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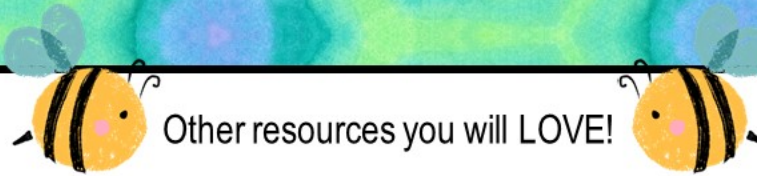


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**School Separation Anxiety Resource Pack**  
*Story PowerPoint and PDF. Questions and supporting worksheets  
Girl and boy version*

George doesn't want to go to school

Isla doesn't want to go to school

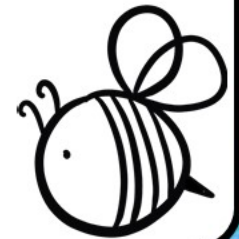
Weird things started happening to Isla!

He had thoughts going around in his head.

She took some calming breaths where you breathe in for the count of 4 and breathe out for the count of 11. She started thinking about the fun she had last year on holiday. She went to the beach and played in the sand for ages and ages. Her mum bought her an ice cream and they even paddled in the sea.



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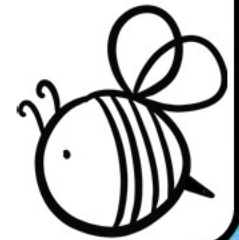


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Download a  
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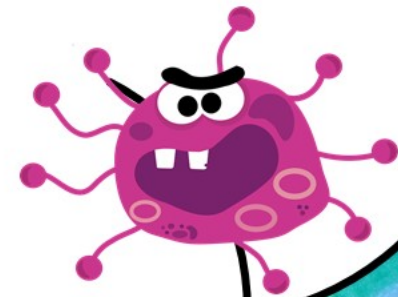


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# Back to School

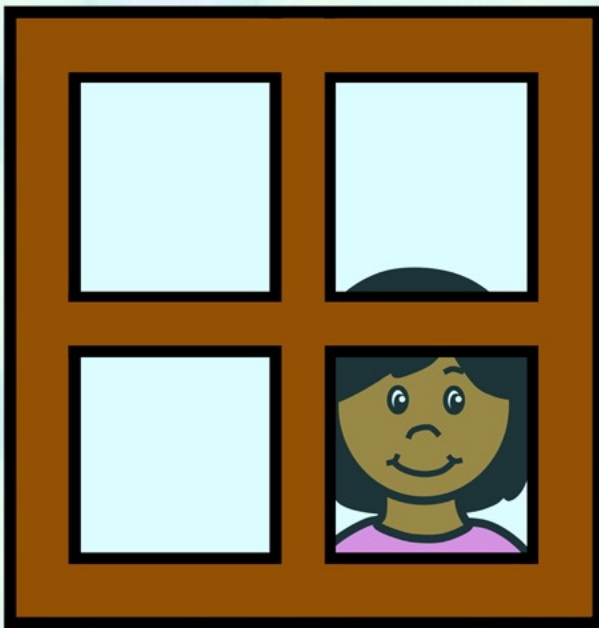
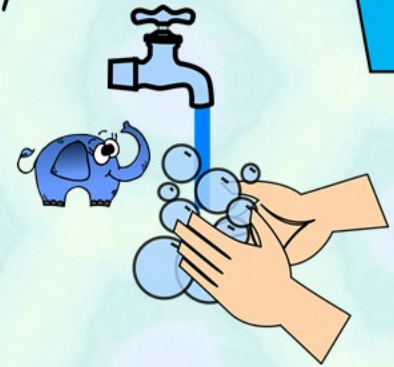
A story about  
returning to school



By  
Debbie Palphreyman



You have been Superheroes and stayed at home.  
You stayed in your house most of the time apart from daily exercise or shopping.  
You did all your learning at home.  
You kept to the social distancing rules and stayed 2 metres apart from anyone outside of your house.  
You sneezed into your elbows.  
You washed your hands with soap for 20 seconds or you counted elephants as you washed your hands- 1 elephant, 2 elephant, 3 elephant and so on.  
You used tissues to wipe your noses and you put them in the bin!  
You even stopped seeing your friends and family who didn't live with you.



