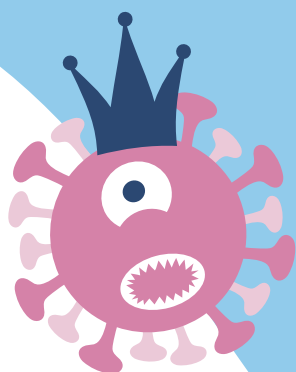


# Back to school

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

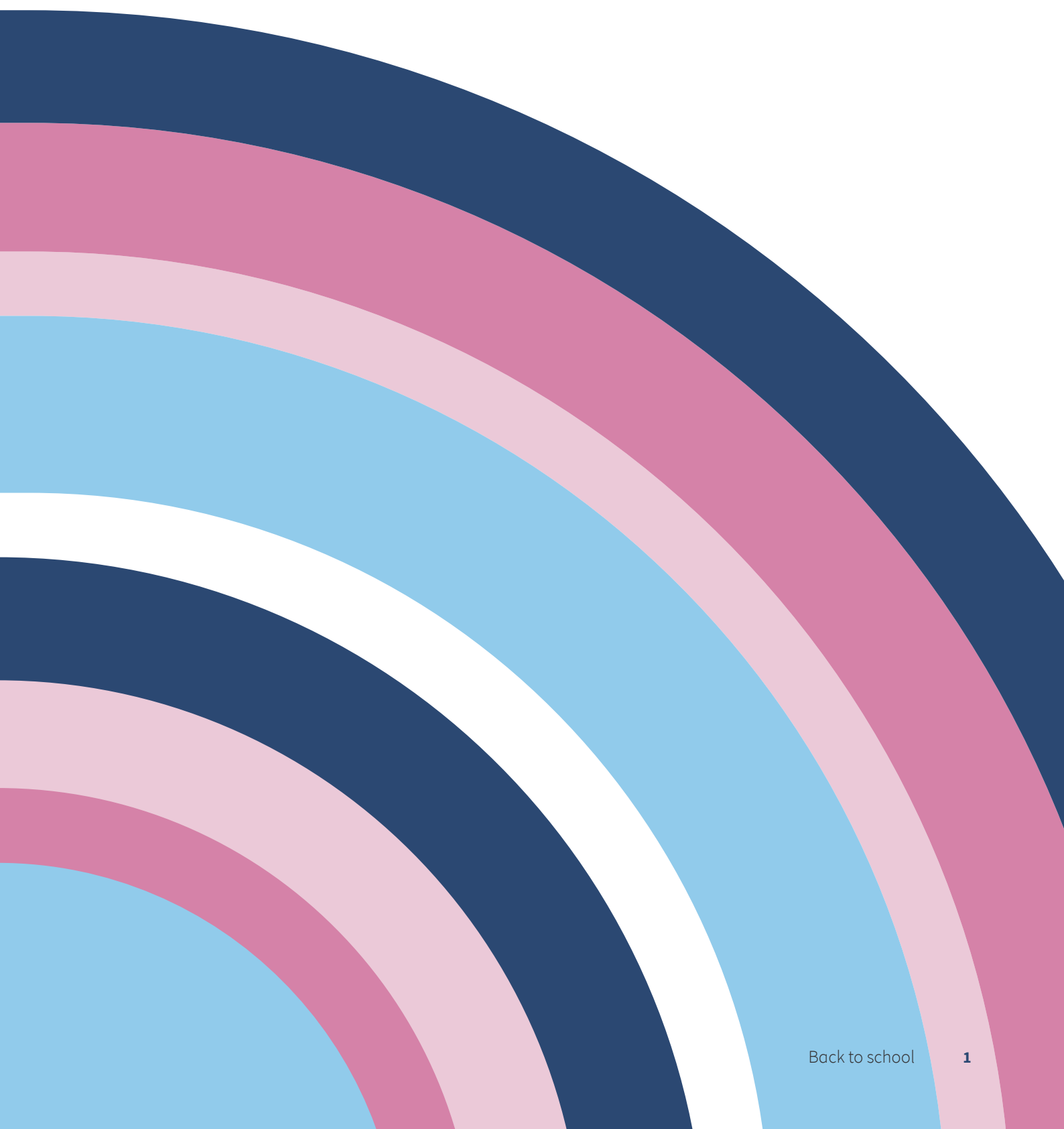
