

Worries about going back to school

Lots of people have felt worried about all the changes to life of Covid-19

It is normal to feel worried about going back to school after lots of time at home.

Everyone can feel worried about different things.

Sometimes we can worry about things a lot.



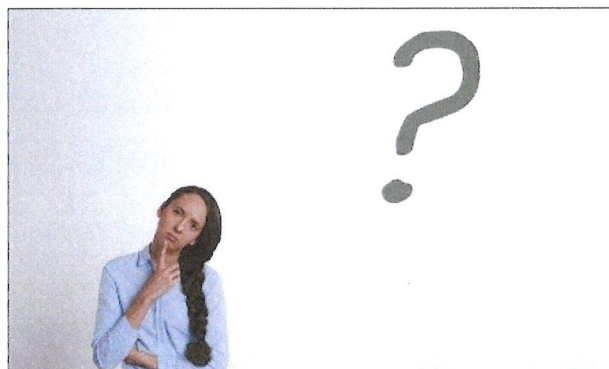
Sometimes we try not to do the thing we are worrying about, like going back to school.



It is ok to feel worried, lots of young people feel a bit worried about going back to school.



If you feel worried, it is OK not to know why you feel this way.

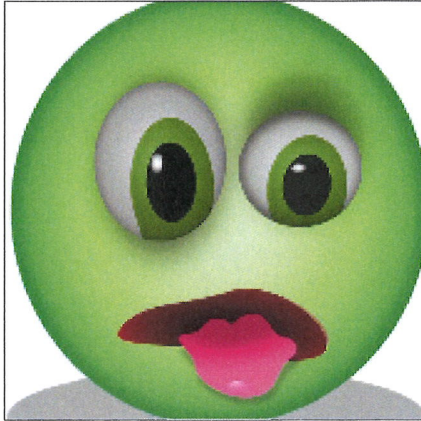


Feeling worried in my body

You might notice one or more of below happening in your body when you feel worried:



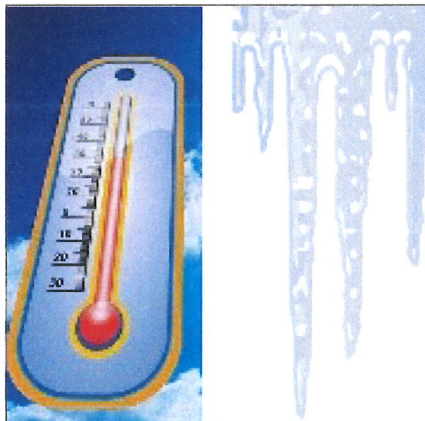
Sore tummy or having
'butterflies'



