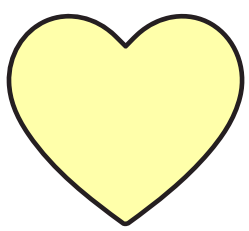




RETURN TO SCHOOL COUNTDOWN

**Cut out each activity, fold and place in a box/jar/container.
Each day, choose at least one activity to complete. If you
don't have a printer, just choose at random.**



Make a card for a person
you've missed (friend or
staff member)



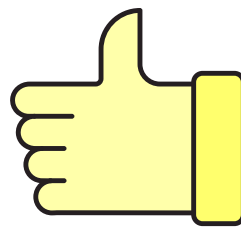
Draw or write about 1, 2 or 3
things that worry you about
going back to school



Draw your classroom



Draw or write about 1, 2 or 3
things you're looking forward
to when you go back to school



Draw or write about one
thing you have achieved
during lockdown



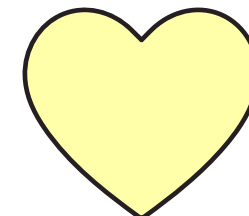
Write a list of all the people in
school who can support you
when you return to school



What is one question you'd like
to ask you teacher about
returning to school?



Draw or write about an ability
or strength you have. Start
with "I can..."



Draw or write about
something you admire about
one of your school friends or a
member of staff (e.g. always
does their best, a good friend)



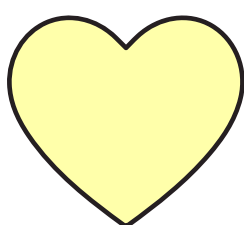
Create a cartoon strip 'how to'
guide for something you can do
(e.g. How to ride a bike, make a
cake, ask someone to play etc.)



Draw or write about one of
your hopes for the future



Choose a "hopeful" song or, if
you're really into music, make a
"hopeful" playlist



What are 3 things you're
grateful for? If one of them
involves a person, make them a
card.



Share a story about lockdown
with a friend (written, drawn,
a comic strip, phone/video
call).



Complete the Anna Freud
"Reflecting on lockdown"
activity