

Starting Back to School Resource Pack



Top tips for preparing your child for school-

This section has a list of things to try and help your child prepare for school, including how to get your child prepared to wear a school uniform again.

Starting School Social Story-

This social story talks about the importance of going back to school and what it might look like. In the spaces provided you can add in a picture of your child's school and their teacher. It also has a section in it to help your remember what they enjoyed about going to school and to list them.

Weekly Planner-

You can use the weekly planner provided to help your child recognise when school is starting but also to help them see what days they will be in school and what days they will be working from home.

How are you feeling board-

This is an activity to help your child express how they are feeling about going back to school and what they could do to calm down. This could be use along the Anxiety Resource Pack found on our website www.autismni.org



Back to School Top Tips

- Once we know school is starting again, it is time to start to talk about it with your child
- Use a calendar to start the countdown for going back to school
- Get your child to tick off each day as it passes
- Start to get your child back into the school routine i.e. going to bed earlier, show uniform that needs to be worn, have a good morning routine
- Start to drive past the school to help your child get into the way of the school run
- On the week of school beginning use a weekly planner to show what day school is starting on, alongside the calendar
- Have a picture of something your child loves to do under the school picture as a reward for attending school i.e. going to the park, shop for sweets etc

- Use social stories to explain why it is important to go to school
- If possible, go onto school website to show who their teacher is going to be
- Check with school if you can visit it before hand to show your child their classroom and where they will be sitting
- Remind them of all the fun things they do in school, i.e. see friends, play outside, draw/paint etc
- Share with the teacher (through phone call or meeting) what your child has been up too and how they got on with the schoolwork at home
- With your child talk about what they have done while not being in school and that their teacher is excited to hear about it

Uniform Top Tips



- Discuss with your child what they need to wear to school
- Ask your child if they can find their uniform
- Start to have the uniform visible again to your child, i.e. hang it in their bedroom, leave it on a chair for them to see
- Show pictures to your child of them in their uniform, remind them that they have worn it before
- Try uniform on gradually, i.e. socks on one day, then skirt/trousers and socks the next day etc
- Practise putting the uniform on but also taking it off especially their school jumper, in case they get too warm in the classroom and do not like asking for help

- Put their name on the uniform to help them know that it belongs to them or alternatively use a favourite sticker to place on uniform, i.e. dinosaur stickers. This could also be used as a motivator to wear the uniform

Starting Back to School





All boys and girls are going back to school.

It is important that children go to school.

The Government has said that it is safe to start school again. This is exciting.

I will go back to school on _____

My school is called _____

Like every year I will get a new teacher. My teacher is called _____

Add in picture of
school

Add in picture of
teacher

When I start school, I might not go back full time.



Instead the days I will be going to school
are _____

The other days when I am at home, I will be given work to do by my teacher. The days I am at home
are _____

I can use my weekly calendar to see when I am in school



I might feel scared or anxious about starting school again, that is ok. The school have put measures in place to keep us all safe.



This could mean I need to wash my hands more often in school. It could mean that I might not sit too close to my classmates. My school will let my mum know the rules and mum will tell me.

Going back to school is exciting. I will get to

- Play with my friends
- See my teacher again
- Talk about what I did when I was off
- Learn new things
- Do experiments
- Play games



5		Feeling angry - I need to calm down
4		Feeling sad - I need to calm down
3		Feeling worried something is bothering me
2		Feeling fine - everything is OK
1		Feeling happy - things are going well

If I am feeling anxious or scared about going back to school. I can use my feelings chart to let my mum know how I feel.

I can also use my calm box to help me calm down. I can ask my teacher if I can bring my calm box to school? Then I can use it when I need to.



My mum will use a calendar to help me see when I go back to school.



I will use the calendar to countdown, and I will tick off each day as it passes.

It is important that children return to school.

If I don't go to school my friends, teacher and the school community will miss me.



School can help me learn new things which will support me get a job when I am older.

I would like to be a _____ when I'm older.

In school we get to do some fun things like

-
-
-





I will try to remember why going to school is important.
This will make mum and dad very happy.

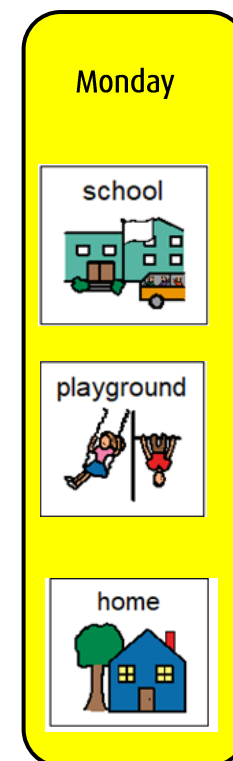
Weekly Planners / Calendars

Benefits of using weekly planners / calendars:

- Allows children to be recognise when school is going to start and in how many days
- Helps with organisational skills
- Can help ease anxiety about going back to school
- Allows them to see when they will be in school and when they will be off school again
- Reinforces verbal communication

How to use:

- Mark the day school will start on a calendar
- Encourage the child to countdown the days until school, ticking off on the calendar as each day passes
- On the calendar / weekly planner put a picture of something that motivate the child under the picture of school. i.e. trip to the park, shop for sweets. This will help to encourage going to school in order to get the reward after



- Have a picture of home underneath the school picture on the calendar/weekly planner to allow the child to see that school does not last forever and they will be home again once school has ended
- Weekly planners are used for younger children (primary school age), calendars are usually used for older secondary school children.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

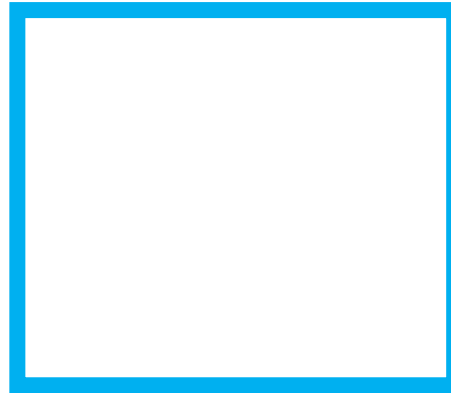
September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Going Back to School

How are you feeling?

I am feeling



I could try





Happy



Sad



draw



push ups



blow bubbles



Excited



Angry



listen to music



Get a hug



talk to someone



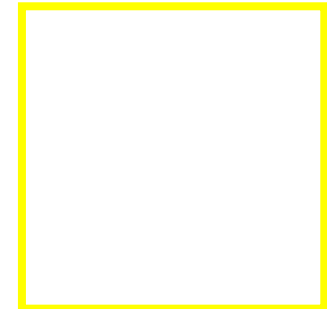
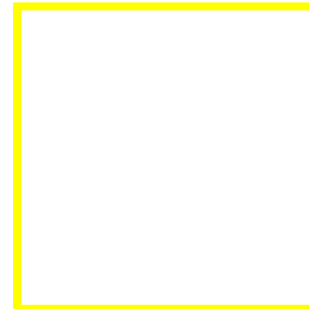
Worried








Scared



go for a walk



1. stop

2. smell the strawberry

3. count to 5

4. blow the candle

5. Relax your body


5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy-things are going well



Take 5 deep breaths

5

4

3

2

1