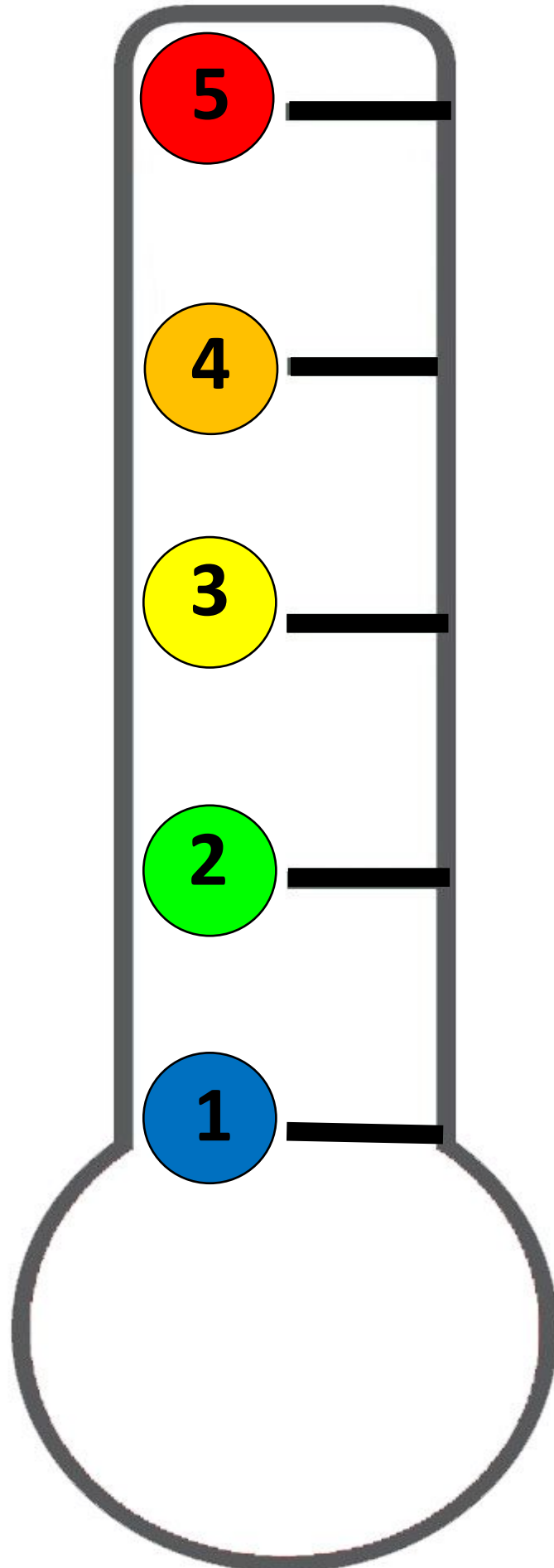


Feelings Thermometer

I feel...



I can...



Same & Different

In the boxes below, make a list or draw pictures of things that will be the same and things that will be different when you return to school.



The same




Different



Things I am looking forward to

Draw a picture and write below what you are looking forward to when you return to school.

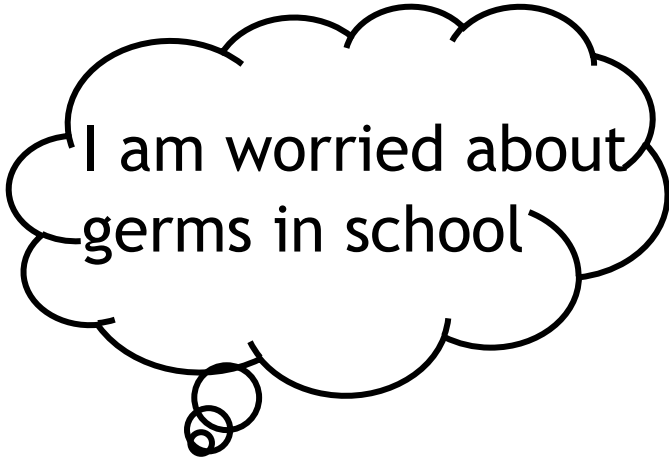
1. 	2.	3.
Seeing friends		
4.	5.	6.
7.	8.	9.

Worries

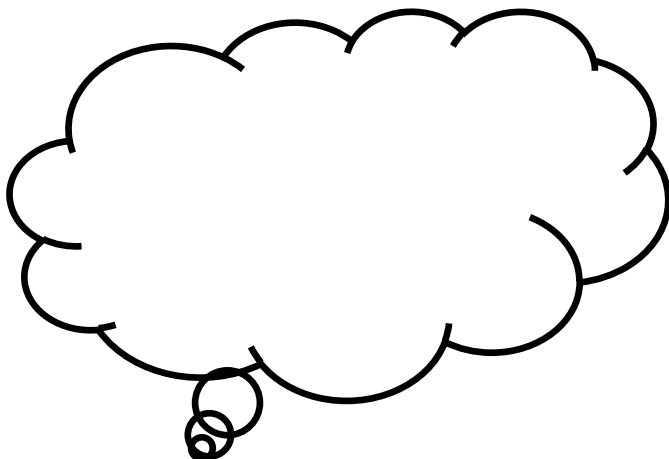
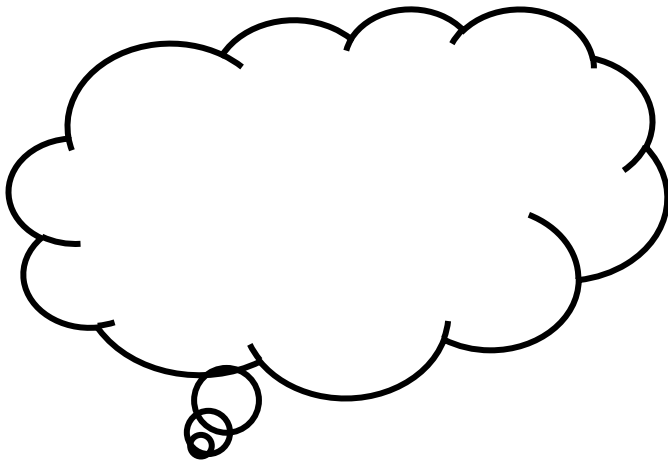
Even though you might be looking forward to going back to school, it is perfectly normal to have some concerns or questions. Write your concerns below and ask a grown up to chat to you about your worries. Fill in the 'What I can do' box to help you stop worrying.

Worry

What I can do





- Wash my hands regularly
- Cough/sneeze into my elbow
- Remember social distancing



Independence

Practise some of these independence skills at home to get your ready for the return to school. Tick them off when you can do them. Colour red for hard, amber for ok and green for easy!

Skill	How easy/hard was it?	Achieved
 <p>Wash hands</p>		
 <p>Fasten coat</p>		
 <p>Fasten shoes</p>		
 <p>Open packets in packed lunch</p>		
 <p>Pack school bag</p>		