

My Return to School

Some questions to support me to get ready to return back to school

Life has been very different recently, and it might have even felt pretty weird.

You have probably been staying safe at home, instead of going to school. These questions will help you think about how you feel about coming back to school, so the adults can help you feel happy and safe.

Please answer these questions as honestly as you can. There are no right or wrong answers, we are just interested in your views!



Section 1: About me



We would first like to find out a little more about you

My name is: _____

What things and people are important to you? This could be your teachers, friends, toys, pets, family. Write or draw in the boxes.



At school these things are important to me



At home these things are important to me



Section 2: Staying at home

We would like to find out a little more about your experience at home .

What have you enjoyed doing at home when you have not been in school?



You can write or draw your answers

Things I enjoyed doing at home





What things did you not enjoy doing at home when you are not in school?



You can write or draw your answers



Things I did not enjoy doing at home



How have you been feeling at home? *(Please circle a number from 1 to 10)*

1 2 3 4 5 6 7 8 9 10



Not good !

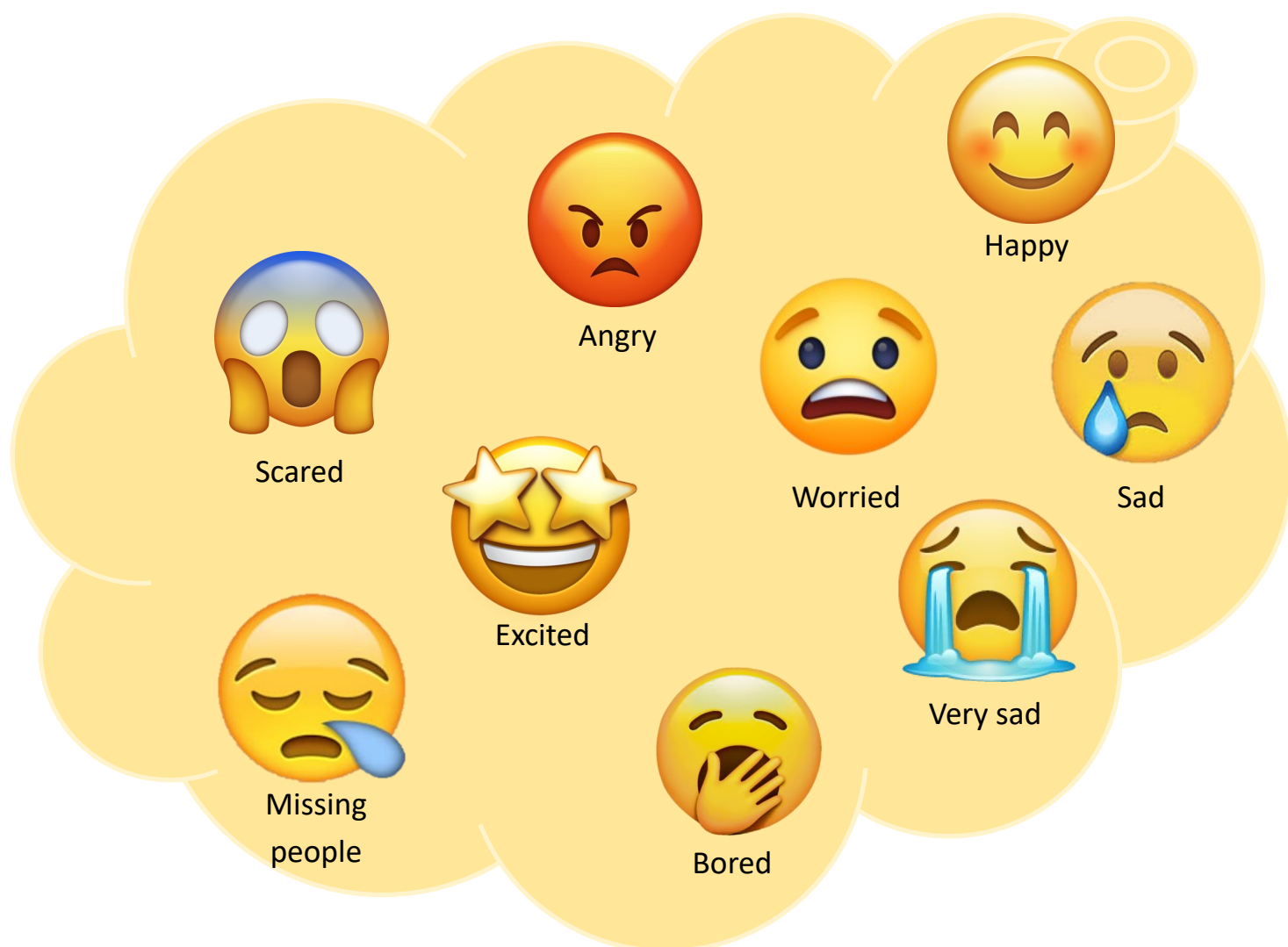


Okay...