Feeling sick



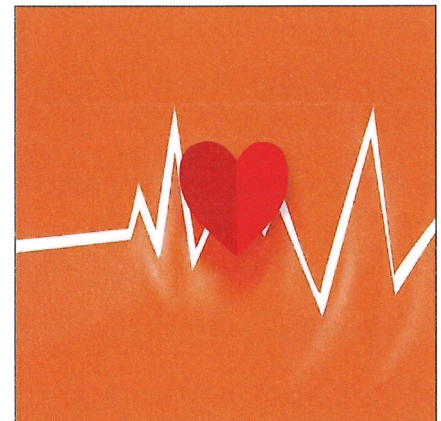
Dizziness



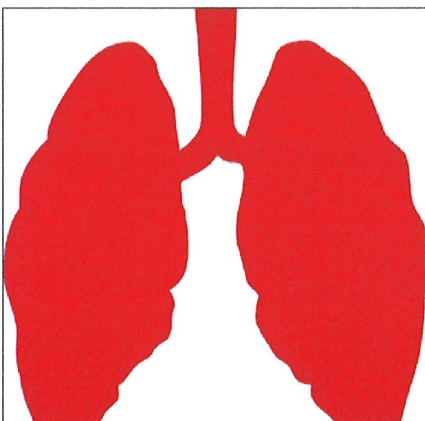
Feeling hot or cold



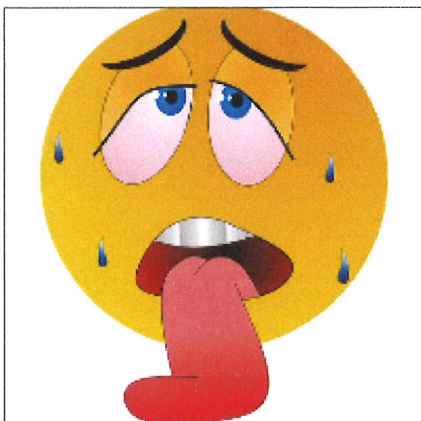
Headaches



Fast heartbeat



Fast breathing



Sweating



Shaking

Help to feel calm

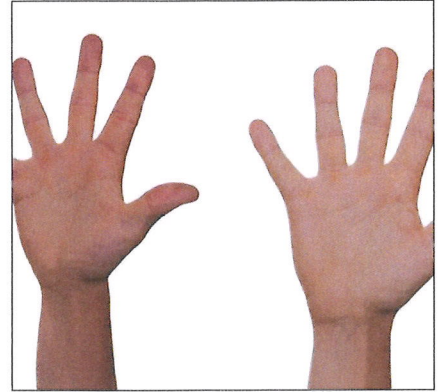
When you notice any of these things in your body, try doing one of these things to help you feel calm:



