Going back to school

A resource pack for children and young people returning to school

PHOENIX
EDUCATION CONSULTANCY LIMITED

Introduction

What you told us was important

We conducted 2 surveys.

One survey was answered by over 2000 children or young people. This survey was completed when most children and young people were not at school. The second survey was when children and young people returned to school.

We looked at what children and young people said were important, what they were worried about and the things they thought would help them. This booklet is to help you and those around you, to think about what a safe and happy return to school looks like for you.

You told us that the most important thing that helped you go back to school was friends. teachers and family support.

You told us the things that made it difficult to go back to school were worries about COVID-19.

To help you we have shared some ideas and designed resources that try and help you go back to school in a way that you feel safe, happy and confident.

Your experiences at home

Who is this resource for?
For all children and young people to share some of their experiences whilst not being at school.

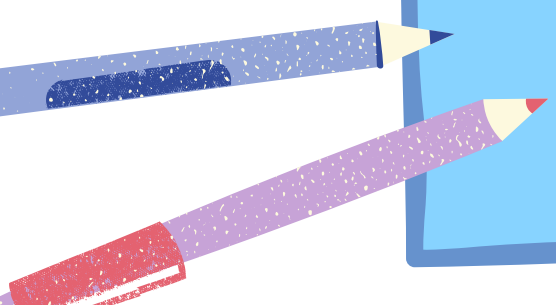
Things I've enjoyed

Things I didn't enjoy

Things I'm worried about when I go back to school

Things I feel excited about when I go back to school

Things I think you should know that will help me come back to school



What rules have changed?

Who is this resource aimed for?

For all children & young people returning to school

During the pandemic of COVID-19 there have been different rules that have been made.

Some of these rules include washing hands, or the way you walk in school, or even some of the games you are allowed to play in school.

With your teacher, have a look some of the spaces and think if there are rules which are the same and which are different!

Going to school

In the playground

In class

Moving to next class

Lunch-time

Going home

How I feel

Who is this resource for?
This is a universal resource to help explore emotions and how it might affect us

Look at the different emotions.

Do you know what they feel like? With an adult choose an emotion that you experience often and think about how it feels on your body. For example if you are worried, does your heart beat faster? Or if you are angry your face might feel hot.

worried

proud

frustrated

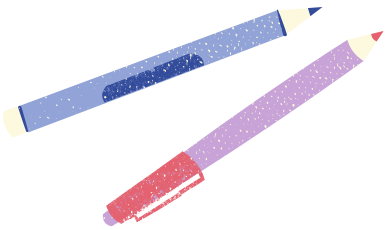
excited

happy

angry

sad

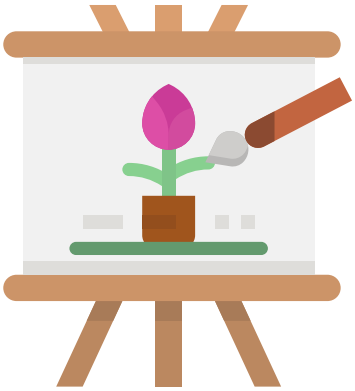
nervous



Managing anxious thoughts

Whose is this resource aimed for?

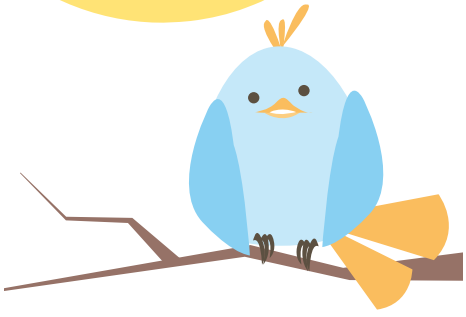
For people that might want to explore how to feel calmer when they have anxious thoughts



Drawing

Anxious thoughts is an over amplification of a perceived threat. Feeling worried is a good way of keeping safe but sometimes anxious thoughts can take over our lives and make things hard.

There are different ways you can manage these. We've put some ideas for you but can you think of ones that would be helpful to you.



Watching nature

How I'm feeling

Who is this resource for?
For young people going back to school

Strongly disagree | Neither agree or disagree | Strongly agree

I'm excited going back to school

I'm not worried about academic school work

I feel prepared to go back to school

I'm looking forward to seeing my friends

"Have a look at the statements on this page. Are they true for you? What other questions do you think should be asked?"

