

# BACK AT SCHOOL AFTER LOCKDOWN

ANSWERS TO PUPIL QUESTIONS



## WHY DON'T I FEEL RIGHT?

You have wobbly feelings because deep down you feel worried, anxious and unsure. It is to be expected. Other children and teachers are all feeling like this. It will pass.

## WHY ISN'T IT LIKE I HOPED IT WOULD BE?

Your imagination dreamed how it would be. And that dream was based on how it used to be. But it's no longer like it was. Think differently.



## WHAT IF I AM NOT OK?

It can feel too much. If you feel like this, find some space, breathe slowly, hold someone's hand. Tell someone. You will be OK.

## HAVE I FELT LIKE THIS BEFORE?

Remember how the start of term usually feels? Maybe it felt like you are in the wrong place. It will wear off. Be kind to yourself.



## HOW CAN I STOP MISSING BEING AT HOME?

You have got used to being at home all the time. Sometimes it was boring. Sometimes it was brilliant. Take a little thing from home to hold in your hand for the first few weeks. It will help.

## WHAT IF I REALLY DON'T WANT TO GO TO SCHOOL YET?

You may have worries- about mixing with others, about leaving your family at home, about how it will be at first. To worry is normal. If you worry too much it can stop you from doing things. Ask for help.



## WHY ISN'T IT GETTING BETTER?

This will get better. It just needs time. It will eventually grow into being a new normal. It might even be better than before. Now that's an exciting thought!

## WILL SCHOOL BE FUN AGAIN?

Yes. It may take a while being 'sort of OK', and then there might be a good bit amongst the Ok bits. And, before you know it, you will find yourself smiling and laughing out loud. You really are going to be OK!

