



**Harry the Hound
Returns to School**

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This is Harry the Hound

He's usually very cool

But he's suddenly feeling nervous

About returning to his school



Because of Coronavirus

He's been off school for ages

And although he wants to go back

His nerves and worries are causing rages



So Mum really wants to help him

To get ready to return

Because he usually loves school

And being able to learn

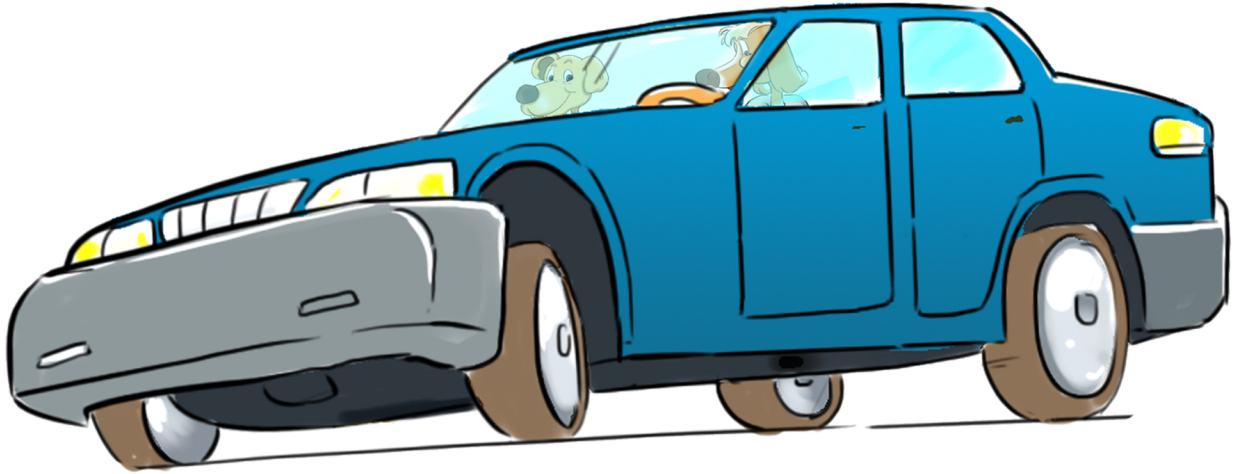


His school is really awesome

And he has plenty of friends

He can't wait to see them all

As soon as staying home ends



So first things first

They jumped in the car

To drive past the school

So Harry could see it from afar



The next stage of the plan

Which is being done in bits

Was to try on his school uniform

To make sure it still fits



Then Mum sorted out his bag

Filled with pencils, pens and a ruler

So that when Harry returns to school

He will be even cooler



Next Harry messaged his friends

Not seeing them is hard

They talked about being back at school soon

Running around the yard



They laughed about the things they love

And even those they hate

Then decided on their first day back

They will meet at the school gate



“You can do this”, said Mum

“Because you are more than able

So let’s sit down on the settee

And look through your timetable”



“Now it’s the night before”, said Mum

“And you are almost ready

It’s time to bath and brush your teeth

Before cwtching in bed with teddy”



**Mum said, “I will wake you early
So that we won’t have to hurry
You will be feeling so much better
With no nerves or worry”**



First day back, which he loved

With people he'd not seen for ages



So if you are ever worried about something

Be like Harry and break it down into stages

THE END



Harry the Hound Returns to School

WORKSHEETS

My Return to School Action Plan

Your Name:

Picture of Yourself:

Steps	What do I need to do?	Who can help me?
1		
2		
3		
4		
5		

My Feelings Page

If I am feeling, I can.....

Feeling	Talk to someone	Do some art	Exercise	Other
Angry				
Upset				
Worried				
Scared				
Sad				

My Anxiety Safety Plan

	I can...	I can talk to...
Example: If I am angry	go to my safe space until I feel better	Mrs Jones about feeling angry
If I am upset		
If I am sad		
If I am angry		
If I am frightened		
If I am lonely		
If I am nervous		
If I am excited		
If I am worried		

Grounding Technique

To use when anxious

Can you name?

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Jam Jar Activity

Together with your child, write on pieces of paper all the things that they like about school.