Thinking differently

Who is this resource for?
For those exploring their thoughts and feelings

I'm rubbish in maths	I find maths hard but my teacher has offered me help to improve
I'm going to fall my exams	
School is going to be terrible	
Your own situation	

Have a look at the situations on this page that Lily has experienced. Can you help her think of the situation differently? Can you think of your own situation where you might be able to reframe a situation

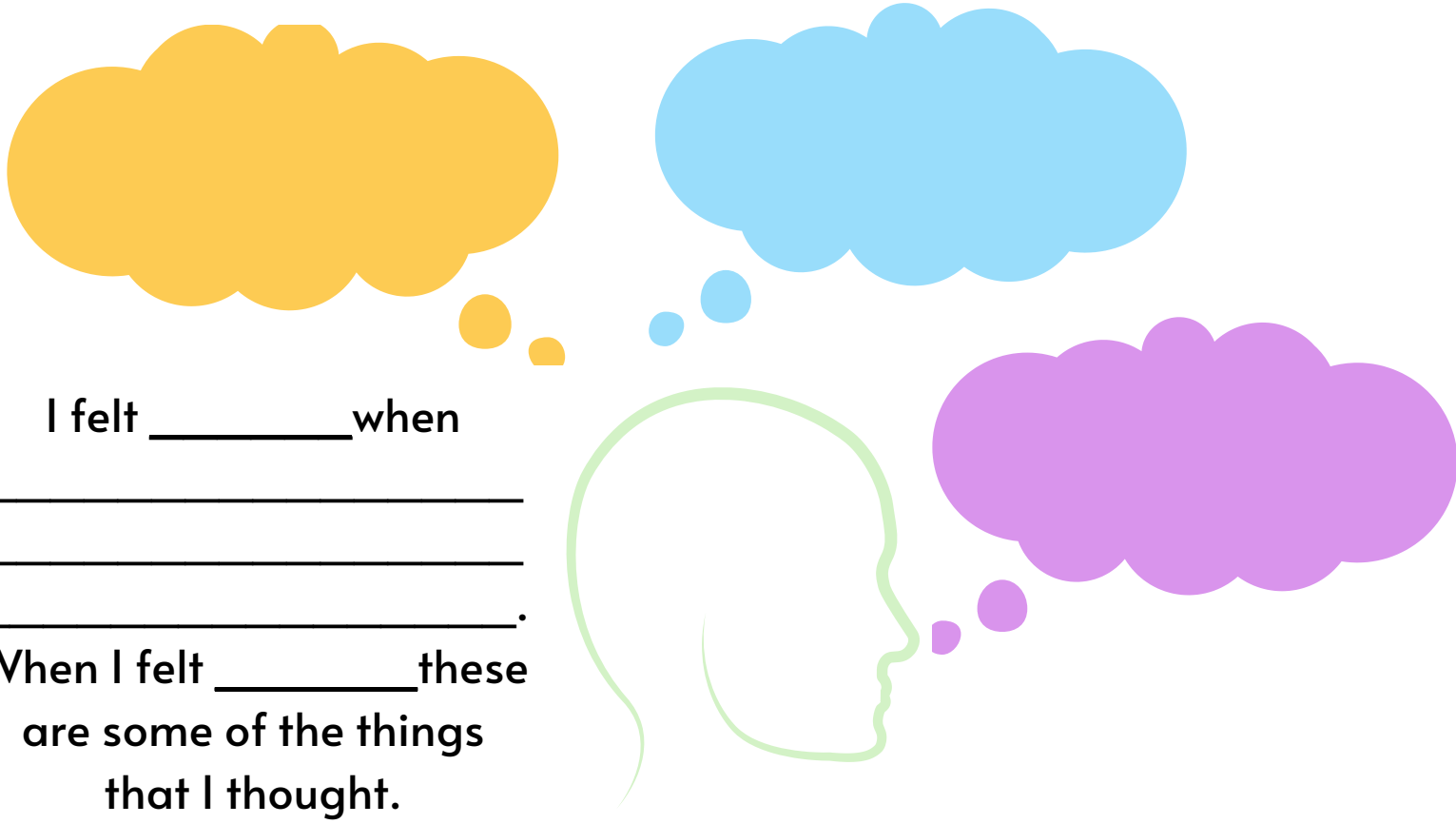
When I feel...

