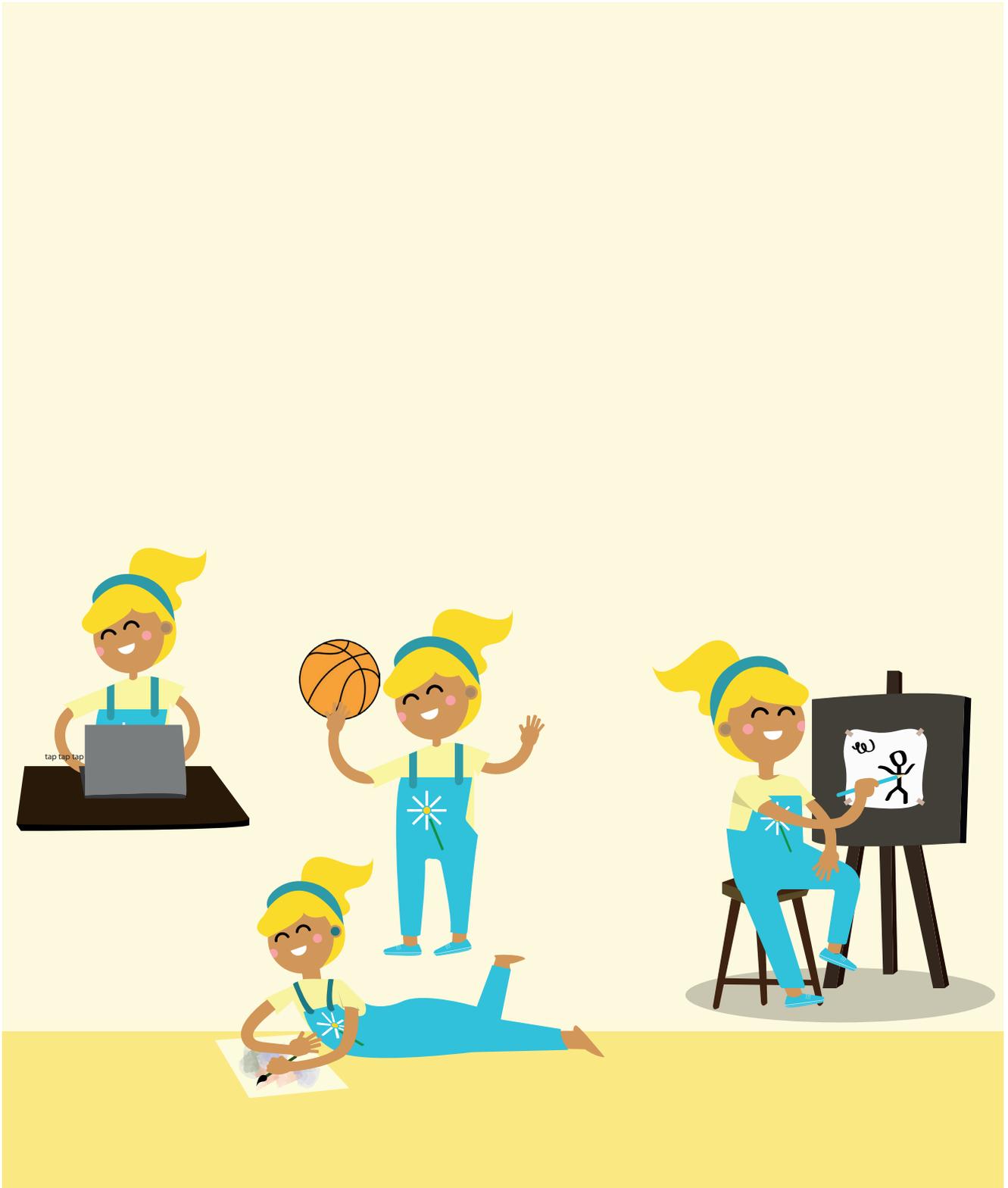
Schools have been shut because of coronavirus



I have stayed at home



I have been doing activities at home



What fun activities have you been doing?

Make a list

.....

.....

.....

.....

.....

.....

