



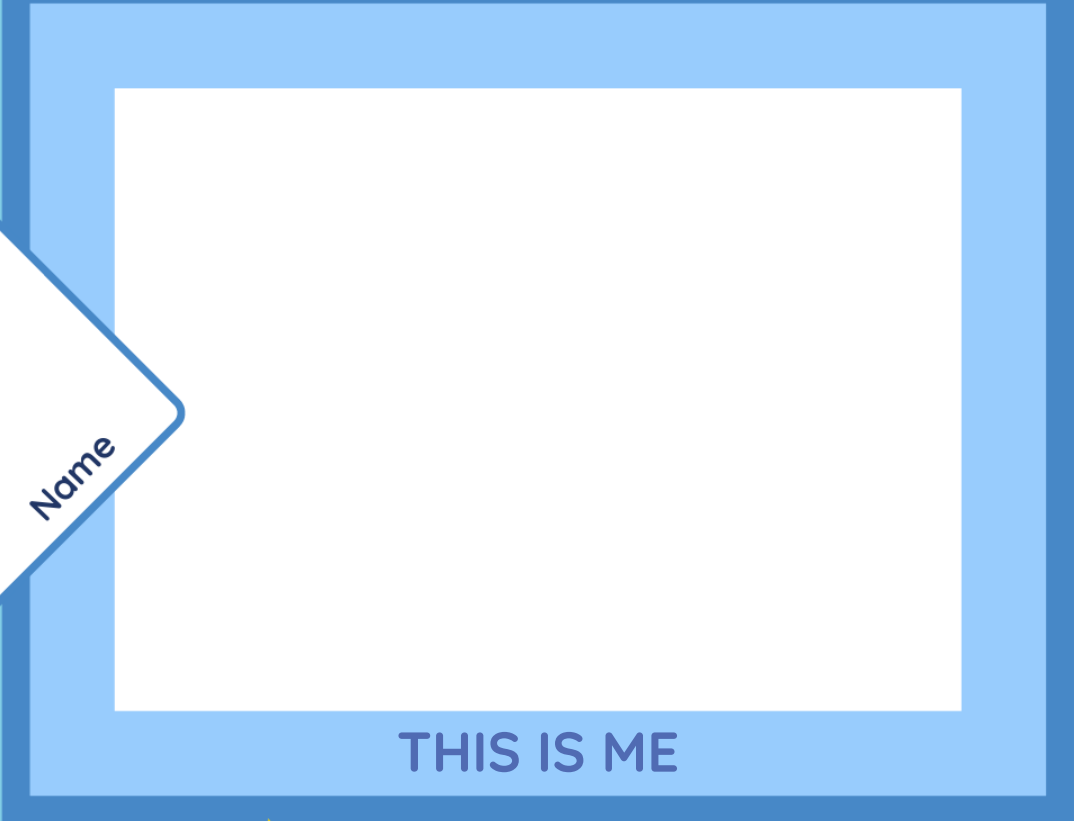
# Returning to School

ACTIVITY PACK  
FROM THE CONTENTED CHILD

My Name



Name



THIS IS ME

I like...



Who lives at my house...



I am good at...

How I like to relax ..



# How are you feeling about going back to school?



Draw an arrow to the emotion you are feeling



Why are you feeling this way?

