

GROWING

out of

LOCKDOWN

Tips and activities to prepare you
for the return to school...



TIME TO REFLECT:

What parts of lockdown did you most enjoy and why?



What did you miss most about school?



Who looked after you and kept you safe during lockdown?

How have you thanked them?

(friends, parents, teachers, key workers)



Who are you looking forward to seeing at school?

○

○

○

Something I have found difficult about lockdown is:

I have mostly been feeling...

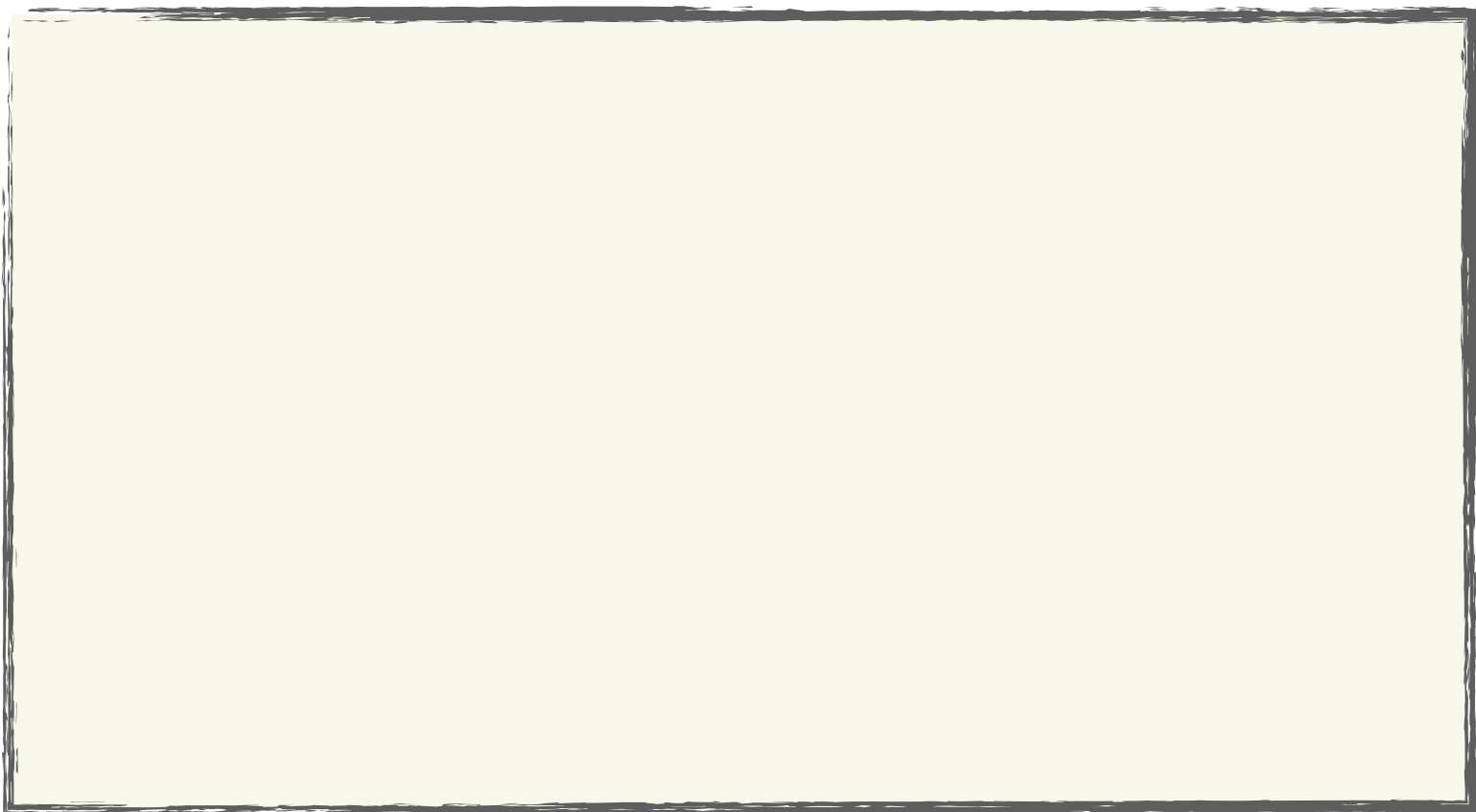
This has been because...

Something that has made me feel good is...

Something I am looking forward to is...

Returning to school after a long time at home might be something you are feeling nervous about. Don't worry! It's normal to feel this way. Instead, write down some of the things you are feeling and if you can, discuss them with someone you trust.

My thoughts and feelings about returning to school...

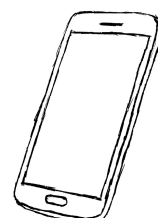


Time to talk!

