



Helping Your Child Prepare for Coming Back to School

With some simple activities, you can help prepare your child for returning to school so they are ready and happy to face the first day back after lockdown. This plan will give you a practical activity to complete each day between now and then to help you and your child talk about returning to school.

Date	Activity	Why?
Monday 1 st March	3, 2, 1...  countdown	Children may cope better if they can see a visual reminder of when they will return to school. Make a simple chart to count down the days (or sleeps) that they can cross off each day.
Tuesday 2 nd March	Ready, Steady, Routine  timetable	It's quite likely that your daily routine has changed during lockdown. To help your child prepare for key points in their routine, especially at the beginning and end of the day, work together to create a simple picture timetable to re-establish your school day routine. Including the times at which events will happen, including waking up, having breakfast, getting dressed and bedtime can be very helpful.
Wednesday 3 rd March	Let's Eat!  regular meal times	After the last lockdown, many children found it hard to adjust to not being able to eat as freely as they do at home. Make a morning snack and lunch together with your child and talk about how this might feel different from these times at school. From today, try to have a regular, daily morning snack time and lunchtime to help your child prepare their minds (and tummies) for their return.
Thursday 4 th March	Walk and Talk  walk and talk	Your child might not have seen school now for several weeks. Today, if you are local, go for a walk past school to remind your child of the journey. On the way, you could talk about where this walk fits into their school day routine and what will happen when they get onto the school site. This will offer reassurance and familiarity to them as they begin to think about their return.



Commitment



Aspiration



Nurture

Friday 5 th March	<p>All the Feels...</p>  <p>lots of feelings</p>	<p>Your child might have mixed feelings about returning to school – excitement, worried, angry, happy. Prepare a pass the parcel game with a question (and perhaps a small treat) in each layer. Children might not talk about feelings if asked directly but may talk if you ask questions like:</p> <ul style="list-style-type: none"> • What games will you play at playtime? • Who do you want to see at school? • If you could ask your teacher to do one thing what would it be? • Tell me 3 good things about school? • A little worry I have is... <p>Listen carefully to the answers. Be sure to let your child’s teacher know of anything important using the usual channels of communication.</p>
Saturday 6 th March	<p>Dress to Impress</p>  <p>Get my uniform ready</p>	<p>Today, it’s time to start thinking about looking as smart as we feel. Wash any school uniform – get your child to help you load the washing machine with you and turn it on. Hang it out to dry together. If it’s already clean, get it out and practice putting it on – can your child do it before the end of a song you play on your phone? Make sure everything is labelled by writing names on the labels together.</p>
Sunday 7 th March	<p>Super Chill Sunday</p>  <p>relax</p>	<p>Use this last day of the countdown to spend time together as a family. Where possible, head outdoors for some fresh air in the local area and have a break from screens and devices. You could cook a family meal together before enjoying a calming bedtime that will help your child wake up feeling refreshed and ready to go in the morning.</p>