## ACTIVITY PACK



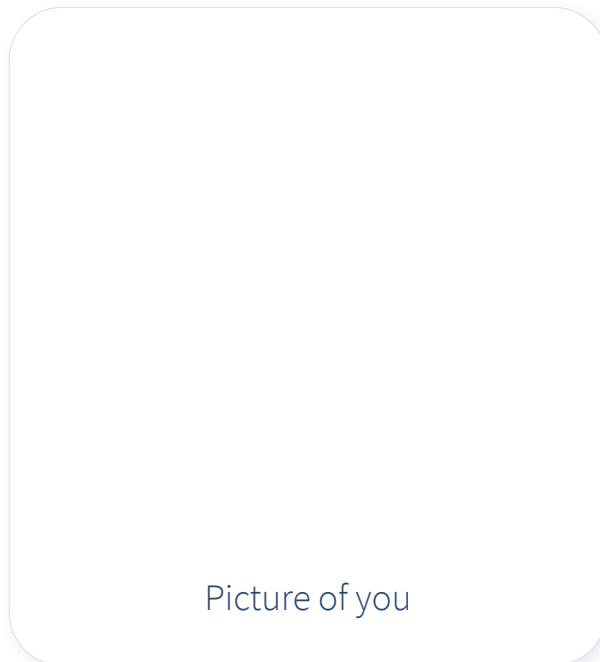
**Activity  
Pack!**



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



# All about me



Picture of you