Great!

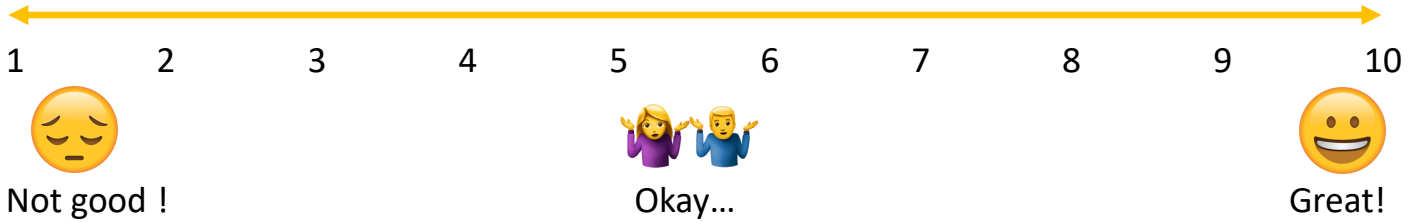
Staying at home has often made me feel: (Please circle all the ones that are true)



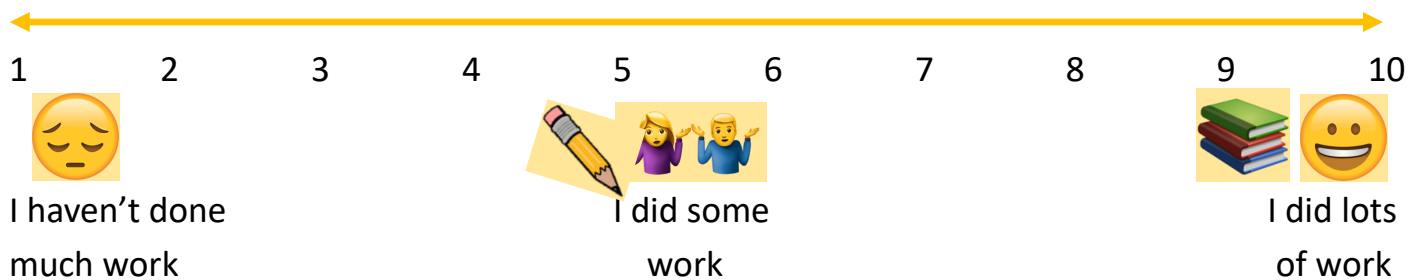
Would you like to draw how you have been feeling most of the time?