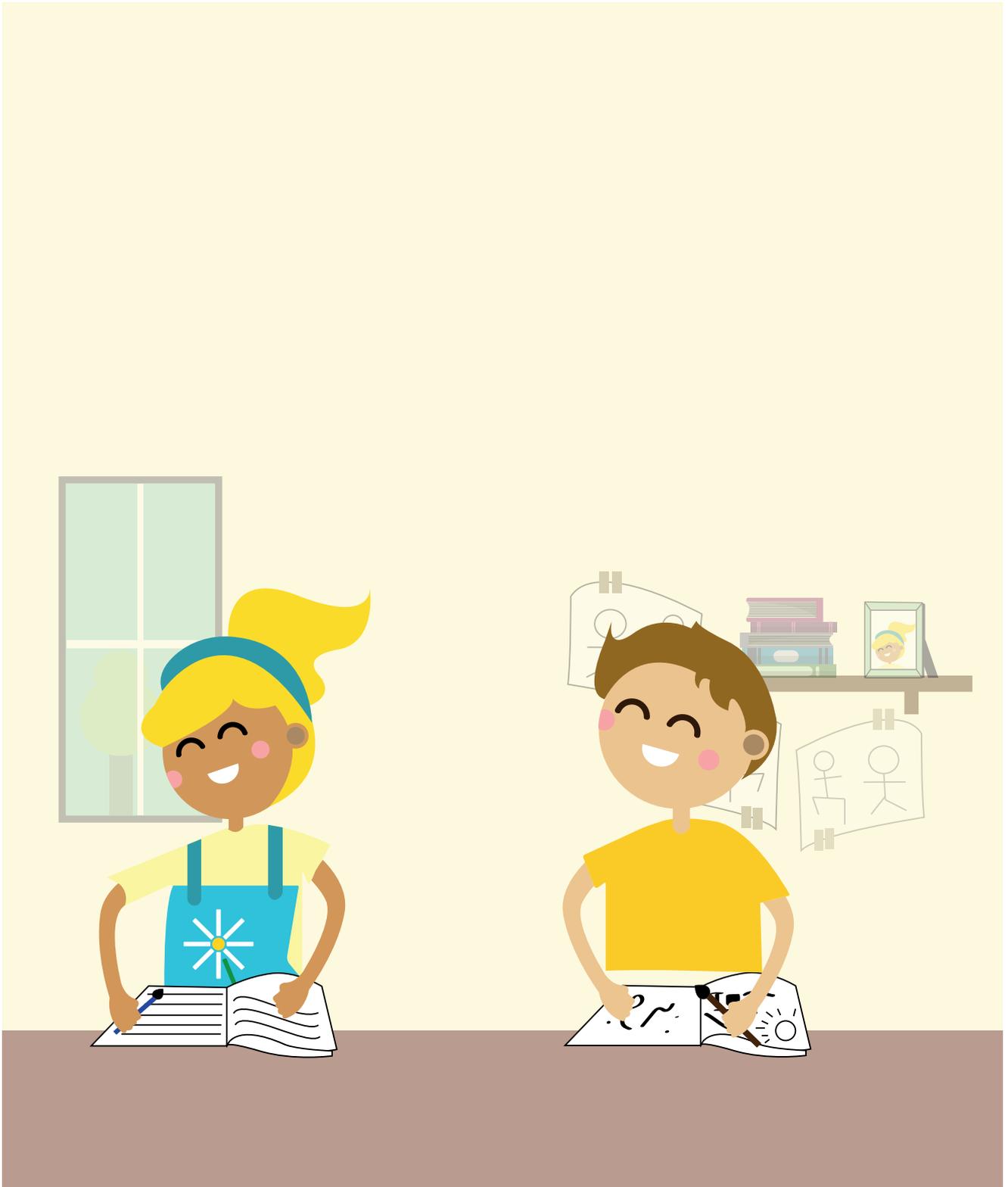
.....

