

Name:

School:

Back Together Again



March 2021

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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**
- SCHOOL ETC.** **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



If other people
don't listen



How others
feel



How others play



Things I can control



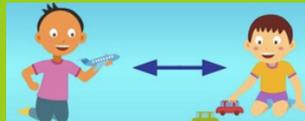
Washing my
hands



Being kind



Asking for
help



Coming together,
staying apart



What others
say



The ideas of
other people



The weather



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



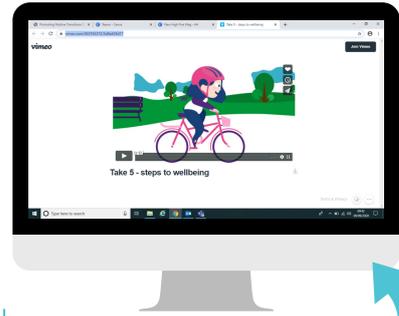
Look at a photograph of someone who is special to you



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

Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

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



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



Back Together Again

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

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

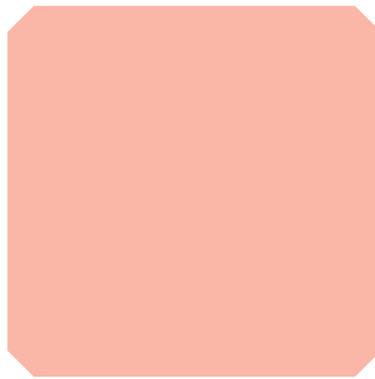
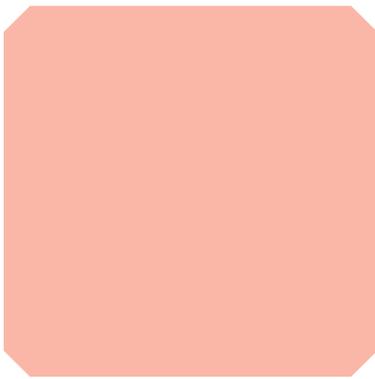
Back Together Again

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

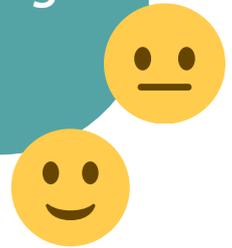


Notice your friends in your class.
How are they?



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

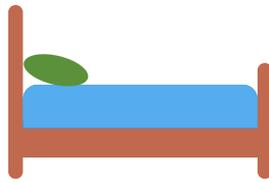
Back Together Again



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...

Blank red box for writing an answer.

Blank red box for writing an answer.

Blank red box for writing an answer.



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

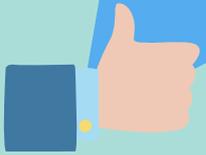
'I am me...
I am positivity'

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...





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

