

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. Completing this booklet will help you talk about your own thoughts and feelings, so adults in your school and family can help support you to return to school.

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: _____

These things and people (e.g. music, sport, teachers, friends) are important to me: (You can write, draw a picture, or add photos here)

Important people and things outside of school:

Important people and things in school:



Section 2: Staying at home

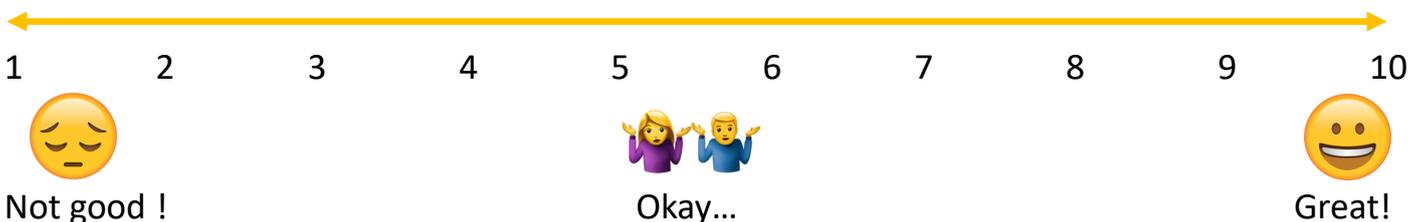
We would like to find out a little more about your experience at home.

My typical day at home since I've not attended school has included doing the following things: (Please write or draw the activities you do)

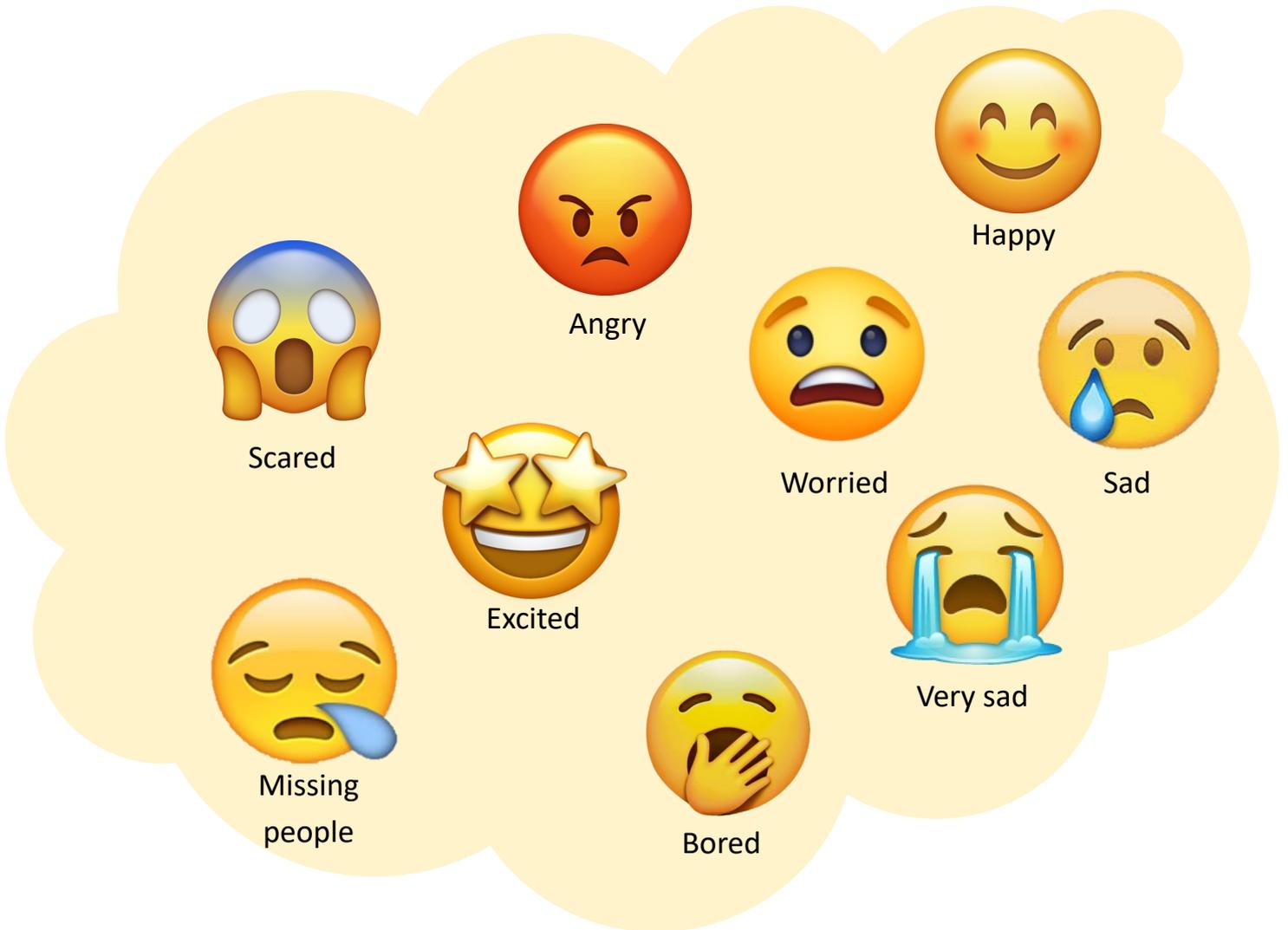


My typical weekday	
I get up at... 	
In the morning I ...	
In the afternoon I ...	
In the evening I ...	
I go to bed at ... 	

