Back to school
This is a story about going back to school after the coronavirus lockdown
ACTIVITY PACK
This pack was created by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian.
All about me

My name is .........................................................

I am ......................................................... years old

I go to ......................................................... school
Schools have been shut because of coronavirus
I have stayed at home
I have been doing activities at home
What fun activities have you been doing?

Make a list

Draw a picture

Draw a picture

Draw a picture
I have been doing some learning at home
My school will open soon

The government will decide when it’s safe
My parents or carers will tell me when school is open
Some things will be the same

I will do lots of learning

I will say hello to my teachers

I will have fun with my friends
What things will be the same at your school?

1.

2.

3.

4.

Get an adult to help
Some things will be different

I might have to wash my hands more often

I might not be in school everyday

I might see some people wearing masks
What things will be different at your school?

1. 

2. 

3. 

4. 

Get an adult to help
I might feel worried or confused by these changes

worried

confused

This is OK
How do you feel about going back to school?

Draw a picture of how you feel

Write down how you feel

.................................................................

.................................................................

.................................................................

.................................................................

.................................................................

.................................................................
There are lots of people who will help me when I go back to school.
Who can help you when you go back to school?

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I can have a plan to help me when I go back to school

Plan

- What time will I wake up?
- How will I travel?
- What time will I leave school?
My school plan

I will wake up at

I will travel to school by

I will leave school at

Draw how you will travel to school

Get an adult to help
This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on 0131 656 3200 or email altformats@nes.scot.nhs.uk to discuss how we can best meet your requirements.