My name is .....

I am ..... years old

I go to ..... school

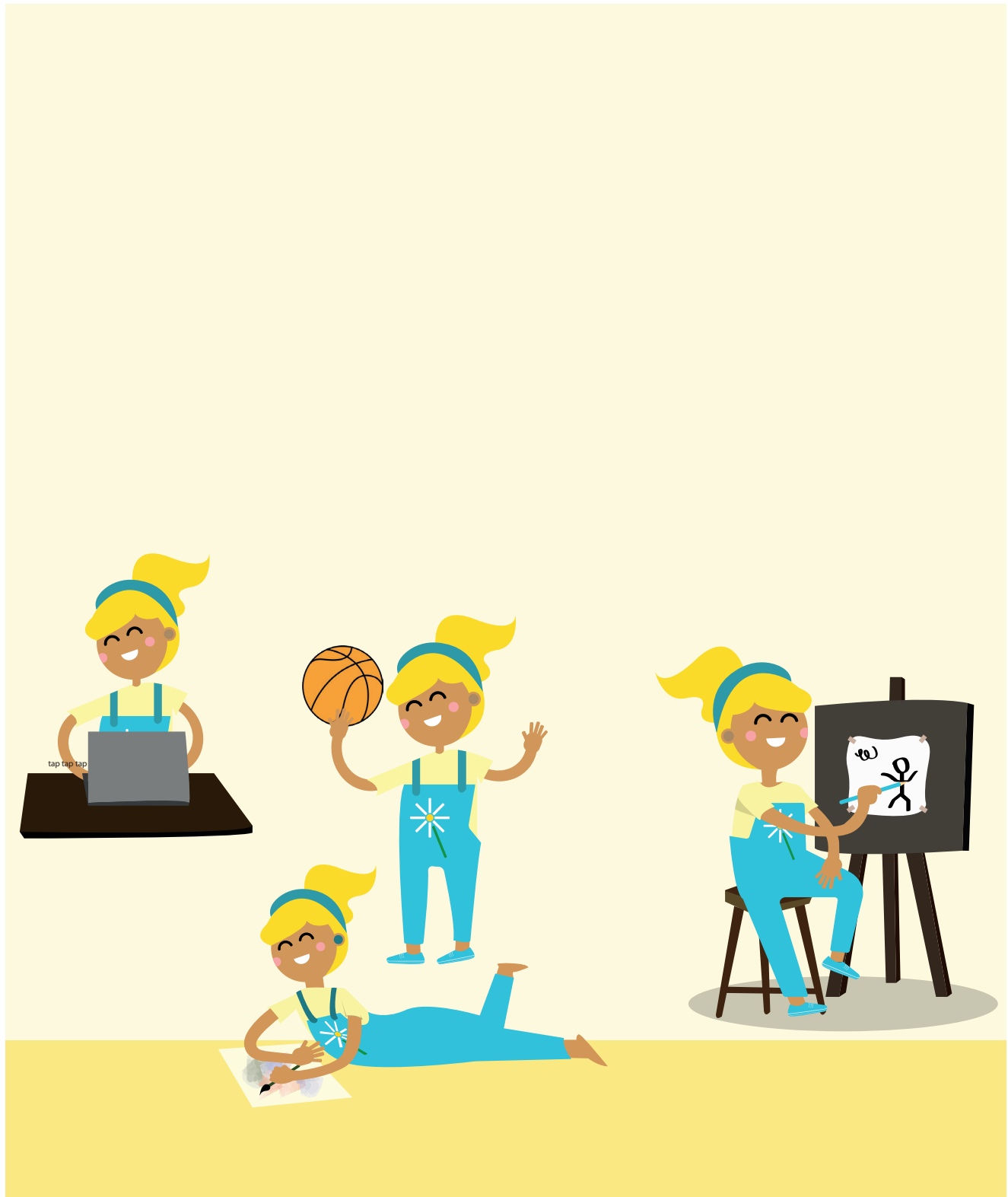
# Schools have been shut because of coronavirus



