

Going back to school

You will need:



Children may have lots of different feelings about going back to school after a break. 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 ...

Not being able to play my favourite game in the playground
Being away from Mum/Dad

What I can do to feel better ...

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

