



Salvesen Mindroom Centre
support • inform • empower

BACK TO SCHOOL
**PRIMARY
WORKBOOK**



This workbook will help you think about your time at home and about going back to school.

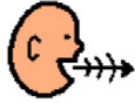
It is your workbook. You might want to do it on your own or you might want to ask an adult you trust to help you. You can show it to other people or you might want to keep it private. There are no right or wrong answers.

There's lots to think about in this workbook. You don't have to do it all at once. You might want to do a little bit at a time.

If you have any questions about this workbook, it's important to speak to an adult you trust.

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Coronavirus and staying at home

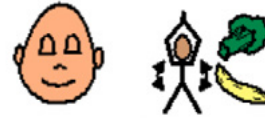


Lots of people have been talking about coronavirus

What do you know about coronavirus?

Write or draw the things you know about coronavirus here.





The schools have been closed because of coronavirus. This was to help people stay safe and healthy. This meant that everyone had to stay at home.



Think about the time staying at home

What feelings did you have?

happy



bored



relaxed



worried



excited



sad



What were your favourite things to do?

Write or draw your answer here.

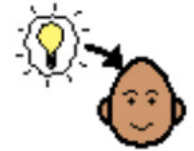


Was there anything you didn't like?

Write or draw your answer here.



Write down three things you enjoyed finding out about during your time at home:



1:

2:

3:

Feelings about going back to school



The people in charge are thinking about when it will be safe to go back to school.



We might have lots of different feelings about going back to school.

What feelings do you have?

happy



bored



relaxed



worried



excited



sad

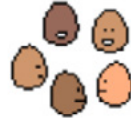




There are lots of good things about going back to school. Think about the things you're looking forward to.

Who are you looking forward to seeing?

Write or draw your answer here.



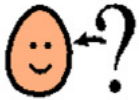
What are you looking forward to doing?

Write or draw your answer here.





It's okay to have some worries about going back to school.



Do you have any worries about going back to school?

Write or draw any worries you have about going back to school here.

Some worries are big and some are little.

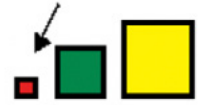


Try to sort your worries into big and little worries.

Big worries



Little worries





It's important to speak to an adult you trust about your worries. This might be a family member, teacher, or another adult you know.



They can help answer questions and help you feel better.

Who are the people you can speak to about your worries?

Write or draw the trusted adults you can speak to about your worries here.

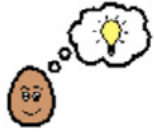


What questions could you ask your trusted adults to help you feel better?

Write or draw your questions here.



Staying safe and healthy



It's important we remember to do the things that keep us safe and healthy when we go back to school. This means we need to wash our hands for

20



20 seconds, catch coughs and sneezes in a tissue and follow instructions from the teacher.



What other ideas do you have to help stay safe and healthy?

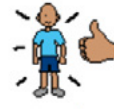
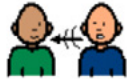
Write or draw your ideas here.



School might be a bit different from before. There might be fewer people at school. We might go on different days.



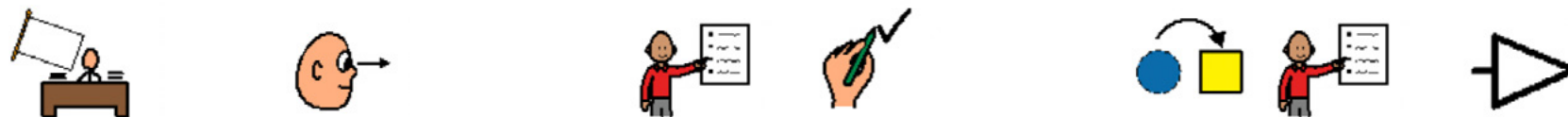
There might be some new rules. This is to help everyone stay safe and healthy.



Your school will tell you about this before you go back to help you get ready.

Do you know what the new rules will be at your school?

Write or draw what you know about the new rules here.



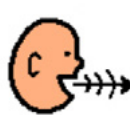
The people in charge will keep checking to see how the new rules are working. They might need to change the rules again in future to



keep everyone safe and healthy.



You might have different feelings about the new rules. It's okay to feel a bit frustrated or annoyed sometimes.

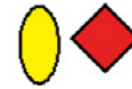


It can help to speak to an adult you trust about your feelings.

What can your school do to help you feel safe when you go back?

Write or draw your ideas here.

Classroom



We might have a different classroom when we go back to school. Or our classroom might look a bit different.



There might be more space between the desks.

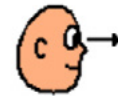
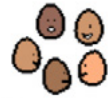


Do you know what your classroom will look like?

Draw or write what will be in your classroom here.



Talking to friends



When we go back to school, we'll get to see our friends again. We might not have seen them in a while.



It might help to think of things you'd like to say to them.



Think about the things you like to talk to your friends about.

What would you like to tell your friends about?



Teachers and learning



We might have a different teacher when we go back to school.