# I have stayed at home



# I have been doing activities at home



# What fun activities have you been doing?

Make a list

.....

.....

.....

.....

.....

.....

.....

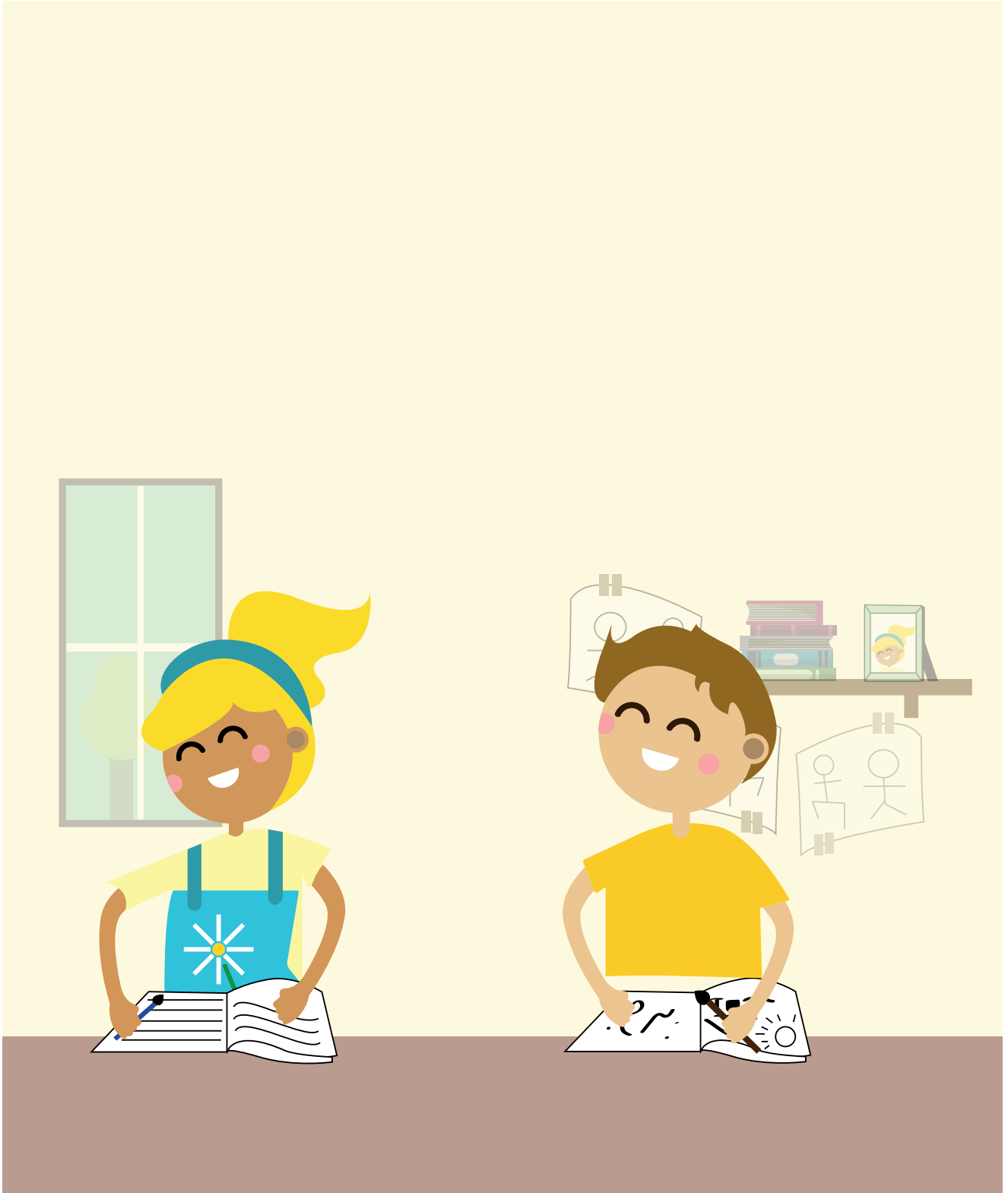
Draw a picture

Draw a picture

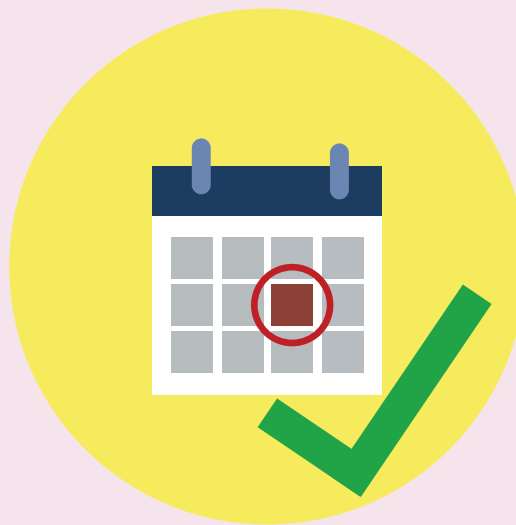
