Going back to school after COVID-19.

Three tips for getting ready to return to school

1

Get into a good sleep routine

Not getting enough sleep affects your concentration and mood. Two weeks before going back to school try these things to get into a good sleep routine.

- Make sure you are getting enough sleep (between 8 to 11 hours per night)
- Go to bed and wake up at the same times each day.
- Practise getting up at the time you normally would on a school day.
- Avoid watching TV or using your phone an hour before bed (this helps you to sleep).
- More information about sleep can be found on the school nursing service website.

2

Talk about your feelings

Everybody will feel different about going back to school. Some children will be excited, while some could be worried or scared. Making sense of how you feel can help you do things to make you feel better:

- Talk to an adult, a friend or somebody you trust about going back to school and how you feel about it.
- You can talk to an online counsellor for free on Kooth.com.
- You can write your feelings down in a diary or a mood journal.
- Think: if I was helping somebody in this situation, what would I suggest?

3

Do some research

School will be different when you go back and there will be new things in place to keep you safe. It is helpful to find out what these things include so you're not surprised by them on your first day:

- Go on your school's website to find some more information.
- News Round have made some reports about the experiences of other children who have gone back to school.
- Talk to friends who were in school during the lockdown.
- Ask an adult to help you to do some research, they might be able to call your school to find out some more information.