






Preparing to go back to school.

Here is a list of some **suggested** activities that could be done at home to help children prepare to return to school:

<p>Read through a social story.</p>	
	<p>Take a walk past the school for your daily exercise. Or drive by if you live further away.</p> <p>Play some observation games...can they remember the colours of the school entrance/gate? Or if there is a post box outside? What's the name of the street?</p>
<p>Talk about school e.g. ask them about their favourite times in school.</p>	
	<p>Prepare something to share in school e.g. put some photos in a memory book; write about or draw a picture of something you have done at home during this time.</p> <p>Make something that you can take into school e.g. decorate a pebble.</p>
	<p>Help children to express their feelings about coming back to school?</p> <p>Write a letter, draw a picture or do a daily 'rating' in a journal...or simply watch and listen.</p> <p>All feelings are okay. Feelings change.</p>

Consider if there is any information to share with school about how children have been feeling.

Have there been any changes in behaviour?

Is there anything that has been calming for them during this time?



Look on the school website.

Are there photographs that help us to remember the people, the places, the layout?

Is there information about going back and what it will look like?

Try using simple schedules (to do lists etc) at home.
These can be for getting dressed, mealtimes, play or for home learning.

This will help children get used to following timetables again, and having routines.

Use pictures or words, post it notes are great.
Remember to take breaks and have rewards.



Try not to worry if home learning has been a challenge.

Teachers won't judge what every child has done.

Everybody has had a different lockdown experience.

Don't compare.

Be happy with what you have achieved in really difficult circumstances.

A little bit of reassurance can go a long way!