Draw a picture



# I have been doing some learning at home

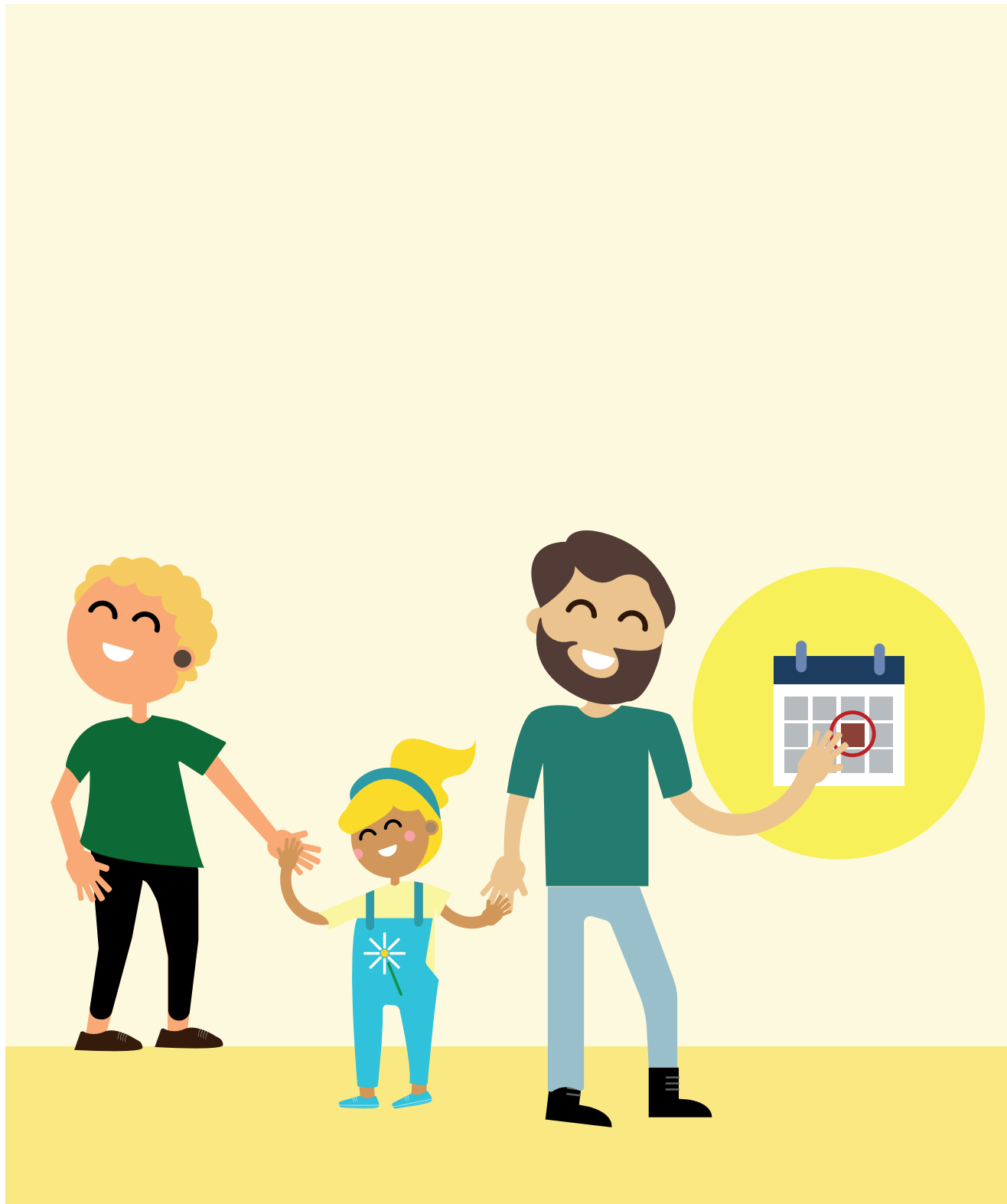


# My school will open soon



**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.

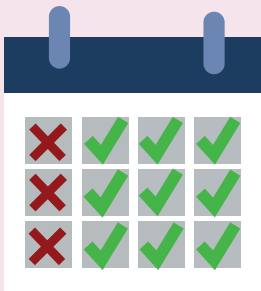
4.

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.