This can include things like subjects, staff members, friends etc.

Then put them in an empty jam jar.

The next time your child feels anxious about school, you can read through the pieces of paper together.

This will remind them of why they like school.



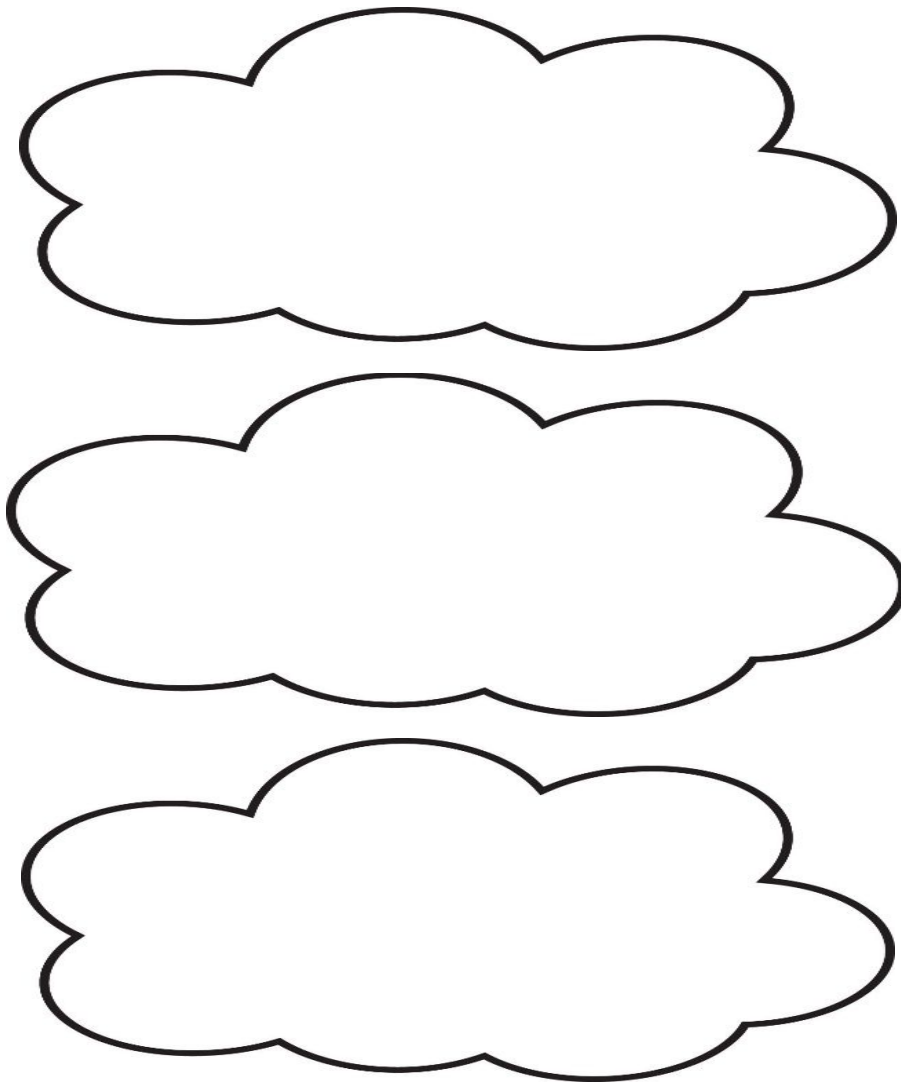
Positive Affirmations Activity

Write down some positive affirmations for your child and then they can either keep them in their bag or put them up on their bedroom wall. These will help the child to think positively about school.

Examples could be:

- You are very good at Maths.
- You are a best friend to.....
- Mrsreally enjoys having you in her class.

