

## Going Back to School After Christmas

School has been closed for Christmas, as this is a time when people spend time with their families, carers, and loved ones.

When I was off for Christmas, I did:

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I am now due to start back to school.

I will start back to school on \_\_\_\_\_.



My \_\_\_\_\_ will use a calendar to help me see when I am going back to school.

I can use the calendar to countdown, and I will tick off each day as it passes.

Going back to school **can be exciting**, I can:

- Play with my friends
- See my teacher again
- Talk about what I did during my time off
- Learn new things
- Play games

I might feel a bit worried about starting school again. Many children feel this way. It can help to **write down my worries** and talk to my teacher, family, or a friend so I feel calmer and ready to go back.

Things I am worried about:

Things I am excited for:

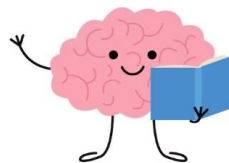
If I feel **worried** I can:

- Take 5 deep breaths
- Go for a walk
- Do something, I enjoy

It is important for me to go to school.



School helps me learn new things and grow.



My friends, teachers, and the school community care about me and are happy when I am there.



I will try to remember why going to school is important.

