



You will need:



Children may have lots of different feelings about going back to school after lockdown. Help your child fill in the boxes below to explore these feelings, and anything they're worried about.

Find ways they can cope with their worries by using the Golden Rules for Choosing a Good Solution.

### I am looking forward to ...

Seeing my friends

My favourite lesson

### I am worried about ...

Catching the virus

Not being able to play my favourite game in the playground

Being away from Mum/Dad

### What I can do to feel better ...

Find out how the teachers are making my school safe

Think of a different game

Tell my friend/teacher how I feel

**Remember:** Sometimes we can change the situation by doing something, e.g. playing a different game. But if we can't change the situation, such as having to be away from our family, then we have to accept it and find a way to feel better.

Golden Rules for  
Choosing a Good Solution

It makes  
me feel better



It doesn't hurt me  
or anyone else

