

Going Back to School Feelings Check-In

This activity has been designed to help children and young people express how they feel about returning to school after a break (like summer holidays).

When to use the resource:

- On the **first day or week** back at school.
- After **summer holidays**.

Why use this resource?

- **Acknowledges emotions** – Young people may feel nervous, excited, sad, or even overwhelmed at the thought of going back to school.
- **Builds trust** – It shows young people that their feelings matter.
- **Supports mental health** – Identifying emotions early helps prevent bigger emotional challenges later.
- **Encourages communication** – Especially helpful for younger students who may not know how to talk about their feelings yet. It can also be useful for young people who prefer visual communication methods.

Going back to school
Feelings check-in

I am feeling

→

I could try

→



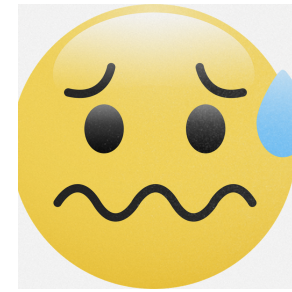
Happy



Sad



Angry



Fear



Embarrassed



Anxiety



Listen to music



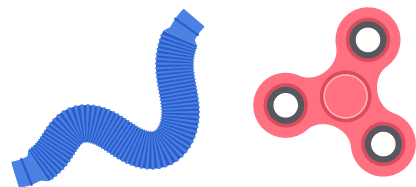
Bubbles



Tight hug



Deep breathing



Fidget toys



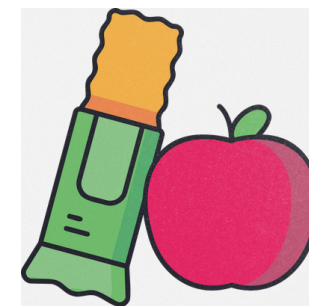
Drawing



Baking



Drink



Snack