Who is this resource for?
For those exploring their thoughts and feelings

That I wouldn't know what to do

I wouldn't have enough time to eat my lunch

I felt worried when the timetable was changed. When I felt worried these are some of the things that I thought.



I felt _____when

_____

_____

_____.

When I felt _____these are some of the things that I thought.

Having fun

Who is this resource for?
For those who want ideas on games/activities with friends. These activities can be done online as well as face-to-face

Rainbow treasure hunt

Can you find items that match each colour of the rainbow?

Pictionary

Find a list of nouns to play Pictionary either face to face or online. There are some good free websites such as https://skribbl.io/

QUIZ

You can either appoint a quiz master to set questions, or ask children to have 5 questions that they ask others. These could be theme based such as music, animals or other appropriate topics

Alphabet game

Using each letter of the alphabet take it in turns to name something beginning with that letter. It could be names, animals, countries, cars, fruit - whatever you would like

Two truths, one lie

Sitting in circle, ask children to think of 3 things about themselves; two true and one lie. Each child says their three things. After a one person states their three things, the others must then try to guess which is the lie.

The players follows instructions that begin with the words “Simon says", For example “Simon says pat your head” then all players pat their head. However, if the player says, “clap your hands” without saying “Simon says” first the players must not clap their hands.

Thinking about priority

Many children and young people said they were concerned about school work. This is for those young people who want to prioritising school work

What is the piece of work that needs to be handed in first?

_____

Which piece of work is the most important

_____

Steps needed to complete task?

- [ ] E.g research topic
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

How long will it take to complete this task?

_____

What resources do you need to help

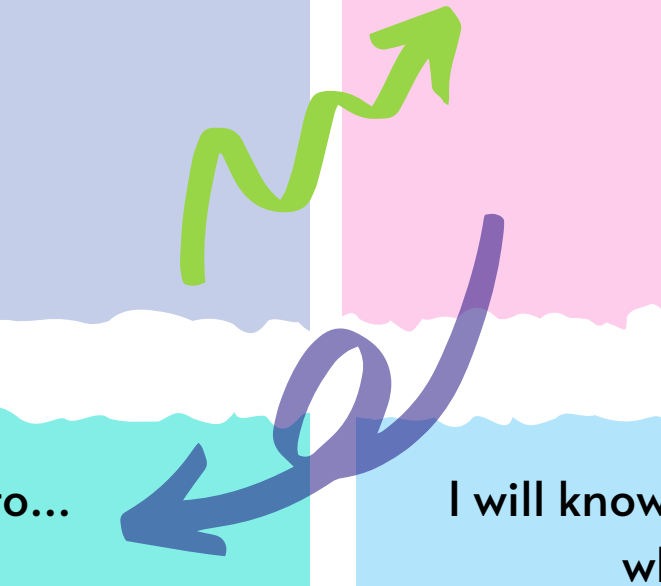
- [ ] E.g A3 paper
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Finishing my task

Many children and young people said they were concerned about school work. This is for those young people who want to prioritising school work

To complete this activity I need to

First I need to...



Then I need to...

I will know I am finished when....

My SMART GOALS

This resource is for young people that want to identify specific goals to work towards

I want to _____

I will do this by _____

To do to this I will _____

The people that could help me are

_____

I will check if I am on target for my goal on

_____

Protecting my castle

This resource is for children and young people to think of their protective factors as they return to school

Think about the things you may be worried about. Write those next to your castle.

Next, think about what helps you feel supported and safe. This could be your friends, certain lessons or even a pet. Write these next to the shield.

Now next to the the knight think and write down the things you can do keep yourself feeling safe and happy

My day at school

This resource is to children and young people to tell their parents/carers about their school day

What are you looking forward to at school tomorrow?

What was your favorite part of your day?

What was your favorite part of your day?

Who did you play with today?

What did you enjoy learning about today?

Is there anything you aren't sure about that you want to talk about?