

Name:

School:

# Back Together Again



March 2021

# Inside this booklet



- Page 1 - Welcome Back!
- Page 2 - We Need to Remember...
- Page 3 - Circle of Control
- Page 4 - We are all Back at School...
- Page 5 - Missing the People at Home
- Page 6 - Take 5 Steps to Wellbeing
- Page 7 - Be...Kind
- Page 8 - Be...Active
- Page 9 - Be...Happy at Home
- Page 10 - Be...Happy at School
- Page 11 - Be...Considerate
- Page 12 - Be...Helpful
- Page 13 - Be...Brave
- Page 14 - Be...Positive
- Page 15 - What am I Looking Forward to...
- Page 16 - Health & Wellbeing Ideas
- Page 17 - My Daily Journal
- Page 18 - Happy Thoughts





# Welcome Back!

Back Together Again

**We are all so happy that everyone is now back at school!**

There have been some changes in all our lives recently.

We have all had to spend more time at home.

We did this to keep everyone safe. While we have been at home we have all been learning new things and skills.



## My 'WOW' moments

**'Wow' moments are things that you are proud of. It could be something small, big or something new that you might have wanted to try for a while. Is there something that you are proud of during your time at home?**

**Write down your 'wow' moments in the stars below.**





This booklet is going to help you to settle back into school and will answer some of the questions you have. It will also remind us how to stay safe and protect other people.



**We need to remember...**



**If you need to cough or sneeze**



**Catch it**  
with a tissue



**Bin it**



**Kill it**  
by washing  
your hands with  
soap & water or  
hand sanitiser



**You should wash hands with soap & water or hand sanitiser**



**After breaks  
& sport  
activities**



**Before  
cooking  
& eating**



**On arrival at  
any childcare  
or educational  
setting**



**After using  
the toilet**



**Before  
leaving  
home**

# Welcome Back to School 'Circle of Control'



## Things outside of my control





# We are all back at School...

Back Together Again

**Everyone will have different feelings about coming back to school.**

Circle the face which best shows how you feel about being back.



3 things I enjoyed about my time at home...

1.

2.

3.

My fun facts...



I am looking forward to...



Something new I have learnt at home...

What I missed about my teacher...



Over the last few months we have all spent more time than usual at home.

Now we are all back at school we might miss the people at home. If we are missing anyone from home we could...

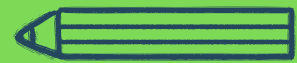
**Back Together Again**



Think of something nice that you did with someone during your time at home



You and a family member draw a love heart on your wrists. You can press it if you miss them.



Draw a picture of people or a place that is important to you



Share with the people at home something you have done well today



Look at a photograph of someone who is special to you



Make a positive memory box of all the good things that happened during your time at home

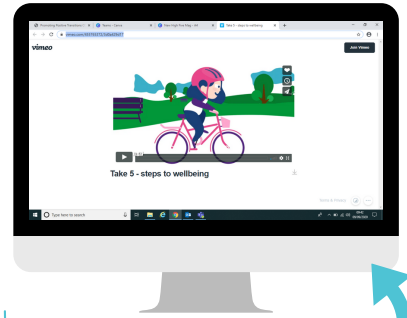
# Take5

steps to wellbeing



## Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



## Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



## Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.

## Give



Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



## Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.





# Be...kind

Share a little kindness  
at school. You could...

**Back  
Together  
Again**

Now we are all back in school it is important to remember to be kind to our friends. We need to listen, have kind hands, use kind words and share!

Take turns

Allow others to  
choose first

Help a friend  
with their work

Smile

Listen

Let somebody go  
in front of you  
in the line

Ask somebody who  
is by themselves to  
come and play



What have been  
some of your acts of  
kindness?



# Be...active

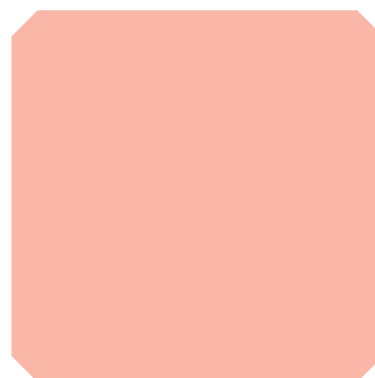
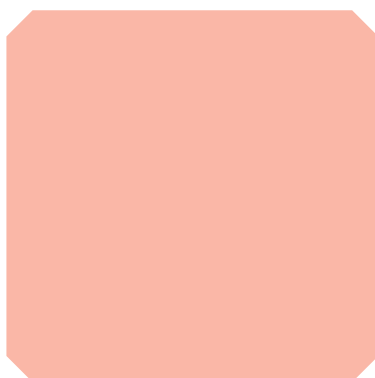
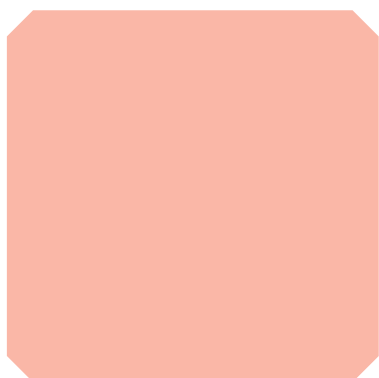
Back  
Together  
Again

Being in the playground will probably be a bit different now that you are all back at school. The adults in school will tell you all about this and the games you can play.