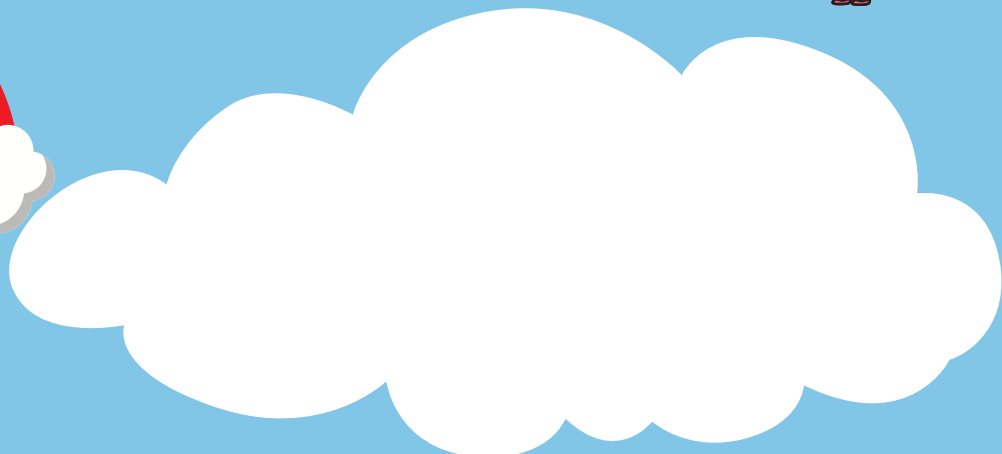
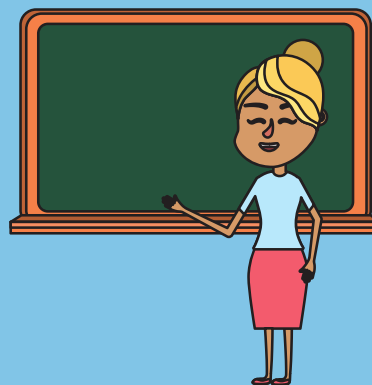
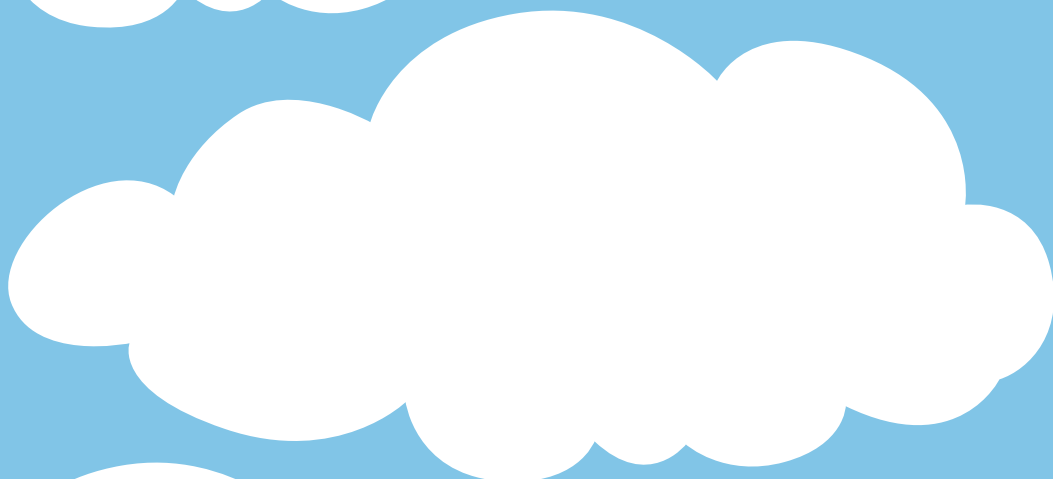
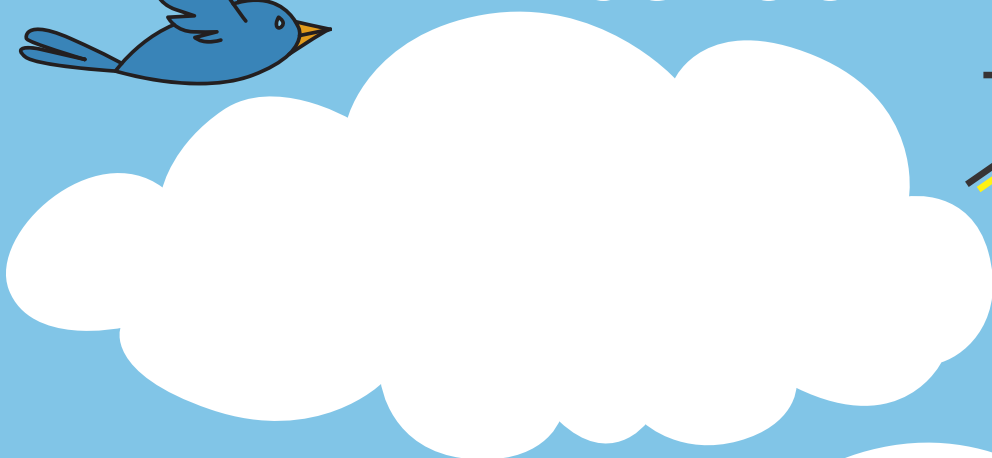
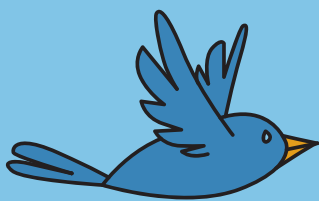
# My Worries about Going Back to School

It is only natural to feel anxious about going back to school when you have been at home for so long.



Talk to an adult at home about your worries - if they don't have the answers for you then they can ask school.

# What I have missed about school





Write or draw your favourite  
lockdown memories

# First day back at



I can't wait to see...

**YES**  
you can!

At break time I want to...

What I am most looking forward to...



**YOU CAN!**

Date

Monday



Tuesday



Wednesday



Thursday



Friday



Find your 3 Good Things  
a day for your first week  
back at school.

Sunday



Sunday





# Reflections Upon My Week

This week I had the most fun when...

This week the most difficult thing was...

I was proud of myself when...

From tomorrow I am going to try to...