Back to school
This is a story about going back to school after the coronavirus lockdown.
This pack was created by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian.
Schools have been shut because of coronavirus
I have stayed at home
I have been doing activities at home
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
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
I might feel worried or confused by these changes

worried

confused

This is OK
There are lots of people who will help me when I go back to school.
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?
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.