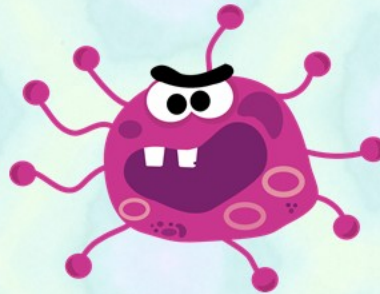
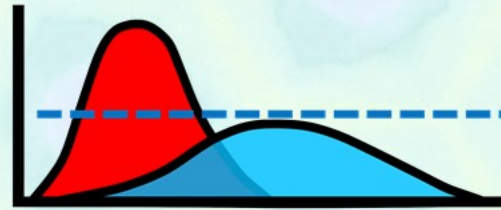
# GUESS WHAT?

**FEWER** people are getting the Coronavirus now!

You did an **AWESOME** job!

You should feel really proud of yourselves for helping to fight the Coronavirus!  
You are true superheroes!

You deserve a round of applause! Give yourself a clap now!



Our government want to get things back to normal. They have a plan.  
A plan is a list of things that needs to be done to make sure everyone stays safe.

**EVERYONE MUST** follow the plan.



Very important government plan

1.

2.

3.

4.

5.

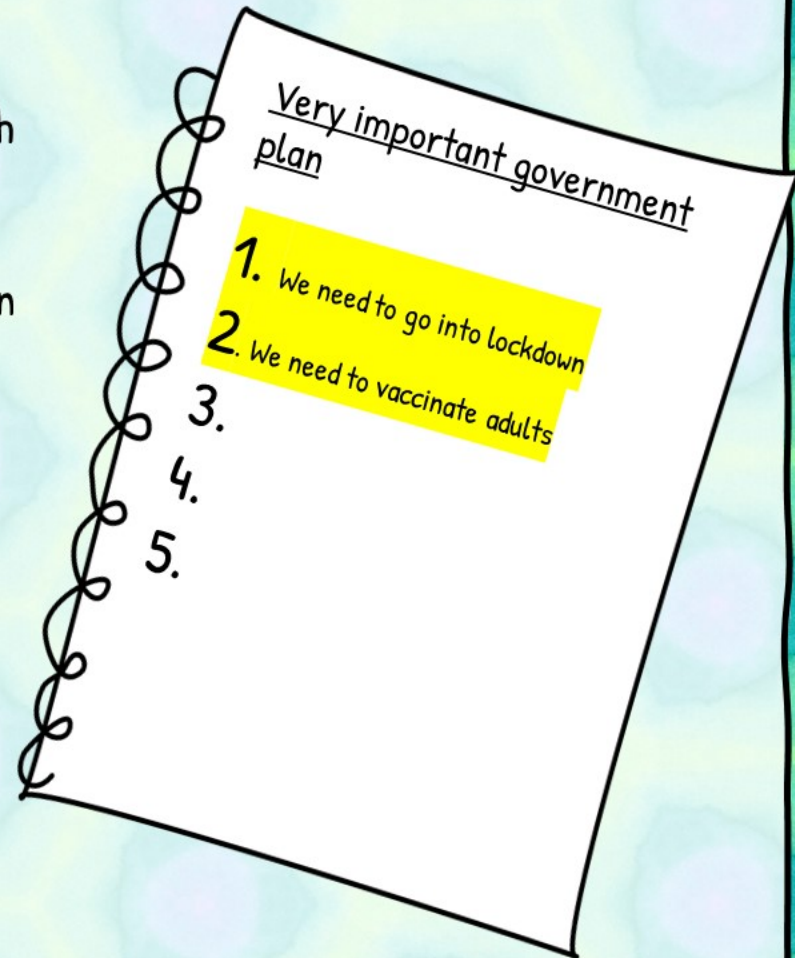


The government had to lockdown the whole country to stop this virus spreading. Lots of children couldn't go to school, shops were closed and adults had to work from home as much as possible.

One of the biggest things that has happened during lockdown is that lots of adults have had a vaccine to prevent them becoming seriously ill from Covid 19.

You might have heard adults you know talking about the vaccine. You might know someone who has had the vaccine.

The vaccine will help protect everyone.