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



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



Are there any other feelings you would like to share? (Please write or draw your own emojis below)





What **do** you like about staying at home and not going to school?



What **do you not** like about staying at home and not going to school?

What was it like learning at home for you? (Please circle a number from 1 to 10)



What **was** good about learning at home?



What **was not** good about learning at home?



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 completely normal to have any of these feelings. Returning to school might feel both exciting and scary at the same time. And whatever you feel right now, please know that you are not alone.

What are you most looking forward to about returning to school? (Please rank them in order of their importance to you, e.g. writing 1 next to the one you are most looking forward to, then 2 beside the next most important, and so on)

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 circle all the pictures that you agree with)



<p>I feel worried</p>	<p>I worry about leaving my parents/carers to go to school</p>	<p>I can do things if I really try</p>	<p>I need help with my learning</p>	<p>People don't listen or believe me</p>
<p>I don't like reading aloud</p>	<p>There are people who help me at school</p>	<p>I feel confused</p>	<p>I prefer to spend time doing fun stuff at home</p>	<p>I believe people care about me at school</p>
<p>I don't like some of the teachers</p>	<p>I am being bullied</p>	<p>I worry I have a fever</p>	<p>I think things will get better</p>	<p>I would rather spend time on my phone/games</p>
<p>School is too noisy or busy</p>	<p>I feel embarrassed</p>	<p>I have friends at school</p>	<p>I don't understand what the teacher is saying</p>	<p>I would rather be at home</p>
<p>I don't like speaking in public</p>	<p>I worry about catching coronavirus</p>	<p>I feel pressure</p>	<p>I don't like PE</p>	<p>I feel in control when I am at school</p>



Here are some more statements.

I have to look after people at home



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

(Please circle all the pictures that you agree with)

I feel calm when I am at school



I feel stressed



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



I know what I want to do when I leave school



I don't like some lessons



I feel I don't belong



I feel helpless



I don't like getting into school





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



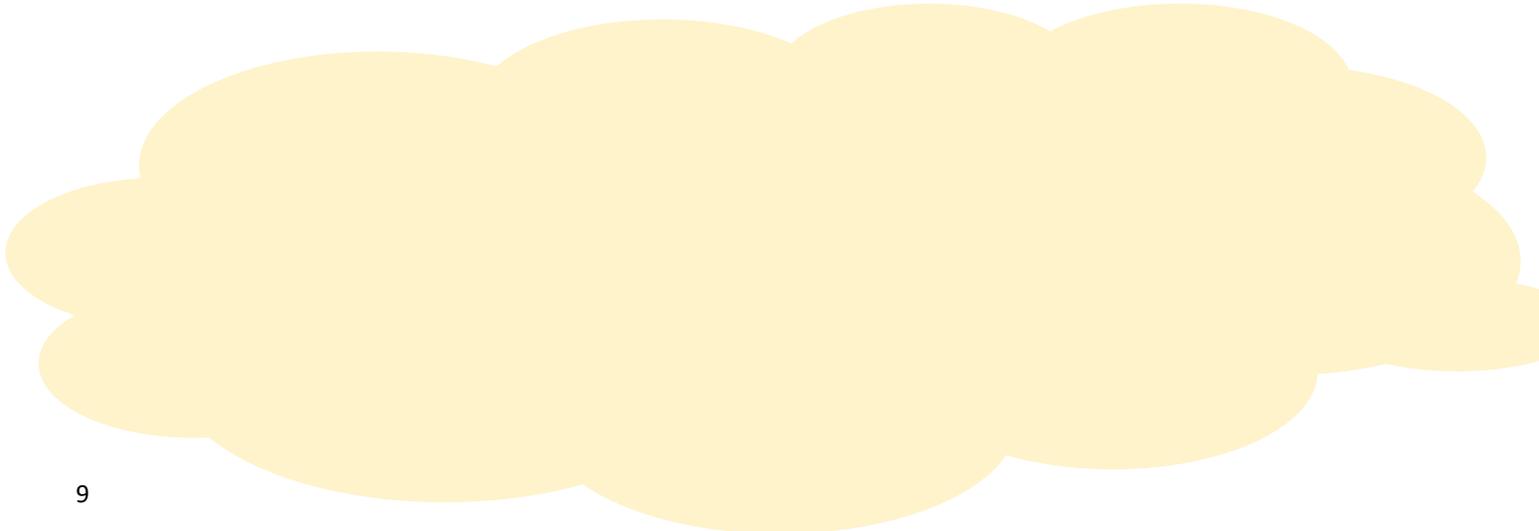
Other types of learning



Asking for help



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



When I think about returning to school, I have questions about: (Please circle those that apply)

Who will help me?

