

Going Back

Getting ready to go back to school

Name



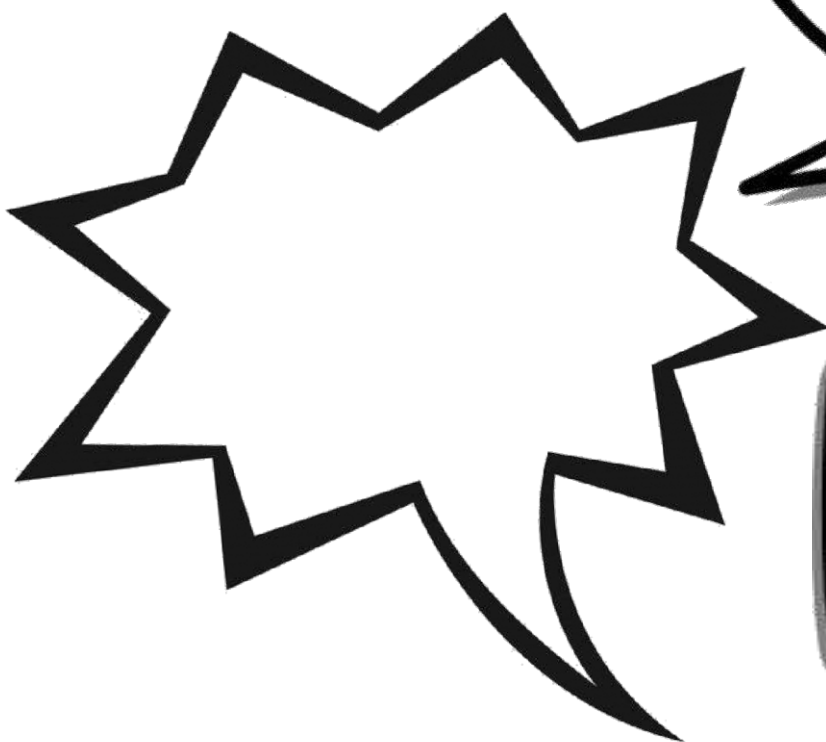
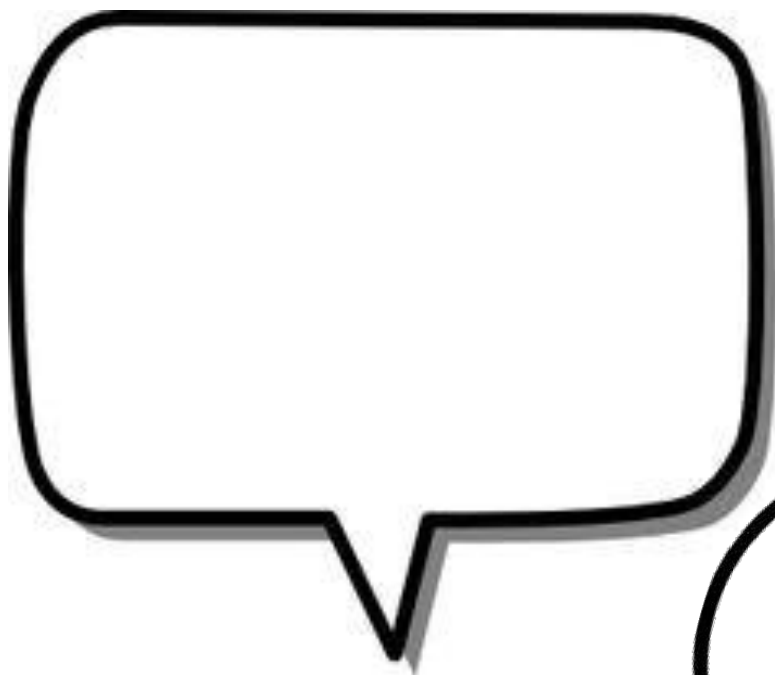
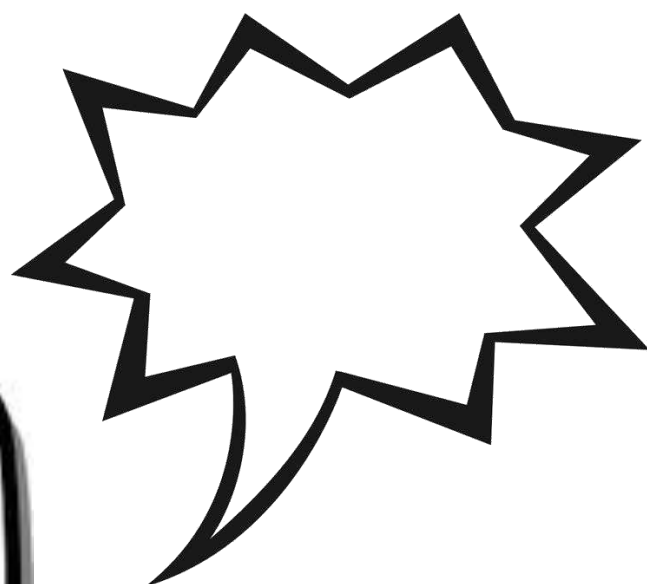
You may be having all sorts of feelings about going back to school: excited, nervous, happy, worried, sad... All of these feelings are ok and normal.

There will be some things that are different when you go back to school, but you may be surprised at how much will be very similar or the same.

This workbook will help you to prepare for going back to school.



Write down things that you are looking forward to when you go back to school.



Thoughts, feelings and behaviours about
going back to school

What thoughts do you have about going back to school?

How do these thoughts make you feel?

How do these thoughts and feelings make you behave?

Sorting things out!

What are my three main worries?
Think of two plans for each one to help the
worry get smaller...



Plan 1

Plan 2



Plan 1

Plan 2



Plan 1

Plan 2



Other things to find out

<u>Questions</u>	<u>Answers</u>
Will break time be the same?	
Will lunchtime be the same?	
Will I have the same teachers?	
Will I be in the same classroom?	
Will all of my class be there?	
Will I go to school on the same days?	
Will I go to school at the same times?	
Will I be able to go to clubs?	
Will I go to breakfast / after school club?	
Add some of your own questions below...	



Coping with Changes

Every day you deal with many small changes in your routines like going from being at home to being in school, changing between lessons and having different teachers. Sometimes there are unexpected changes such as your mum bought a different cereal for breakfast, your teacher swaps the lessons around, your friend is away or you have a supply teacher.

When the changes have happened before, you know what to expect and you can make a plan. If it is a change which you have not had before it can make you worry about what will happen next.



If this happens you can:

Take 10 deep breaths

Ask for information

Think about the new information

Stay calm

Make a plan

What plan can you make?