



Autism Advisory and Intervention Service

Education Restart

Let us talk about...
Going Back To School

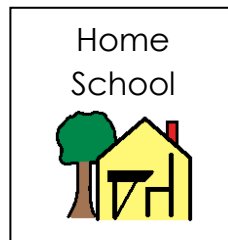


I am going back to school

Schools have been closed for a long time.



I have had success staying at home.



The Government have said it is now safe to go back to school. This is good.



I will get to see my class again.



Some things will be the same and some things will be different. This is ok.



I am happy when I get to learn and have fun at school.



Changes

Some things always stay the same. I always get up in the morning. I always go to bed at night.

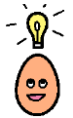
Sometimes little things change. They are just little things. Then they are over and the day keeps going. I feel fine.



Changes happen everywhere. Changes can happen at home.

Changes can happen at school. Change is normal.

People can change their mind too. This means a person had an idea and now they have a different one.



Sometimes I change my mind because I have a new idea or I want to do something else. For example when I don't want to watch the news on TV, I can change the channel to watch something else instead.

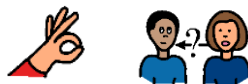


Before school closed I was in _____ and _____ was my teacher.

When I go back to school, I will be in _____ and _____ will be my new teacher. This is okay.

Sometimes I get worried because there is a change. This is okay.

If a change worries me I can talk to my family or my teacher.



Change is normal. I will try hard to stay calm when things change.



There is always a reason for change and sometimes it means that something fun is going to happen!



The Same versus Change

When I go back to school, some things will stay the same and some things will change.

Circle the things that will be the same in blue.

Circle the things that will change in green.



My Primary School



My Teacher



Break time



The playground



My friends



Washing hands regularly



Where I hang my coat



My uniform



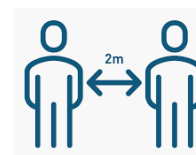
My new class



My school bag



Where I line up



Social distancing

Nervous about Going Back to School

I have been off school for a long time, everyone else has been off school too. Soon I will be going back to school.

My new teacher is called _____. I will be in _____.

My friends will be in my class. I will have a new classroom.



When I think about going back to school, I feel nervous and excited. My friends feels

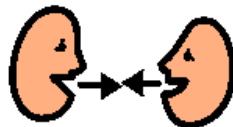


nervous and excited. My teacher also feels nervous and excited.



It's okay to feel nervous and excited about going back to school.



I can talk to my family if I feel nervous and they will help me. I can talk to my teacher if I am nervous and he/she will help me. I will try to listen to what my teacher says and I will be less nervous.



My family and my teacher will help me to settle back into school.



Getting to know your new teacher

	Me	My new teacher
<p>My favourite colour is</p> 		
<p>My favourite animal is</p> 		
<p>My favourite food is</p> 		
<p>My favourite film is</p> 		
<p>My favourite place is</p> 		

I am nervous about...

I am excited about...