

Resources to support the return to school

Although some children may have returned to school before the summer, for most children, September will be their first time in school since lockdown began.

Understandably, some may feel a range of emotions including excitement, confusion and anxiety. We hope you find the resources below useful.

[Letting Go & Future Plans](#)

[Going back to school](#)

[Tips for Returning to School](#)

In this eight minute film, Dr Jess Richardson, principal clinical psychologist (National & Specialist CAMHS and Maudsley), provides suggestions for parents and teachers to deal with any potential apprehension or anxiety children may experience on returning to school.

https://www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg

[MY BACK TO SCHOOL BUBBLE MY BACK TO SCHOOL BUBBLE](#)

This resource has been created with the input from a network of teachers, parents and public health professionals and aims to help children understand the new protective measures that may be in place at their school, in an age-appropriate way.

[Mindfulness calendar: daily five-minute activities](#)

Practising mindfulness will help your child deal with any anxieties or worries when they return to school. This resource is a two-week calendar with a mindfulness activity suggested each day.

<https://mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>

This self-care kit has lots of ideas and activities for self-care for children, including mindful colouring, laughing out loud, breathing exercises, an emotional check-in, ways to express thoughts, a self soothe box and more creative activities.