

Think



It sounds like you are really worried about going back to school. It's really easy to get into a trap of thinking about negative thoughts. It can be really useful to think of 3 things that feel safe or make you feel happy. Make a note of those thoughts and try to focus on them if you begin to feel uncomfortable.

Plan

If we begin to feel anxious, it is much easier to feel calm and in control if we have a plan. Make a plan of things you can say, think, feel, say or do when you are feeling uncomfortable.

Write

Think about times when you have been brave, when you have learnt something or overcome something that was difficult. Write a letter to the super brave, superhero version of yourself and explain how you will need help and support when you return to school.

Say



It can be really difficult to let people know you are finding things difficult. It can be really useful to have a few things you can say to let people know you are feeling uncomfortable. Simply saying 'I'm finding this hard' can be enough. What else can you think of?

Play



Usual playtime might feel overwhelming and uncomfortable but playing with your friends is really important and will help you feel more comfortable as you return to school. Think about ways you can play safely - whether that's playing games online or trying new, safer activities in the playground.

Do

Things might be challenging for a little while yet. It is incredibly important to let people know how you are feeling and keep track of your mood. It would be really helpful for you to keep a mood diary and if nothing else just enter your daily traffic light colour (red, orange or green) that indicates if you are feeling bad, ok or good.