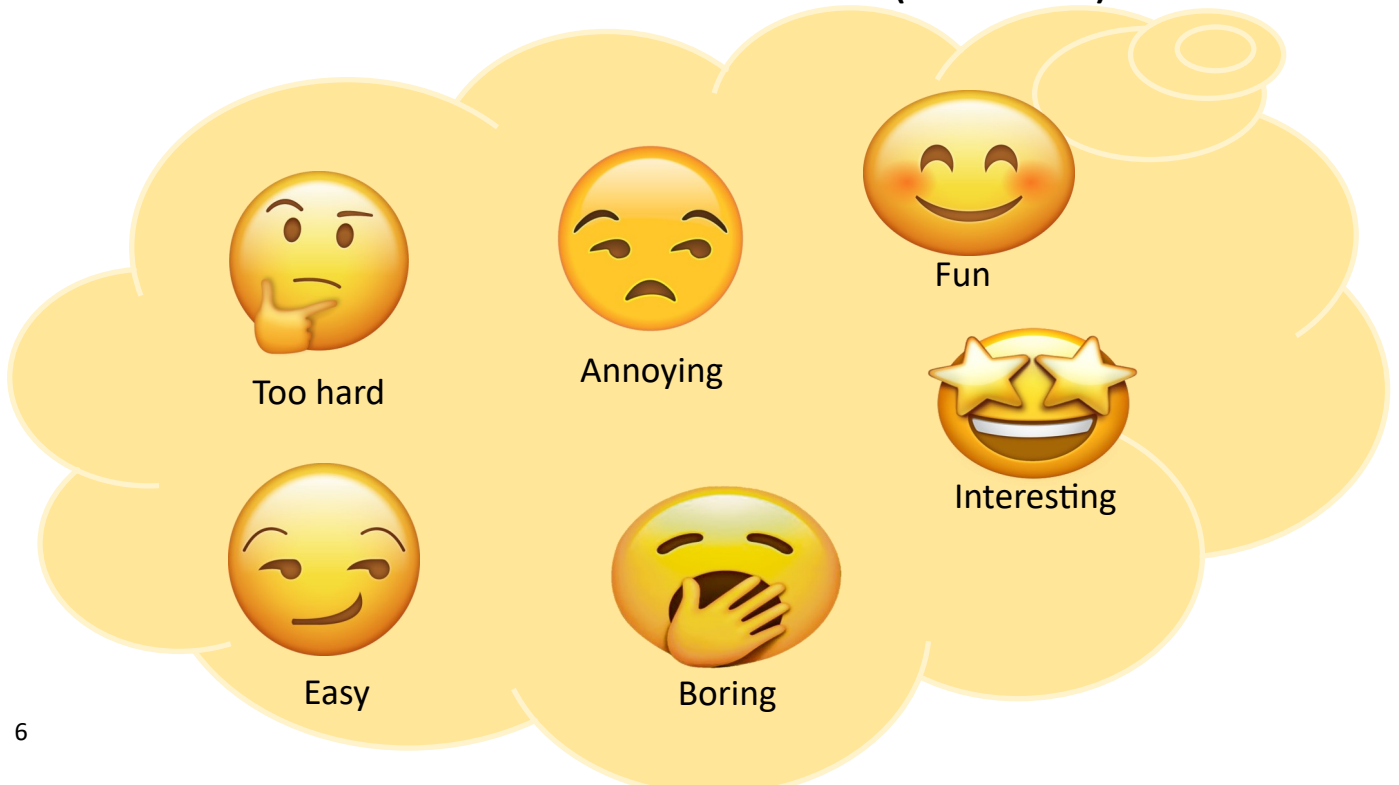
Doing my learning at home is : (Please circle a number from 1 to 10)



How much learning have you done? (Please circle a number from 1 to 10)



I think the school work I have done is: (Please circle)




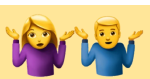



Section 3: Going back to School

We would like to find out a little more about your feelings around returning to school.

How do you feel about returning to school? (Please circle a number from 1 to 10)

← 1 2 3 4 5 6 7 8 9 10 →

Not good ! Okay... Great!

It is okay and normal to feel excited or scared about going back to school, you might even feel both of these at the same time. You can talk to the adults at home and at school about your feelings, because they will want to help you.

When you think about going back to school, what are you excited about?

Seeing my
friends


☐

Learning


☐

Having
routines


☐

Breaktimes


☐

Time away
from home


☐

Seeing my
teachers


☐

Is there anything else you are looking forward to?

When thinking about school, which of these statements are true for you?



(Please put a tick in the box under the picture if it is true)



I feel worried



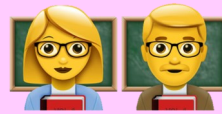
I worry about leaving my parents/carers to go to school



I can do things if I really try



I need help with my learning



People don't listen or believe me



I don't like reading aloud



There are people who help me at school



I feel mixed up



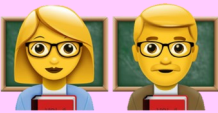
I prefer to spend time doing fun stuff at home



I believe people care about me at school



I don't like some of the teachers



Some children are mean to me



I worry about getting ill



I think things will get better



I would rather spend time on my games or watch TV



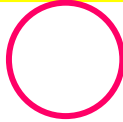
School is too noisy or busy



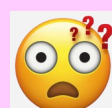
I feel embarrassed



I have friends at school



I don't understand what the teacher is saying



I would rather be at home



Here are some more statements.

When thinking about school, which of these statements are true for you?



