



Health
Northern NSW
Local Health District



Returning to School

Kindergarten – Year 2

Got It! Activity Booklet for Families



Child Name: _____

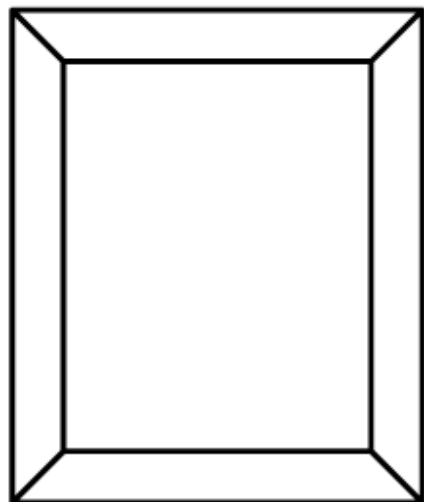
Parent/Carer Name: _____

Back To School

Because of the virus I have been doing some learning at home. Now it is time to start going back to school. School might be a little bit different for a while. I might not have to go to school every day to start with. Drop off and pick up might be different too!

The school I go to is:

My teacher is:



Draw a picture of your teacher

Circle the things that you like doing at school:



I have not seen my classmates face to face in a little while. It will be fun to see them and play again. Some of my classmates are:

Circle the things that you like to do with your classmates at school:

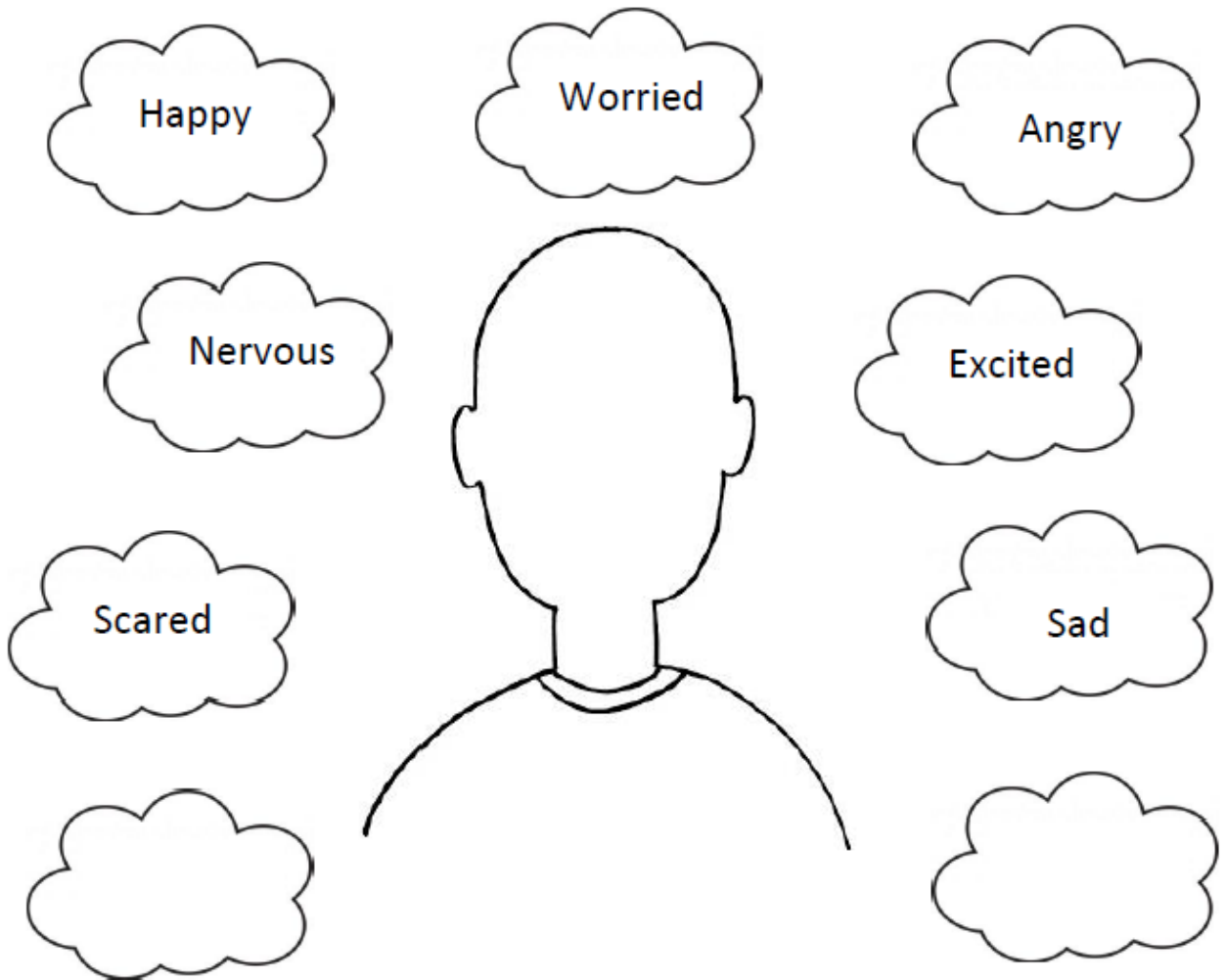


Draw your own

My feelings about going back to school...

Everyone will have different feelings about going back to school. Some kids may feel excited because they can see their teacher or their friends. Other kids may feel nervous or sad. However you are feeling is ok.

Colour all the feelings you have about going back to school and draw it on the face:



At school I can talk to _____ about my feelings.

At home I can talk to _____ about my feelings.

Going back to school may take some getting used to but adults can try to help me.

All feelings are Ok!



Remember however you are feeling that's Ok!

When you have a big feeling, what do you do to calm down? Write or draw your ideas in the box below!

Some ideas could be: deep breathing, tell your toys/animals how you are feeling and why, go to your calm space or use some fidget tools

Feeling stuck? Ask your Mum, Dad or Carer if they know of any good ideas.

Is there anything else that you are looking forward to?

Draw and write it here!

