

# Life After



What will it look like for me?

**This booklet belongs to**

**Yr**

# Returning to School Post Lockdown

**This booklet has been created by TESS**

The purpose of this booklet is to provide school staff with a resource which may help to support children and young people's transition back into school. It is best utilised by working in collaboration with service partners to ensure every child and young person has a voice. It acknowledges and values the anxiety and concerns which some may be experiencing at this time and can be used with an individual pupil/student, a small group, or a class, as appropriate.

The last few months have been very strange for everyone. By addressing concerns and planning appropriate support and intervention, this Quality First Teaching resource will enable practitioners to explore and alleviate some of the worries pupils/students may have as they return to school.

We all understand the importance of ensuring that all children feel safe and that both staff and children maintain positive mental health as this situation continues to be extremely challenging for all.

So, if you need any assistance in the coming months which will no doubt continue to be a challenging time, please do not hesitate to contact the TESS team for advice and support by telephone - 01942 201914 or by email [tessadmin@wigan.gov.uk](mailto:tessadmin@wigan.gov.uk)

**STAY SAFE.**

**TESS**

# School



At the start of Lockdown how did you feel about not being in school?

Did your attitude change the longer that time went on?

What do/did you miss the most about school?

Overall, are you glad to be back at school? Yes/No

If not , why not?

# Family



Who lives at home at the moment? Did they live there during lockdown?

Did you miss anyone who wasn't there? If so who was that?

Did you know anyone who had Covid 19? Were they ok?

# Activities



What type of things did you do during lockdown?

Did you do anything that you wouldn't normally do?

If you did, how did you feel about it?

# Coping with change at home



Change at home can be good sometimes, can you tell us something that you really enjoyed doing while you were at home?

Do you normally do this or is it something different?

Would you like this to continue?

Being at home has been different, what changes have bothered you the most?

Why is that?

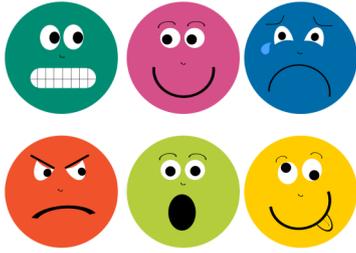
What sort of things do you miss doing with friends?

What will you miss the most when you return to school, that you have enjoyed doing now?

Having to stay in one house can be hard, did you get along with everyone at home?

Has there been times when you didn't?

# Feelings about the virus



Emotion	Why might people feel this way?
Scared	
Angry	
Happy	
Confused	
Worried	
Sad	

What other feelings might people have had?

# Thoughts and feelings



**How was Covid 19 explained to you?**

**What worried you most about the information?**

**Was there anything you wanted to ask that wasn't explained?**

# Understanding

## Lockdown

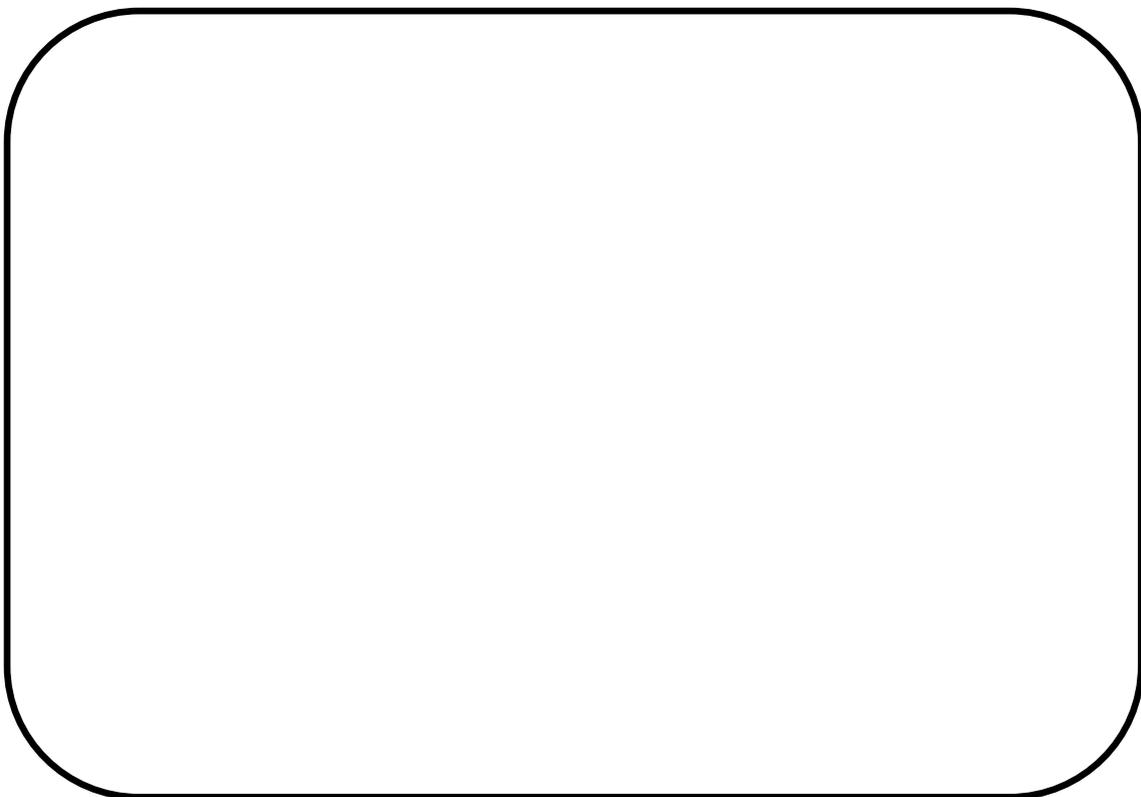
During the last few months there have been lots of new changes and restrictions—but it isn't always easy to understand why! In the following box write down as many law changes/ restrictions/guidance that you can think of and why you think they were needed.

Restriction/Change	Why do you think they were/are necessary?

# Understanding Lockdown

**Do you think everybody abided by the Lockdown Rules?**

**If not, why do you think some people didn't?**



# School

**What's  
next?**



**How do you feel about returning to school?**

**What are you looking forward to the most?**

**What worries you the most?**

**What has helped or made things better for you?**

**Is there anything else you think that we could do?**



# School



**Coming back to school after such a long time can make us feel very anxious and worried. What would help make you feel less afraid?**

**Can you make a list of all the things you may have questions about or wanted to ask?**

**Is there anything that really worries you right now?**

**Who would you like to talk to if you are worried about anything?**

# School



How do you feel about social distancing? (staying apart)

Do you know why we need to stay apart?

What have you noticed in school that is different from before?

Likes

Dislikes

How do you feel about the changes made to your school?

# Staying safe

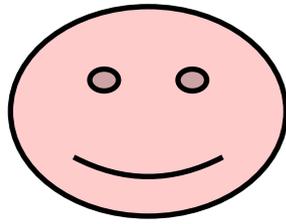


Right now the most important thing is staying safe, how can we do this?

**At Home:**

**In school:**

**Why is following the rules so important?**



# The good news

We know lots of things seem different, but there are lots of things which are still the same

**Can you think of some things that haven't changed?**

# Hopes & Dreams



When the virus has gone, what am I looking forward to doing or seeing the most?

Design a poster to show us what that would look like