Going back to school

Because of the virus, I have been doing some learning from home. It's now time to start going back to school. This will look different to normal school for a while.

Everyone will have different feelings about going back to school. Some kids may feel excited; other kids may feel nervous or sad. How you are feeling may be different and that is ok. Take some time to think about how you are feeling and what you could do.

I'm feeling _____ about *the virus* as I go back to school, so I will _____

I'm feeling _____ about my *school work* as I go back to school, so I will _____

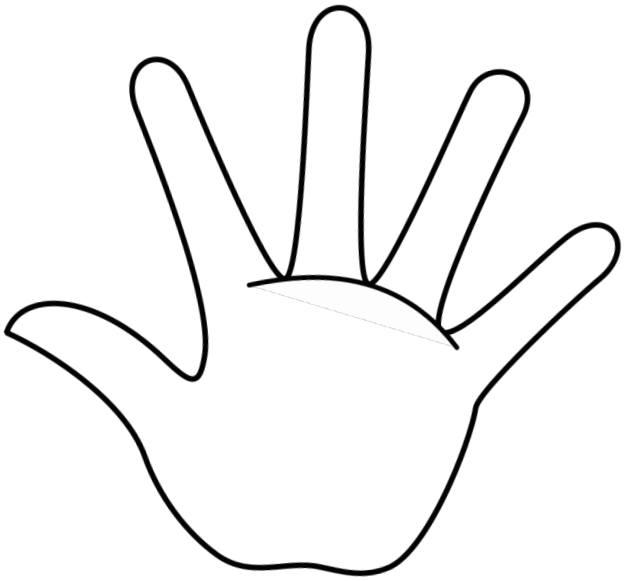
I'm feeling _____ about my *friendships* as I go back to school, so I will _____

Below circle how you are feeling about returning to school.

Health
Northern Sydney
Local Health District

Developed by the Got It! Program, NSW Health, Version 1.0, May 2020

I can talk to these people about how I'm feeling (write names in the hand):



Things I missed at school whilst I was learning at home (e.g. events, activities, and people):

Write or draw about something you are looking forward to this school term.

It may take some time to get used to the new routine but adults can be there to help me adjust.