Coronavirus

School rules and moving around

What help will I get with my learning?



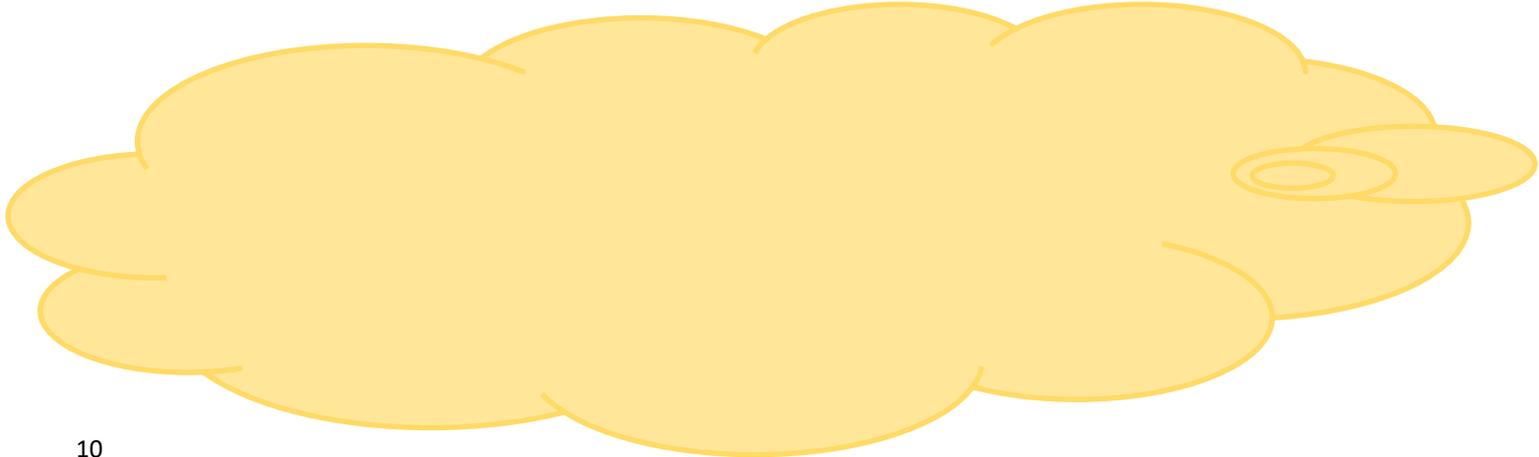
How will school keep me safe?

Which other young people will I be grouped with?

My new timetable

How I can cope with my feelings

Do you have any other questions about returning to school?



Section 4: My coping toolkit

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

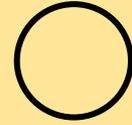
Keeping my brain
busy



Exercise



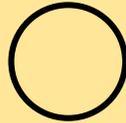
Deep breathing or
being peaceful



Being creative, e.g.
art or writing stories



Playing or listening
to music



Talking to a friend or
someone I trust



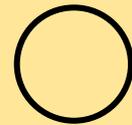
Being around other
people



Having some quiet
time



Not sure!



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?



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

Below are some places to go to get further information or help if you would like this.

Kooth Online mental wellbeing support which is free, safe and anonymous. Includes access to online tips and advice from other young people and the Kooth Team, discussion boards, a chat service and online journal. <https://www.kooth.com/>

Shout 24 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. A place to go if you're struggling to cope and you need immediate help. Text 85258.

<https://www.giveusashout.org/>

The Mix provides information, support and listening for people under 25. Phone 0808 808 4994 (24 hours) www.themix.org.uk

Early Break Mindfulness and holistic therapy and Streetwise Counselling (for ages 14-16). Phone [0161 723 3880](tel:01617233880) or email info@earlybreak.co.uk

Think Ninja - 'Thinkninja' app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress. www.healios.org.uk/services/thinkninja1

Childline - Features lots of breathing exercises, activities, games and videos to help you let go of stress www.childline.org.uk/toolbox/calm-zone

Emerging Minds - Supporting young people with worries about COVID-19 emergingminds.org.uk

The Bury Directory provides a guide to emotional wellbeing and mental health services for children, young people and adults in Bury. <https://theburydirectory.co.uk/support-for-children-young-people>

Greater Manchester Health and Social Care Partnership – Resource Hub Free access to a useful range of documents and films around mental health, includes a COVID-19 specific section. <https://hub.gmhsc.org.uk/mental-health/>