

## Think



When we have mixed feelings, it can be really hard to understanding them and separating our thoughts from our feelings. To help you some of the more challenging feelings you have about going back to school, it can be useful just to spend some time thinking about lots of different things and really understand how each thing makes you feel. It can be useful to make notes of the things that create good feelings and those that create uncomfortable ones.

## Plan

When you go back to school you may find that you feel uncomfortable. It would be really useful to plan 3 things that you will do to help you feel better. Plan what you might say, how you might breathe, what you could think about, who you could speak to or where you might go to feel calm.

## Write



Things might feel strange when you return to school and it could feel easy to feel sad or scared. To help, write a list of all the good things that will be at school and all the positive things that happen as a result of you going to in classroom learning. When you are feeling scared, remember to look at your list.

## Say



When you go back to school it is likely that you will experience lots of new things and they might also create lots of new feelings. It can be useful to think about words that will help you explain those feelings to others. It can be useful to speak to your family and make a list of new words that might help.

## Play



Seeing your friends after such a long time can feel really difficult. Think about some of the questions you might like to ask them, some of the things you can share with them and games you can play with them that will help you understand how each other are feeling, be kind and reconnect.

## Do

You might be feeling a little uncertain about school but you have lots of characteristics that will help you. Make a list of the things that you are and the things you have that will help you when you are finding things difficult.

