

Helping Your Child Return 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 an activity each day to help you and your child talk about and then do practical things together ready for returning to school.

	Activity to do with your child	How will this help?
25 th Feb	<p>make a countdown calendar</p> 	<p>Children may cope better if they can see a visual reminder of when they will return to school. Make a chart with numbers on for your child to cross off each day.</p>
26 th Feb	<p>make a snack</p> 	<p>After the last lockdown many children found it hard to adjust to not being able to eat snacks as freely as they do at home. Today make a snack together with your child and talk about the difference between home and school. From today have a regular daily snack time at home to help your child prepare for school.</p>
27 th Feb	<p>share a bedtime story start to think about the bedtime routine</p> 	<p>Your routines will probably have changed over lockdown so start to think about school night routines and bedtimes. Make bedtime 10 minutes earlier tonight and then again over the next few days until you are back in the school routine.</p>
28 th Feb	<p>Getting dressed treasure hunt start to think about the morning routine</p> 	<p>Getting out the door on time is always a challenge so from today start to think about getting up and dressed and ready for the time you will need to leave the house. Place your child's clothes around the house to make a getting dressed treasure hunt today.</p>
1 st March	<p>Make a card or picture for a friend</p> 	<p>Learning how to be with your friends again is an important part of going back to school. How can your child make connections again - phone calls, walking past their house to say hello, facetime call etc? Today make a card for a friend and post it through their letterbox.</p>

2 nd March	<p>send a message to your teacher/ TA/another adult at school</p> 	<p>Making connections with adults in school will be so important for your child - relationships are the key to our children managing this pandemic. Today send a message to an adult at school that your child likes - tell them what you have been doing, tell a joke, tell them an interesting fact. Email it or post it through the letterbox.</p>
3 rd March	<p>School walk</p> 	<p>Your child might not have seen school now for several weeks. Today go for a walk past and play games along the way - looking at numbers on doors, how many parked cars on this road, how many windows in school can we count? Talk about road safety.</p>
4 th March	<p>School dinner or lunch box</p> 	<p>Lunchtime is a big part of your child's school day. Talk today about what happens - what do they like, any worries. Make lunch/packed lunch together today and sit at a table to talk about school lunchtime.</p>
5 th March	<p>School uniform washing line /dressing games</p>	<p>Today wash any school uniform - get your child to help you load the washing machine 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? Write names on the labels together.</p>
6 th March	<p>Hand washing and water play</p> 	<p>Washing hands will still be an important part of school routine after lockdown. Set up a sink or washing up bowl with warm water and for some water play today and practice washing hands. Add some toys/ice for water.</p> <p>(get pass the parcel ready for tomorrow)</p>
7 th March	<p>My feelings game</p>	<p>Your child might have mixed feelings about returning to school - excitement, worried, angry, happy. Prepare a pass the parcel game with a small treat and a question in each layer. Children might not talk about feelings if asked directly but may talk if you ask questions like '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...' Listen carefully to the answers.</p>

These activities combine play and preparing for a return to school. Most children will return happily ready to be with their friends and teachers again. If your child is showing a really strong emotional reaction to talking about going back to school contact your child's teacher so an individual plan for returning them can be discussed.