Do you know who your teacher will be? Some people might have more than one teacher. Are there other adults who help you at school?

Draw your teacher or write their name here.

Who else helps you at school?

Draw or write about the people who help you here.

What would you like your teacher to know about you?

Things I like.

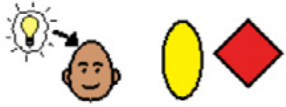
Draw or write your ideas here.



Things I don't like.

Draw or write your ideas here.





We all learn in different ways. Sometimes, we need help to learn.



What can your teacher do to help you learn?

Write or draw your ideas here.

instructions



timetable



choose



quiet time



movement



fidgets



What helped you learn during your time at home?

Write or draw the things that helped you here.

projects



play



time



computer



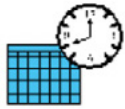
breaks



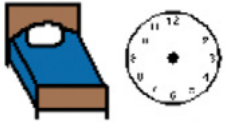
family



Morning and bedtime



It's important to prepare for going back to school. This will help us get ready to learn. It might help to practice getting up early each morning.



Going to bed early will help us get enough sleep.

Morning and bedtime routines can help. Here are some ideas for routines.

Morning Routine

Wash

Put clothes on

Eat breakfast

Brush teeth

Put shoes on

Go to school



Bedtime Routine

Dinner

Bath time

Put pyjamas on

Brush teeth

Story time

Go to sleep



Write or draw a morning and bedtime routine for you and your family.

Morning Routine



Bedtime Routine



Countdown calendar



It might help to have a countdown calendar to help get ready to go back to school. You could cross off each day until you go back.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
Date						
Date						
Date						
Date						



Or you might want to count down how many sleeps are left until school starts again.

	4 sleeps 4	3 sleeps 3	2 sleeps 2	1 sleep 1	back to school

School bag



We'll need to get our school bag ready for going back to school.



Think about what needs to go in your school bag.

School Bag Checklist

pencil case



snack



gym kit



homework diary



something else





What do you have for lunch at school? Do you have a packed lunch or a school dinner?

Write or draw what you have for lunch here.

School clothes



We'll need to get our school clothes ready. What clothes do you wear to school? Do you wear a school uniform?

Draw a picture of your school clothes here.

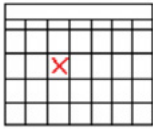


First day back at school



Think about your first day back at school. What will happen on your first day back?

Fill in the gaps.



My first day back at school will be _____ .
(Date)



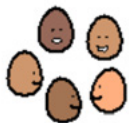
School will start at _____ o'clock.
(Time)



I will go to school by _____ .
(Transport)



_____ will take me to school.
(Person)



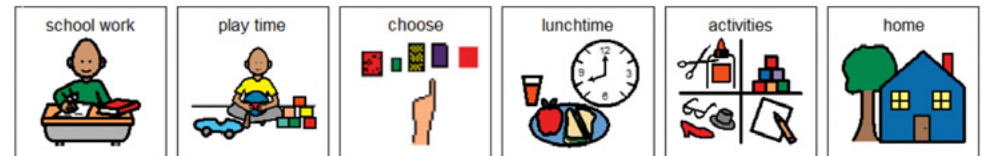
I will see _____ when I get there.
(Friend or Teacher)



We might do different activities on our first day back at school.

What activities do you think you might do on your first day back?

Write or draw your ideas here.



What time will school finish at the end of the day?

Write or draw the time here.



Who will you see when you go home?

Write or draw your answer here.



How will you travel home from school?

Write or draw your answer here.



Relaxing after school



Going back to school might feel a bit different. It can help to make a plan of things to help you relax after school.

What helps you relax?

Write a list or draw things that help you relax here.



What could you do to help you relax when you get home after your first day back at school?

Write or draw your ideas here.



Feelings after the first day back



We might have lots of different feelings after our first day back at school.

After your first day back, think about the different feelings you have.

Write or draw the different feelings you have here.

sad



tired



happy



excited



worried



relaxed



What was your favourite thing about your first day back at school?

Write or draw your answer here.



Was there anything you didn't like about your first day back at school?

Write or draw your answer here.





Sometimes things can go wrong or don't happen the way we hope they will.

If there was anything you didn't like about your first day back at school, what ideas do you have to make this better?

Write or draw your ideas here.



Two stars and a wish:
Think of two things you did really well at school and one thing you'd like to get better at.

★ I did really well at _____

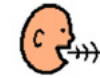
★ And _____

✦ I'd like to get better at _____

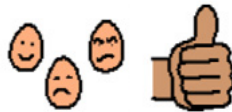
Summary and questions



Going back to school might be different from before. We might have lots of different feelings about going back to school.



There will be lots of good things about going back to school. Some things might be a bit tricky but we can speak to our



trusted adults about any worries. They will help us to feel better.

Do you have any questions? You could ask an adult you trust to help answer your questions.

Write or draw any questions you have here.



Your thoughts

Use this space to write or draw any other thoughts and feelings you have.



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