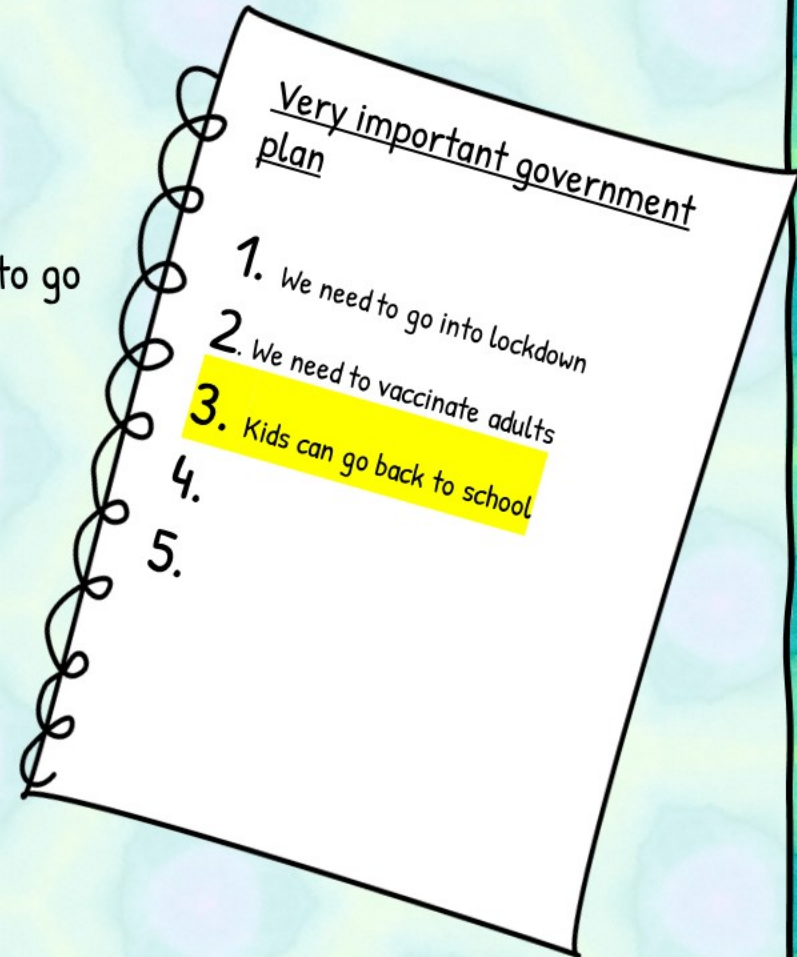
One of the things on the plan is that...

## KIDS CAN GO BACK TO SCHOOL!

Our very important scientists think it is safe now for kids to go back to school.



Kids can go back to school now



### Very important government plan

1. We need to go into lockdown
2. We need to vaccinate adults
3. Kids can go back to school
- 4.
- 5.

**YOU** are going back!

How does that feel?

You might feel worried, excited, happy, sad, scared, angry, shocked or something else?

But do you know what? That is ok!

All feelings are ok. If you have big feelings then there will always be someone at school who can help you and make you feel better and safe. Your teachers are really good at that. They can help you feel better if you talk to them.



If you feel worried about leaving your parents or carers then make sure you talk to us about it. We can help you.

It is a good idea to make a separation plan for leaving your parents or carers. Make sure you run through your plan with your parents or carers a few times.

This might be something like:

- Give your parent or carer a hug
- Give them two kisses
- Smile and give them a big wave
- Say 'SEE YOU SOON!'
- Walk into school

You will see them soon, don't forget that! You will see them at the end of the school day. They will be waiting for you and excited to hear about your day! I bet you will be excited too to tell them about all the wonderful things you have done at school.

Before you know it you will be running into school as if you have never been away for so long!



When you come back to school some things will be the same and some things will be different.

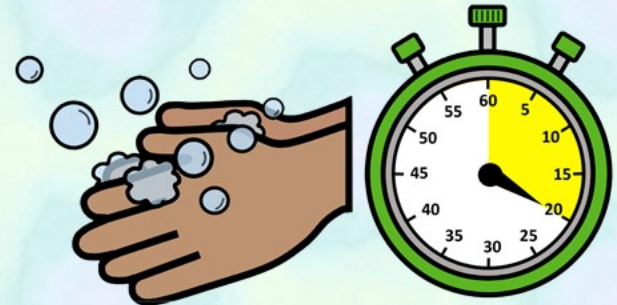
Our government still want us to try our best with great hygiene and with social distancing. Your teachers will tell you more about that and how it will work in your school. They are working hard to make your school as safe as possible for all the children and adults.



Use a tissue for  
your nose



Put the tissue in  
the bin



Wash your hands  
for 20 seconds

You can use different ways of greeting people rather than hugging or touching them.

- You can wave
- Smile
- Give yourself a hug whilst looking at someone
- Thumbs up
- High five in the air

Can you think of some more ways to greet someone without touching?



You just need to remember what you were doing at home to stay safe and you will do similar things in school to stay safe.

Your teachers have organised lots of exciting things for you to do at school.

Most importantly it will be FUN!



So remember you are in the Superhero team and you are going to continue to fight this virus!

Be proud of yourselves.

You have done a brilliant job so far!

The school staff can't wait to see you again and welcome you back to school.

They have MISSED YOU so much!

See you soon!