Who can you reach out to before returning to school?

Can you message a friend to share your fears?

Who would listen to your thoughts and feelings?



THINGS THAT I HAVE LOST...

For some people, lockdown has felt like a time of loss. We need to admit the things we feel we've had taken from us, as this helps to explain some of our emotions and behaviours. Circle the things you feel you have lost or had taken from you through this period:

Freedom

Holiday

Patience

Independence

Socialising

Money

A friendship

Time with loved ones

A girlfriend/boyfriend

Hobbies

Faith

Concerts

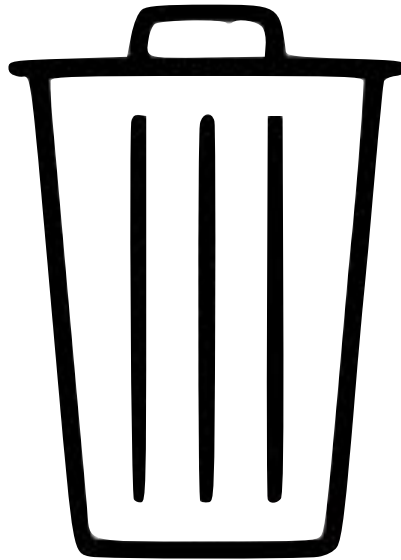
Education

Control over decisions

THINGS THAT I HAVE LOST...

How has losing these things made you feel?
Angry? Frustrated? Annoyed?

Write all the things you've lost on a piece of paper, then scrunch it up and get rid of it in the bin or, if it's safe to, burn it in a fire. Take a deep breath and let go of the things you couldn't control and the feelings you have.



*Breathe in. Breathe out.
Let these things go from your mind, to
make space for something new...*

COPING WITH GRIEF

The person I have lost is:

This person was my:

They were special to me because:

This loss has left me feeling:

A special memory I have of them is:

Many people will have lost a loved one, a friend or family member during this time. Some from COVID 19 and some for other reasons. Grief can leave us with all kinds of rollercoaster emotions. It's important to reflect and remember those we have lost. Be kind and patient to yourself and remember, you are not alone.

REMEMBERING LOVED ONES

○ **Make a memory box or memory jar**

Write down all your favourite memories, jokes, songs and experiences you have shared with this person and store them somewhere special. You may want to talk about these with someone else.

○ **Light a candle**

Lighting a candle shows respect and remembrance for a person and can help give us peace.

○ **Visit a special location**

Travel to a place that has meaning for you and that person.

○ **Plant a tree or a plant/flower**

Looking after a new living thing can give us hope for the future and helps to create a place of remembrance for your loved one.

○ **Eat together**

Eating together with friends or family can create special moments and community. Can you have a special meal to remember your loved one? You could try cooking one of their favourite things to eat!

○ **Stillness, mindfulness, or prayer**

Take some time to sit in stillness and focus your thoughts on the present moment instead of your fears and concerns. Concentrate on your breathing and physically relax. Use a mindfulness app to help you. You could try praying and ask God to be with you and to comfort you. Practice gratitude for the special times you had with your loved one.

THINGS I HAVE GAINED

We have all used our time differently during lockdown and might have gained new experiences or hobbies...

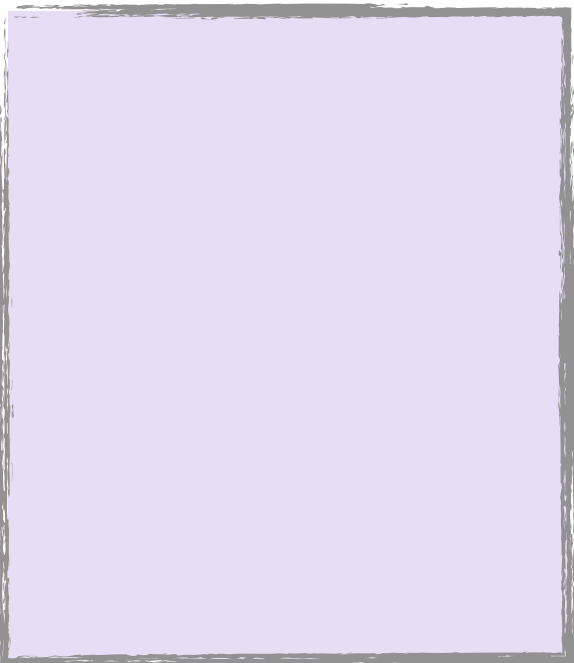
Something new I have done:



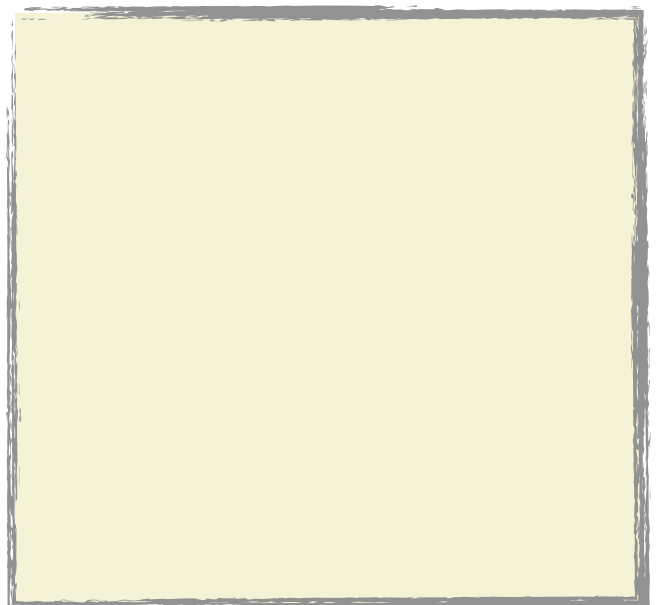
I learned that I am:



I'm proud that I have:



I am grateful for:



Have a think about how you would like to make some changes and grow after this experience. Maybe you want to continue a new hobby or make more time for family. Perhaps you've realised you need to work a little harder at school. Take time to dream about your personal growth!



BACK TO SCHOOL FRIENDSHIPS

For some people it has been a long time since seeing friends at school. You may have lost touch or live far away and haven't had the option to meet up.

Here are our top tips:

- **REACH OUT** - be the one to get in contact with a friend via message or social media. Talking before you get to school makes seeing each other again easier. Reach out to someone unexpected too - nobody should feel lonely.
- **PUT THE EFFORT IN** - some of you may have had fall outs and frustrations with each other - friendships take hard work. Don't just give up.
- **ASK** - ask your friends about lockdown and their life outside school. Talking about experiences makes things easier.
- **BE PATIENT** - not everybody has had the same experience, some will have lost family members, or struggled with money. Some will have loved lockdown and some can't wait to be back to school. Patience is vital in your friendship.
- **ENCOURAGE** - each other about school. Learning is a shared experience and we all need encouraging to work hard.

'A day without a friend is like a pot without a single drop of honey left inside'

Winnie the Pooh



BACK TO SCHOOL EDUCATION

Are you feeling worried about your education? Falling behind with work? Wondering how you're going to get the grades you hope for?

Here are our top tips:

TRUST - Trust your teachers to help you out, they work hard to teach you and want the best for you. Follow their instructions. Trust in your abilities and trust in God - He has a great purpose for your life.

PREPARE - Keep working hard on the tasks set in bitesize chunks. Keep reading, keep learning. Know you may have to sacrifice other things to allow for school work but it will pay off. Prepare your mind and body by following our advice on good sleeping habits.

WORK HARD - This speaks for itself! Don't let worry win!

REST - It's all a balance, find time to get in nature and keep enjoying those walks. What will fill up your energy tank and help you keep going?

DON'T COMPARE - Comparing yourself negatively against school mates can distract you and make you feel less. Keep your eye on **your** progress!

SEEK HELP - Be prepared that you may need to ask for help on return. That's okay!

TRY JOURNALLING - You can try to write down each day how your return back to school is going. After a few weeks, look back and see how far you've come and how your confidence has grown!

BACK TO SCHOOL GOOD HABITS

Some of you might have fallen into bad habits with sleeping and eating through lockdown. That's okay! But there's time to put them right before school starts again.



Get some sleep!

Start going to bed at the time you usually would to get up for school. Do this at least a week in advance. To get the best sleep quality, don't use blue light (phones, iPad or TV) for half an hour before bed. Have a warm milky drink. Read a book to drift off.



Eat well

Try to prepare your body by eating well. Eat fruit and vegetables if you can and eat at roughly the same times you would at school. Ask your parents to get you some break time snacks so you're ready!

Exercise

Get out and about and prepare your body to be active again!

Prepare

Lay out your uniform and pack your bag the night before. Make sure you have all your equipment ready - and a big smile too!



A BACK TO SCHOOL PRAYER
FROM THE
SALVATION ARMY

Heavenly Father,

We pray that you will give courage to staff and pupils returning to school, wherever they are.

We ask that you would be with them and strengthen them. Let reuniting with friends and teachers be a cause for joy!

Help us to use our lockdown experiences to grow into kind and caring individuals who look out for others around them.

Thank you for the people that have kept us safe and looked after through these uncertain times.

Amen



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