(Please put a tick in the box under the picture if it is true)



I worry about tests



I feel like I belong at my school



My family need me to be at home



I worry about seeing my classmates



I worry that my family will get ill



I worry about what people think about me



I don't like breaktimes



People listen to me at school



I feel sad



I don't know how to make friends



I feel lonely



I don't like working in a group



I want to go to school



I worry about schoolwork



I feel safe when I am at school



I am a good learner



I prefer to spend time with my family or pets



I don't like changes to routine



I worry about people getting too close to me



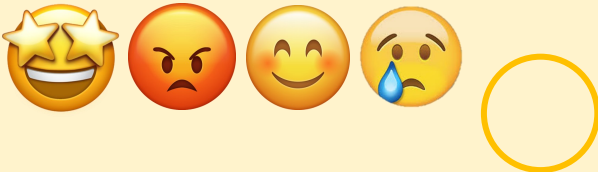
I feel my head is too full





At school, I would like to get better at: (Please select those that apply)

Coping with my feelings



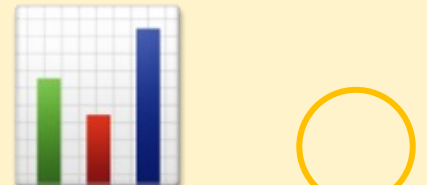
Making or keeping friends



Reading or writing



Other types of learning



Asking for help



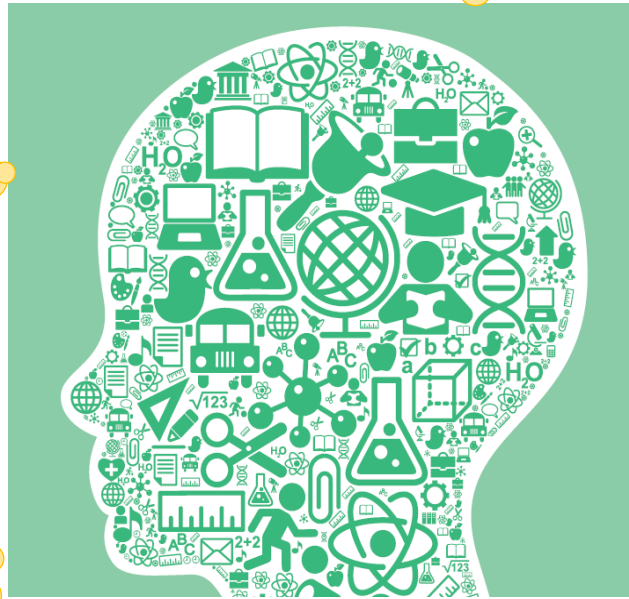
Is there anything else you would like to get better at?



What will happen in my time at school?

Which other children will I see?

What can I do if I feel worried?



How will school be different?

Will I be safe at school?

Who will help me at school?

Do you have any other questions for adults at school?

Section 4: When I feel worried- things that help me

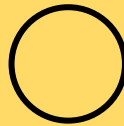
When I feel worried these things help me most: (Please select those that apply)

‘When I’m worried, I like to...’

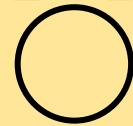
Try to think about something else



Exercise



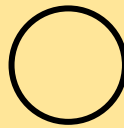
Take calm breaths



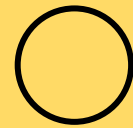
Draw, colour in or paint



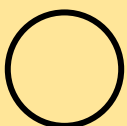
Play or listen to music



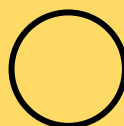
Talk to a friend



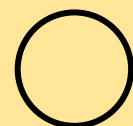
Talk to an adult



Have some quiet time by myself



I don't know



Anything else you do that helps you:

Thank you for completing this questionnaire. Your answers will help adults to plan how they can support you back to school.

Is there anything else you want to tell the adults at school or home?

I

If you are feeling very worried about returning to school, please talk to a key adult e.g. a parent/carer or teacher.

The person I can talk to is _____

The Bury Directory provides a guide to emotional wellbeing and mental health services for children, young people and adults in Bury. If you're a young person, a parent or carer or someone who works with young people, this guide will help you find the right advice and support and see what services are available locally.

<https://theburydirectory.co.uk/support-for-children-young-people>

Childline is an organisation that is especially for children and young people. You can look at their website for more information or you can phone and talk to an adult who will listen to you.

www.childline.org.uk Free telephone helpline 0800 1111