

Coping with change

You have been off school for quite a long time now and lockdown has become the new 'normal' but now is the time for change. The government have decided that it is now safe to go back. Change can be hard but we can do our best to prepare. Here are a few ideas to help you:

- Get back into some sort of routine
- Try your school uniform on
- Make a list of everything you need for your first day

- Remind yourself of your timetable – what were your favourite lessons?
- Remind yourself of 5 fun things you have done at school in the past

1) _____

2) _____

3) _____

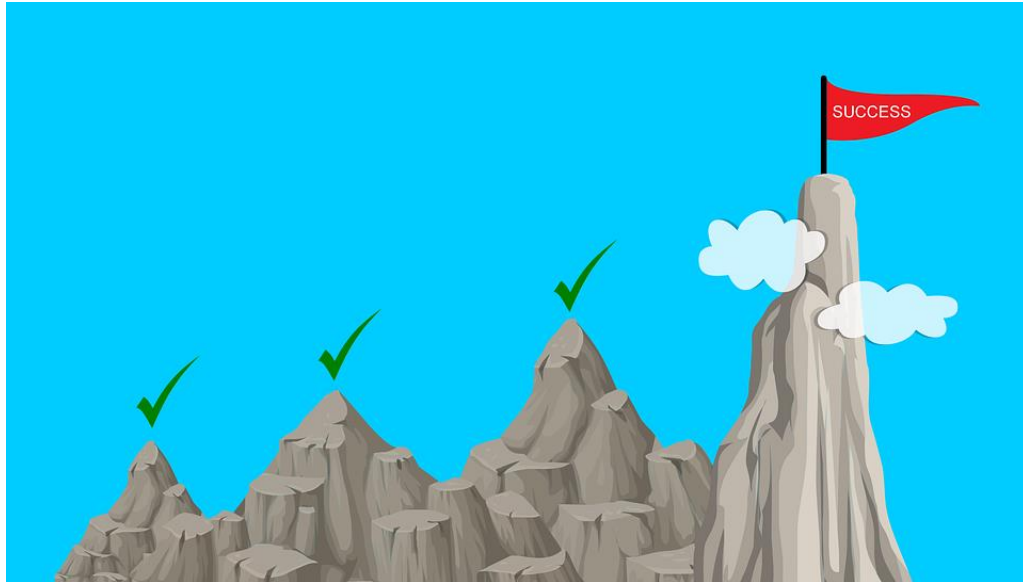
4) _____

5) _____

- Contact your friends, what are they doing to prepare? Have they got any more ideas or could you share yours?

Tips

Take one day at a time, think about your first day in achievable steps



- 1) Get up on time ✓
- 2) Get ready for school ✓
- 3) Get to school ✓
- 4) Registration ✓
- 5) Morning lessons ✓
- 6) Lunchtime ✓
- 7) Afternoon lessons ✓

8) Home



Close your eyes and imagine that you have finished your first day. How do you feel?

Negative Automatic Thoughts

Sometimes, our first thoughts can be negative 'I can't do it'. Take some time to think of alternative thoughts which may be more helpful.

Negative Automatic Thoughts	Alternative thoughts
<i>Example:</i> I am worried about catching Covid	The government have said it is safe to go back to school as long as we keep to the social distancing rules
<i>Example:</i> I don't want to go to school because it's boring	I like some lessons in school

