



# Getting Ready to Return to School (Y5 and Y6)

Dear Children,

We know that many of you have not been to school for a long time.

You will be returning to school as Year 5 or Year 6 children. How exciting!

To get ready to return to school, we thought that you may like to complete the activities in this booklet during the summer holidays.

Make sure that you ask an adult at home to help you.

We know that you will have a great time back at school!

# All About Me

Note for adult: This activity aims to develop self-esteem by focusing on your child's strengths and interests. You may want to send a copy of this to the school or take a photograph and email it to the school for their new teacher.

Who is important to me?

What is important to me?

My strengths

I may need help to...

My friends are...

My birthday is...

# Memories

Note for adult: This activity gives your child an opportunity to spend time thinking about and reminding themselves of positive memories of school before lockdown.

My Teacher

Favourite day of  
the week at school

Why?

Favourite thing to  
do at break and  
lunch times

Something that I  
learned

Funniest memory

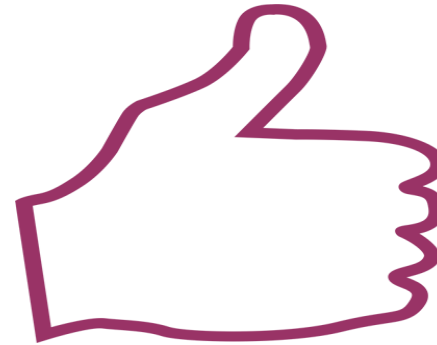
Something I want  
to do differently in  
Y5/Y6

Best thing about my school

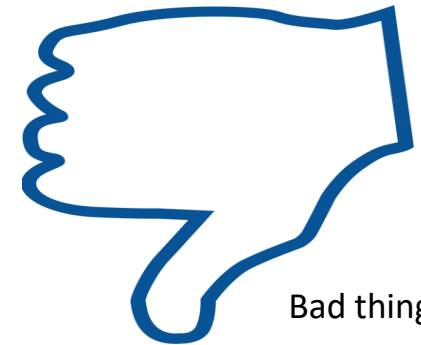
# My Lockdown Experiences

Note for adult: This activity gives your child the opportunity to express their thoughts and feelings about lockdown. Ask them to talk about, write or draw the good things, bad things, new things learned and any questions about lockdown.

Good things...



Bad things...



New things  
learned...



Questions...



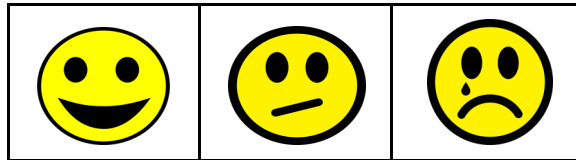
# My Feelings

Note for adult: This activity gives your child the opportunity to express their feelings and thoughts about returning to school. Ask them to be honest about how they're feeling and reassure them that it is okay to feel this way. Remind them that their friends may also be feeling the same way.

Today I am feeling...



When I think about  
going back to school,  
I mostly feel...



Draw or write about what you are looking  
forward to when back at school...

# My Worries

Note for adult: Use the 5 point scale to help your child to think about the 'size' of the worry. Then use a Cognitive Behaviour Therapy technique to 'talk through' the worry and lower on the scale. The aim is to use the CBT based technique to lower the 'size' of the worry. Focus on one worry at a time (written on previous page).

How big is your worry at the moment?

## CBT Based Technique (for adult)

Ask your child...

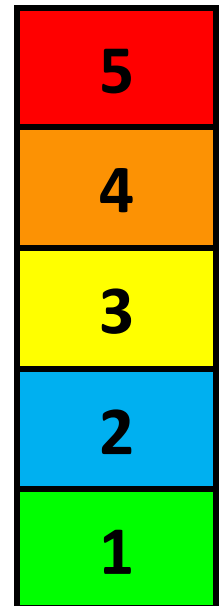
What is the evidence FOR this  
worry/thought?

What is the evidence AGAINST this worry/  
thought?

What would your friend say if you told  
them about this worry?

What would you say to your friend if they  
had this worry?

How big is this worry now? [ask your child  
if they want to change the number that  
their worry is on using the scale]



# My Worries

Note for adult: This activity focuses on worries and aims to reduce those worries using simple techniques based on Cognitive Behaviour Therapy. Ask your child to use the boxes to write or draw any worries that they may have about returning to school or moving classes. The next page will focus on reducing the worries.



# Same or Different

Note for adult: The aim of this activity is to help your child prepare for changes in September. It will also help to show them that some things will be the same, which may reassure them. Ask your child to draw a line from the different pictures to either the same, different or not sure labels. Try to focus on the positives and what is the same. If not sure about a picture, talk about how to find out the answer, e.g. checking the school's website.



My teacher



My friends



My classroom



Start time



Home time



School lunches



Playground



Journey to school

Same

Different

Not sure

# What I Already Know

Note for adult: This activity aims to help to reduce worries by showing your child that they may already know a few things about returning to school in September. It also focuses on problem solving by encouraging your child to find out the answers to any questions that they have.

Write your new teacher's name here and draw a picture of he/she if you know what they look like...

Write down the names of any friends who you know will be in your class in September...

Will you be having packed lunches or school dinners?



How will you travel to school in September?



# What I want to Know

Note for adult: This activity gives your child an opportunity to think about what they want to know about returning to school. You may be able to find out the answers to their questions on the school's website or in any information packs which may have been sent to you. Emailing the school to ask these questions may also be appropriate but please remember how busy school staff are.

Questions I have about returning to school...

