

Back to School Post COVID-19 Lockdown

Here are some ideas to use that will help your children feel ready to go back to school



Plan ahead

In advance of their first day back plan their morning routine. Talk about what they will wear, who will be taking them and what will happen when they arrive at school. All of these steps will help alleviate any building anxieties.

Talk through any worries

In the run-up to returning, make time for little conversations about how your child is feeling about going back to school. When doing this be careful with your words, the aim is to see if they do have concerns, not to give them any new ones. If your child does have worries, acknowledge their concerns first before offering reassurance.

Explain any changes

It is important to prepare children for the practical and visual changes they will face when they return to school. Explain that things will look different with as much detail as you can offer e.g. they will be in a smaller group with a new teacher or they will have a teacher collect them from the car.

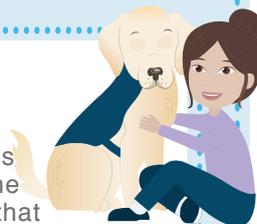
Explaining the reasons for these changes is also important so that the child knows these measures are there to keep them safe.

For example: It is normal to feel worried about the virus, but here's what you can do to stay safe in school.

What will be the same

There will have been many changes however many things will remain the same. Make a list of all the things that will be the same such as being in class with a certain friend, having the same teacher or being in the same classroom.

Many of the school routines may also be similar, try to find out as much from school as possible.



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A guide to simple breathing exercises can be found at:

<https://www.canineassistedlearning.com/canine-assisted-learning/helpful-breathing-exercises-for-children/>



Model Calm

As adults it is normal for us to have some worries and anxieties about our children returning to school. We need to remember that children feed off our emotions and will copy our behaviour. If we look worried they will pick up on this and become worried too. If we look calm on the outside and have a calm voice, it will be sending the right messages to our children, that there is nothing to worry about.