Get an  
adult to  
help

**I might feel worried or confused  
by these changes**

**worried**



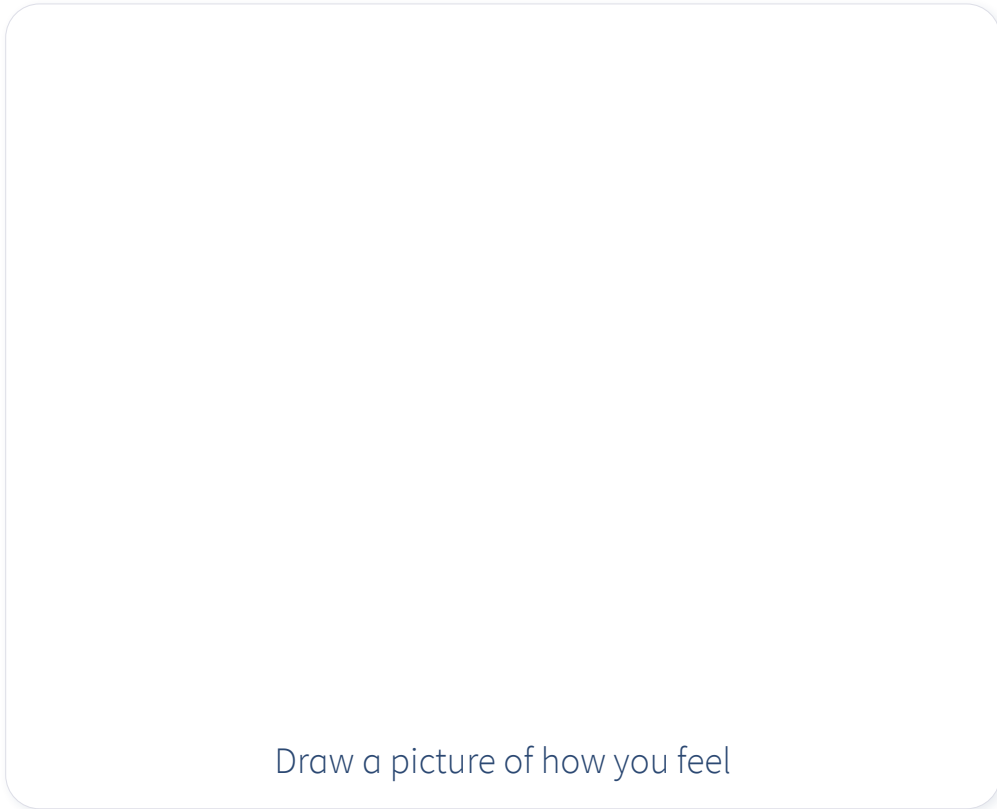
**confused**



**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

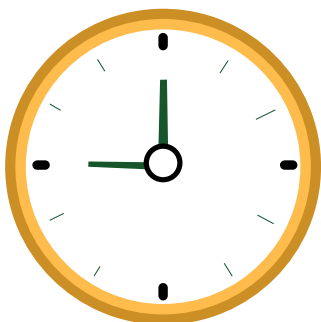
Name

Picture

Picture

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

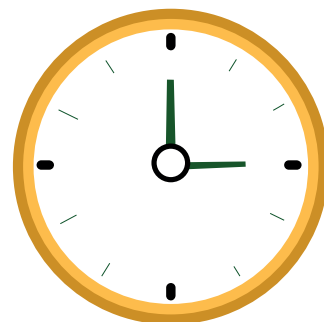
## Plan



**What  
time will  
I wake  
up?**



**How  
will I  
travel?**



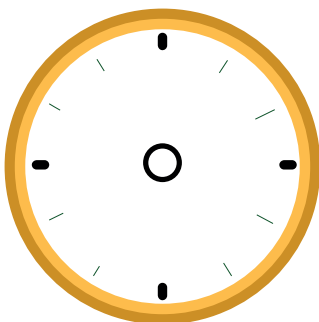
**What  
time will  
I leave  
school?**

# My school plan

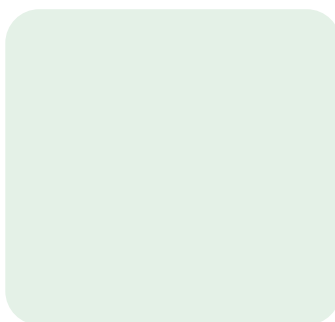
Get an  
adult to  
help

I will  
wake up  
at

:



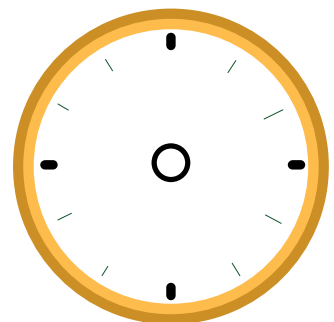
I will  
travel to  
school by

A light green rectangular box for drawing the mode of transport.

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](mailto:altformats@nes.scot.nhs.uk)** to discuss how we can best meet your requirements.



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