Draw a picture

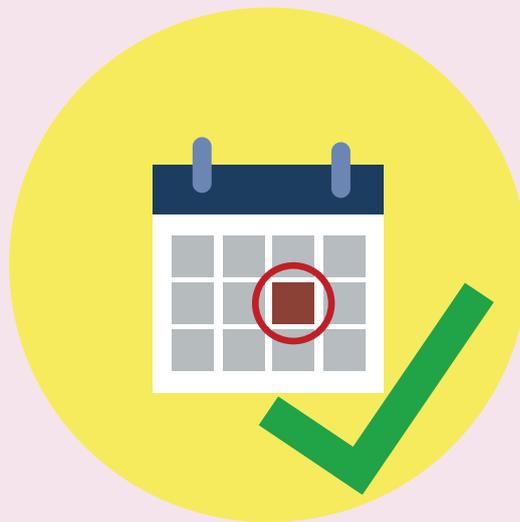
Draw a picture

Draw a picture

I have been doing some learning at home

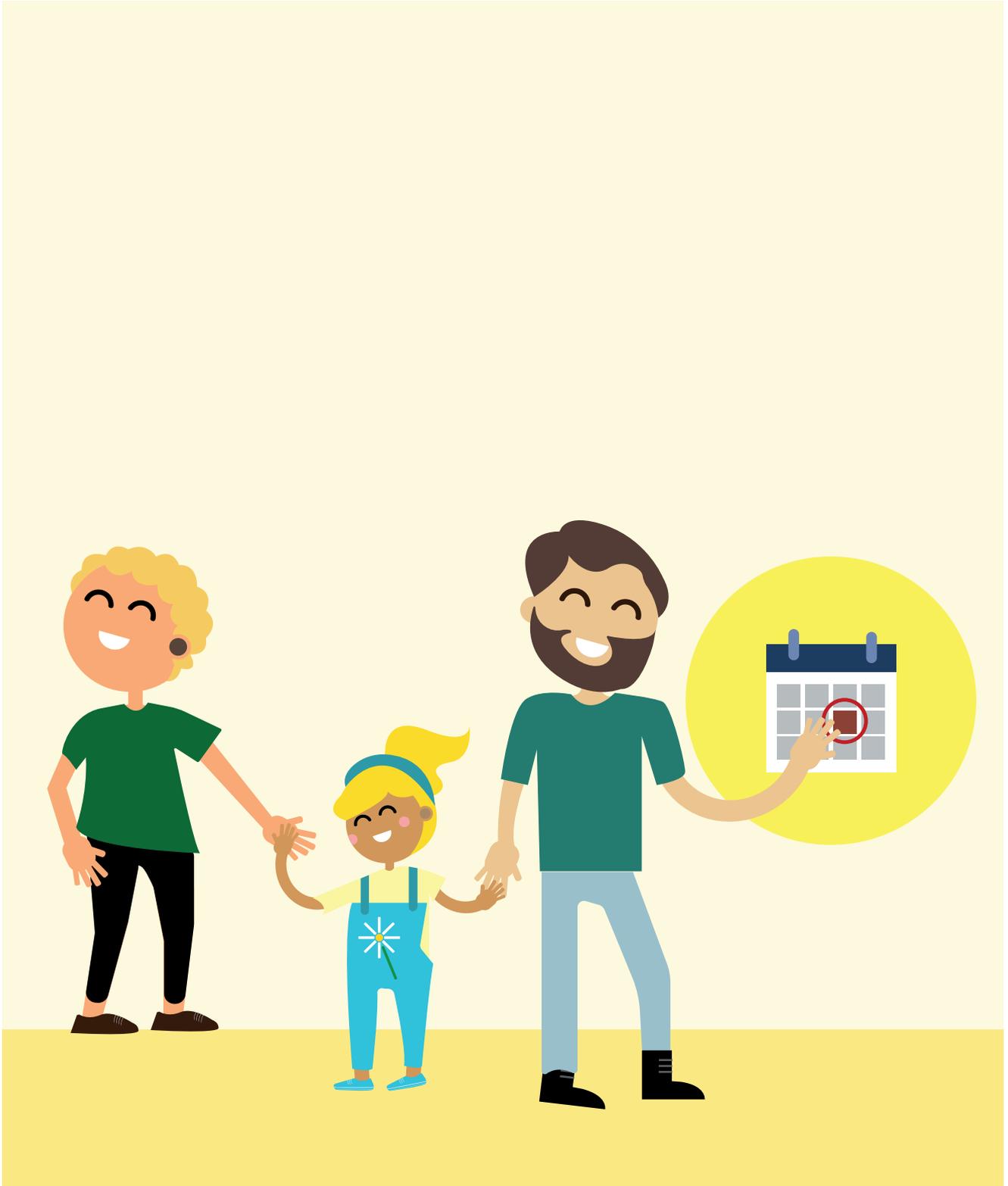


My school will open soon

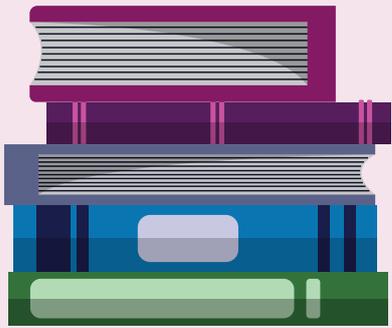


**The government
will decide
when it's safe**

My parents or carers will tell me when school is open



Some things will be the same



**I will do lots
of learning**



**I will say hello
to my teachers**



**I will have fun
with my friends**

What things will be the same at your school?

1.

2.

3.

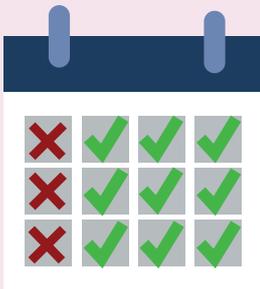
4.

Get an
adult to
help

Some things will be different



I might have to wash my hands more often



I might not be in school everyday



I might see some people wearing masks

What things will be different at your school?

1.

2.

3.

4.