Although we are coming together, we need to remember to keep apart.

**Can you think of some games you can play...**



**Remember to stay fit and active at home too. What is your favourite way to keep active at home?**



**Click here for more ideas in our 'High Five' Newsletter**

You could exercise indoors! Why not try...



Dancing



Jumping  
Jacks



Yoga



PE with  
Joe Wicks



# Be...happy

## At Home

Back  
Together  
Again

Spend time  
with family



Play games that will  
make other people  
happy too



Dance and  
be silly



Play with  
your pet



Jump in puddles



What things make you happy at home?

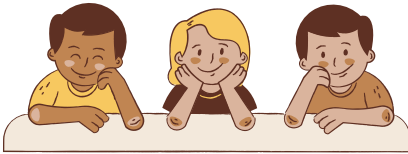


# Be...happy

## At School

Back  
Together  
Again

Cheer your friends  
up if they are  
missing home



Share funny things  
you have seen  
or heard



Tell your friend  
a joke

Smile & laugh  
with others

Think happy  
thoughts

What do you call  
a dinosaur that is  
sleeping?  
A dino-snore!



Think of things that would make you  
feel happy when you are at school.



# Be... considerate

Back  
Together  
Again

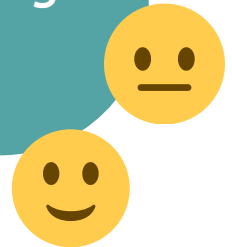


Notice your friends in your class.  
How are they?



Ask them what  
they have enjoyed  
today

How are they  
feeling?



Notice  
something  
different about  
your friends

Talk to them  
about their 'WOW'  
moments from  
their time at home



The adults may also feel a bit  
anxious about returning to school.

**Ask them any of the questions  
above.**



it's okay to feel



your feelings

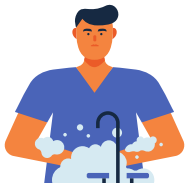


# Be...helpful

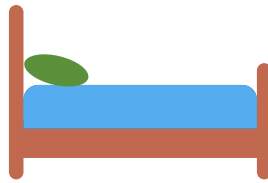
Back  
Together  
Again



Ways you could be helpful during your time at home...



Do the dishes



Make your bed



Help to tidy up



Spend time with  
your family



Helping in  
the garden



Walk your dog



What ways can you be helpful in school...



# Be...brave

Back  
Together  
Again

Being brave means to face a challenge or to try something new. Sometimes it might be that we are scared or worried about it but all we can do is try our best. It is ok to ask for help.

Have I done  
something like  
this before?

I can't do this...  
...YET!

Who  
could help  
me?



We all make mistakes from time to time but that is okay as this helps us to learn.

Be kind to yourself if you do make a mistake as it helps us to grow and learn. Don't be afraid to ask for help in school or at home. Think of some of the people who can help you.

**When you face a challenge choose to be confident with these steps. You can...**

**Give...**  
yourself time  
to practice  
and improve

**Keep...**  
trying

**Wonder...**  
how you  
can overcome  
the challenge

**Ask...**  
for help  
or advice

**Believe...**  
you can  
have a go

If at first you  
don't succeed  
try, try again





# Be...positive

'I am me...  
I am positivity'

Back  
Together  
Again

I am loved



I am  
enough



I am courageous

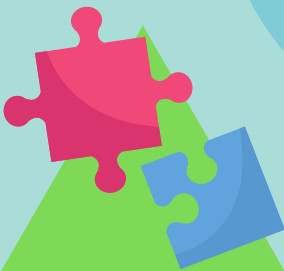


I believe in  
myself



I can  
make good  
choices

I can try  
my best







# What am I looking forward to...



Fill the jar with some exciting things you are looking forward to doing with friends and family



**Add to the jar when  
you think of  
something new**



# Health and Wellbeing Ideas



Here are a few ways to look after our health and wellbeing. It is important to have some time for yourself and do things that help you relax.



Watch a movie



Read a book



Think of a happy place



Laugh



Play with your pet



exercise



smile



Listen to music



Do something you enjoy



Talk about your feelings



Go for a walk

Think of your favourite way to relax...



# My Daily Journal



Today is...

My happy thought about today is...



Today I liked learning about...



Today I was helpful when...



Today I was kind when...



Something that made me smile today...



**WOW!**  
I am proud of...





# Happy Thoughts

*Back Together Again*

**At the end of our school day let's think about something that made you feel happy...**

**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**