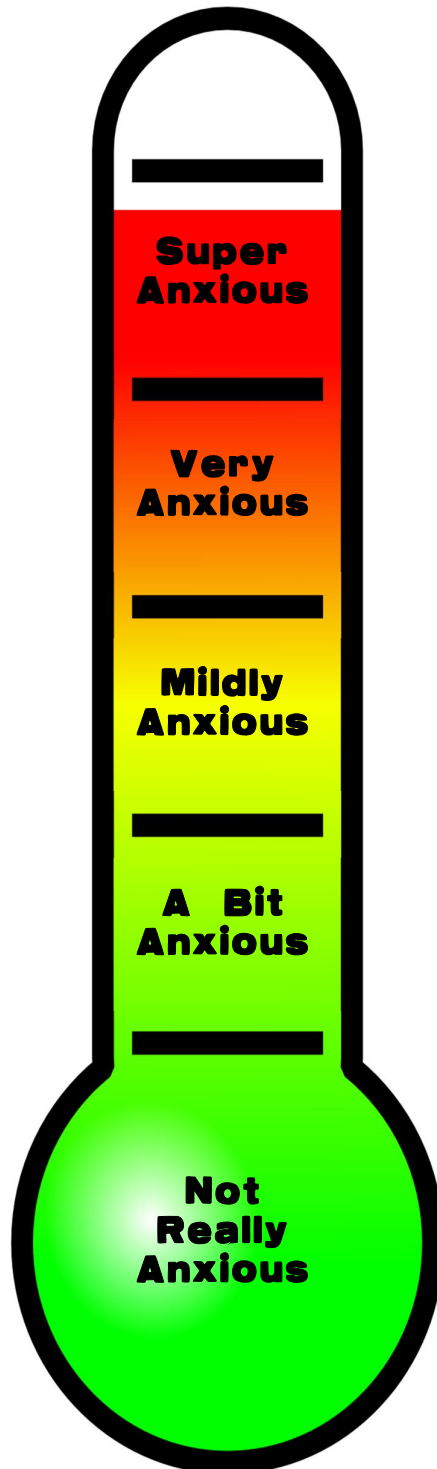
Give it a try:

Three identical, empty cloud-shaped outlines are arranged vertically. Each cloud has a scalloped, irregular border, resembling a soft, fluffy cloud. They are intended for a child to write their own positive affirmations inside them.

Scaling

How anxious are you currently feeling?

Have a look at the scale below.

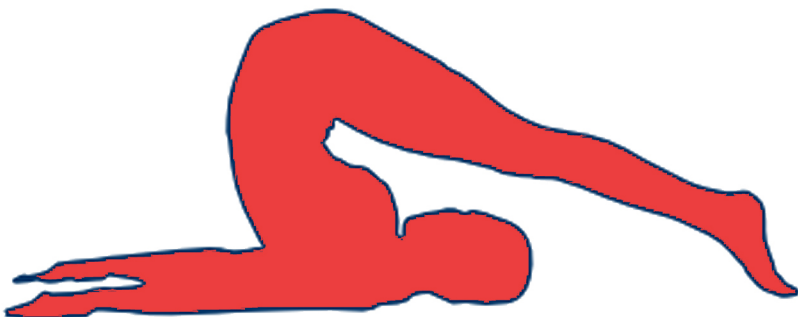
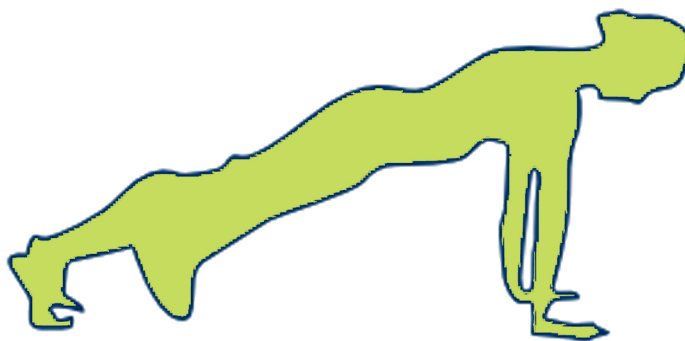


**What can I do to
feel less anxious?**

Yoga

**When you are feeling anxious,
why not try some of these yoga poses.**

Take some deep breaths too.



Useful Resources

Websites

www.mind.org.uk

www.youngminds.org.uk

www.hafal.org

www.platform.org

www.time-to-change.org.uk

Apps

www.headspace.com

www.getmanatee.com

www.moshisleep.com

Thanks to:

www.fiverr.com/ritwij

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