

## Think



Although you tend to take things in your stride, it will be useful to think about how your thoughts effect your feelings so that you are better able to notice and understand your changing thoughts and feelings when you return to school. It might be useful to make some notes - think about an event, how you might think about that and how it will make you feel.

## Plan



Returning to school may cause you to have thoughts and feelings that you aren't used to. It would be helpful to plan something that you will do every day for the first week of school that will help you feel calm, relaxed, safe or happy.

## Write



Imagine you are writing a letter to yourself this time last year. What would you tell yourself about Covid-19, about your education, your friends and family. What can you learn by reflecting on this letter?

## Say



Reconnecting with your friends and teachers might feel a little uncomfortable so it would be useful to think of a couple of things that you can say to your friends and your teachers when you first see them. What might you say to help them feel at ease? What you can you say about your time in lock down? What can you say to feel more positive about the future.

## Play



Although you are likely to want to spend a lot of your time catching up on work and getting support from your teachers, it is also important to enjoy spending time with your friends. You could think about playing games, doing quizzes or activities that will let you have fun and learn some things, too!

## Do



Everyone will have had their emotions affected by Covid-19 and it is important that you take some time to understand this. Ask someone in your family to help you learn more about your emotional well being, things that influence it and how you can support it.



# Lex Lion's Back to School Tips ★