



Back to School!

Q & A

It's been a while since we have seen you and are really interested to ask you some questions about what you would like school to look like for the rest of the year! Complete the 'Teacher's Questionnaire' and send us your answers!

Sleep...



When not at school, you may have been having later nights and getting up later. That means your first day back might be tough getting up. Completing A Sleep Diary will help.

Morning Routine

The morning of your first day back to school can sometimes be tough. The best way to make it easier is to plan your routine. Think about the best morning routine and have some fun planning!

Kit List



Being prepared is a great way to feel good about coming back to school! It would be great if you had all of your stuff packed up and ready to go.

Open and complete the 'Kit List' activity and get prepared!



Let's get ready!

We want to help you feel happy, excited and confident coming back to school, so... we have put together a number of activities that will help you!

This one is for the parents too! I am sure you and your parents have plenty of questions for us. You may even have questions for the children that have been in school. You might even want to send a message to a school friend you haven't seen in a while. Well... here's how! Write a letter to a class mate or your teacher and share your questions, thoughts or experiences. We can share them on our return.

? Ask the Teacher ?

It has been a long time since you have been in school and a long time since you have seen your friends. During that time, you may have forgotten all of the things you are brilliant at and just how amazing you are. So, it is time to remind yourself. Create a, 'I am Amazing' poster and explore how great you are & why. Have fun!

You are Amazing!

What would your perfect first day at school be like? Think about what you would want to do from the moment you got in to the time you leave for home! Create a 'Perfect Day' comic strip or poster detailing your ideas!

A Perfect Day