Speak to a friend or family member



Do some press ups, or if these are bit hard try star jumps or hopping



Practice muscle relaxation. Stretch and relax different body parts



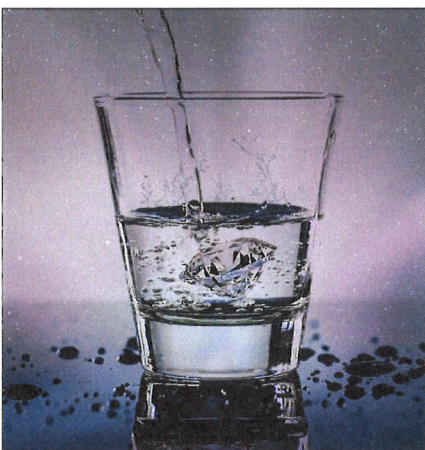
Do some gardening



Have a bath



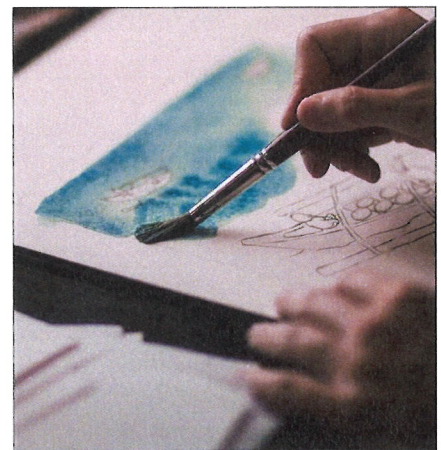
Listen to calming music



Drink cold water



Write down or draw your worries



Do something with your hands



Distract yourself: Watch TV, paint your nails or walk the dog



Sit under a big, heavy blanket



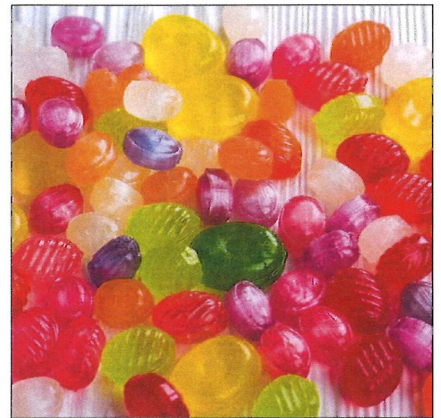
Ask a family member for a hug



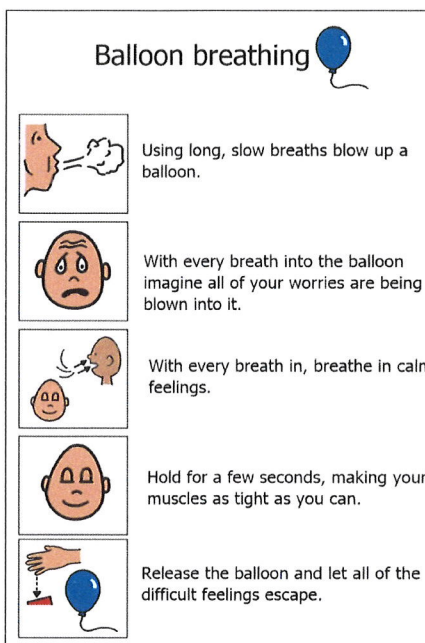
Squeeze and relax your hands



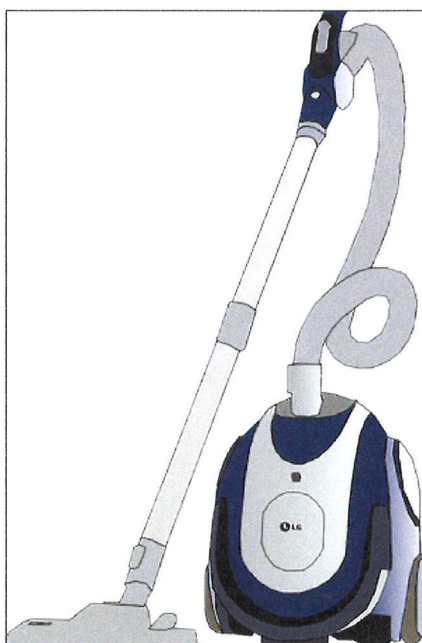
Squeeze or play with a fidget toy



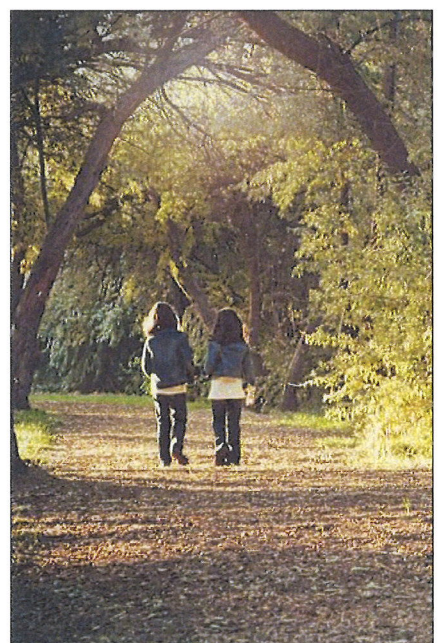
Suck on a sweet



Practice deep breathing



Do some hoovering

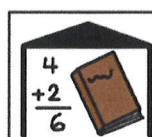
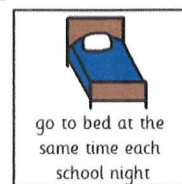
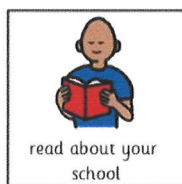
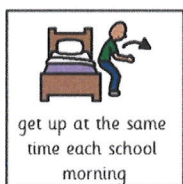
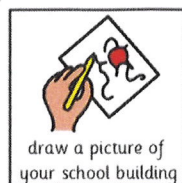
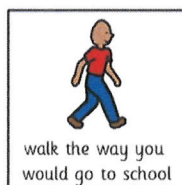
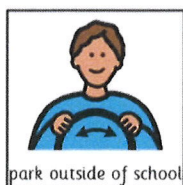


Go for a walk

Things to try in August with my parent or carer to help me worry less about going back to school:

August Ideas

Here are some suggestions to keep the link with school open and to prepare for the return in August.



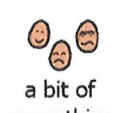
Back to School

My favourite thing about school is....

My favourite thing about lockdown was....

My favourite thing about summer is....

I am feeling



I can write or draw anything else I want to say.