I might feel worried or confused by these changes

worried

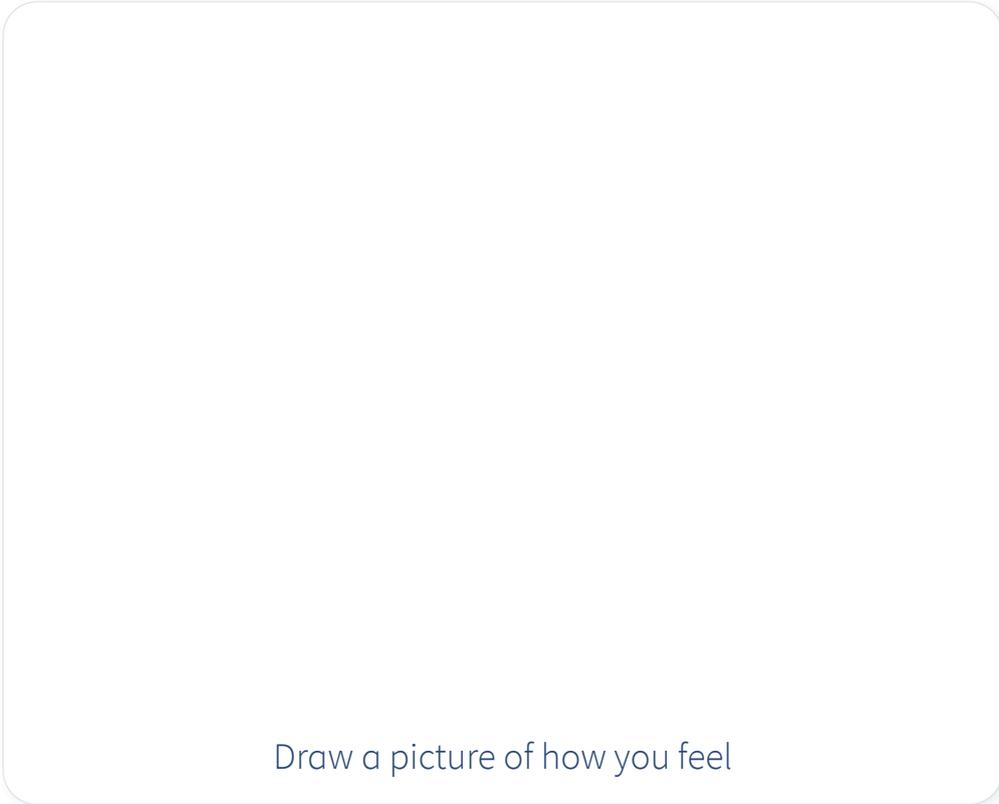


confused



This is OK

How do you feel about going back to school?



Draw a picture of how you feel

Write down how you feel

.....

.....

.....

.....

There are lots of people who will help me when I go back to school



Who can help you when you go back to school?

Name

Name

Picture

Picture

Name

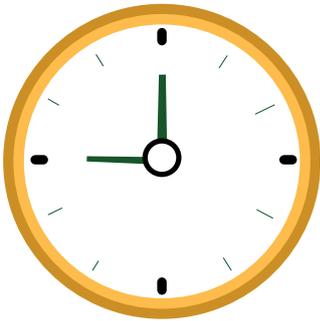
Name

Picture

Picture

I can have a plan to help me when I go back to school

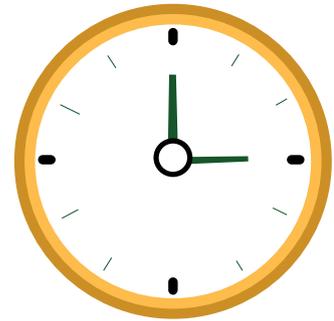
Plan



**What
time will
I wake
up?**



**How
will I
travel?**



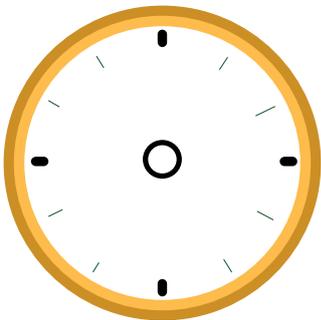
**What
time will
I leave
school?**

My school plan

Get an
adult to
help

I will
wake up
at

:



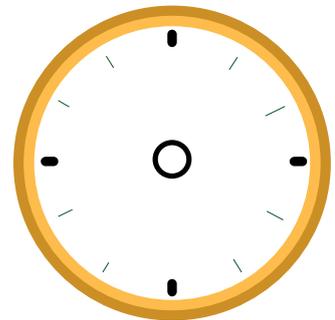
I will
travel to
school by



Draw how you will travel to school

I will
leave
school at

:



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how we can best meet your requirements.



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