

BACK TO SCHOOL

Activities and information to help you with the transition back into school



BRIDGE THE GAP

jwbridgethegap.com

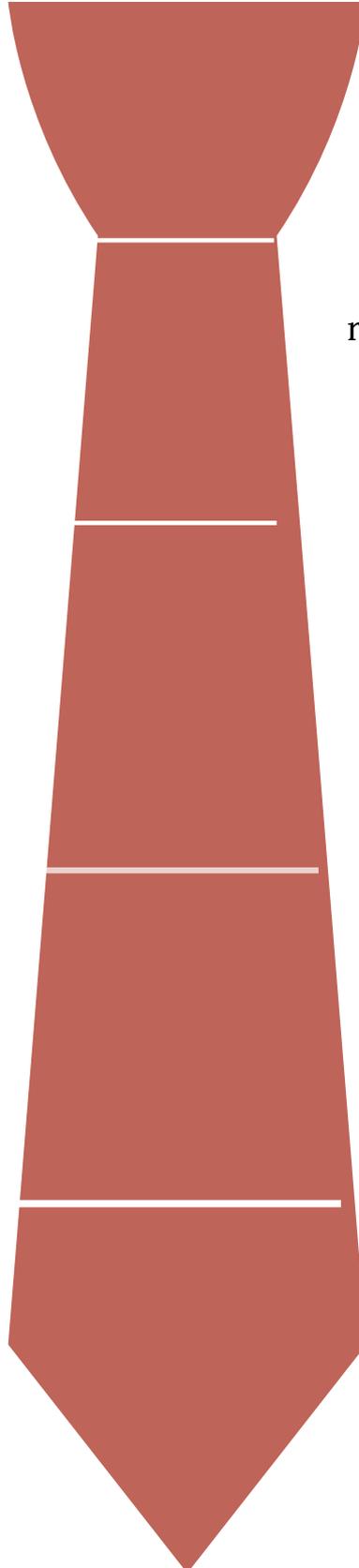
[instagram.com/bridgethegap_cmh](https://www.instagram.com/bridgethegap_cmh)

[facebook.com/jwbridgethegap](https://www.facebook.com/jwbridgethegap)

RETURNING TO SCHOOL

Growth Mindset

e.g "I'm not
alone"



How do I feel about
returning to school?

What are my thoughts
about going back?

What would help me
feel better?

Who could help me?



BRIDGE THE GAP

TODAY IS A NEW DAY

If you wake up feeling low in mood and unfocused...



YAWN THEN TAKE 5 LONG DEEP BREATHS

This will wake you up and energise you!

HAVE A GOOD STRETCH

This will get your body ready for the day ahead

SET A GOAL FOR THE DAY

This will give your day purpose. What can you achieve today?

BE THANKFUL FOR SOMETHING

This will make you feel happier. You have a lot to be thankful for!

FORGIVE YOURSELF FOR YESTERDAY'S MISTAKES

Everyone makes mistakes, learn from your mistakes and move on.

You can't change the past!

My goal for the day is...

I'm thankful for...

ENJOY YOUR DAY AND REMIND YOURSELF THAT
MOMENTS PASS!



BEFORE SCHOOL MAZE

Create a before school routine, you can draw it as a maze, write a list or create a visual time table.

Our brains usually need to be prepared for our day with a good breakfast, steady routine and a few hugs along the way! It can take 3 weeks for a new routine to become a habit, so be patient and don't give up!



BRIDGE THE GAP

COPING STRATEGIES

There's space for you to add your own as well!



Talk it out



Take a walk



Squeeze a squishy toy



Take slow breaths



Relaxation kit



Grounding



Colour or draw



Ask for help or a hug



Muscle relaxation therapy



Tapping



Make a list



Remind yourself that moments pass



Write your thoughts down



Stamp your feet



Drink some water



Look at favourite photos



Do some stretches



Talk kindly to yourself



Play



Have a snack



Scented Ribbon



Give my hands a massage



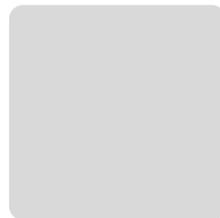
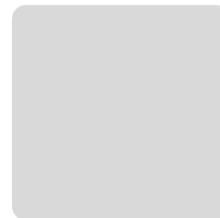
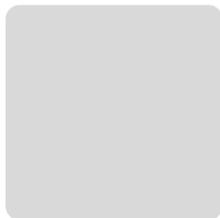
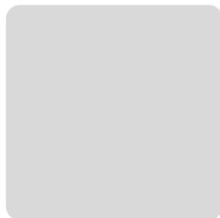
Scribble on paper



Rub a shell or stone



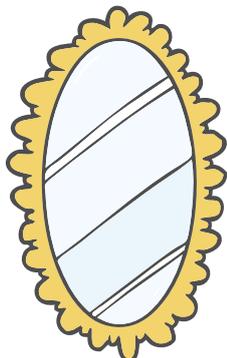
Think of a happy place



BRIDGE THE GAP

MY COPING GUIDE FOR SCHOOL

Something kind you can say to yourself :



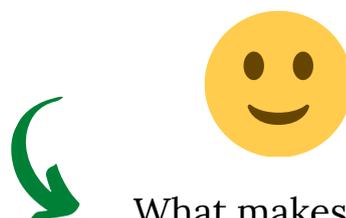
 Try counting all the green things in the classroom to help you feel grounded.

breathe

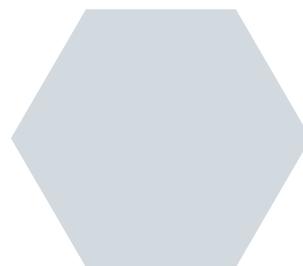
Your favourite breathing exercise:

Be **mindful** - practice concentrating on the here and now: imagine your thoughts on a cloud passing by...

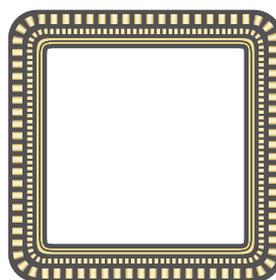
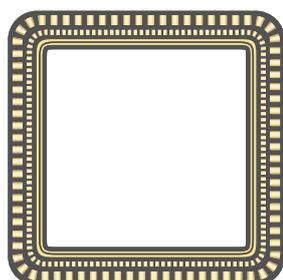
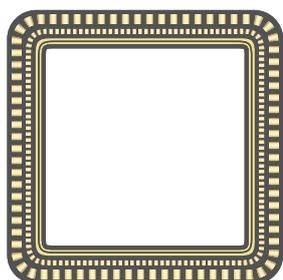
Write your thoughts here



What makes you smile or laugh?



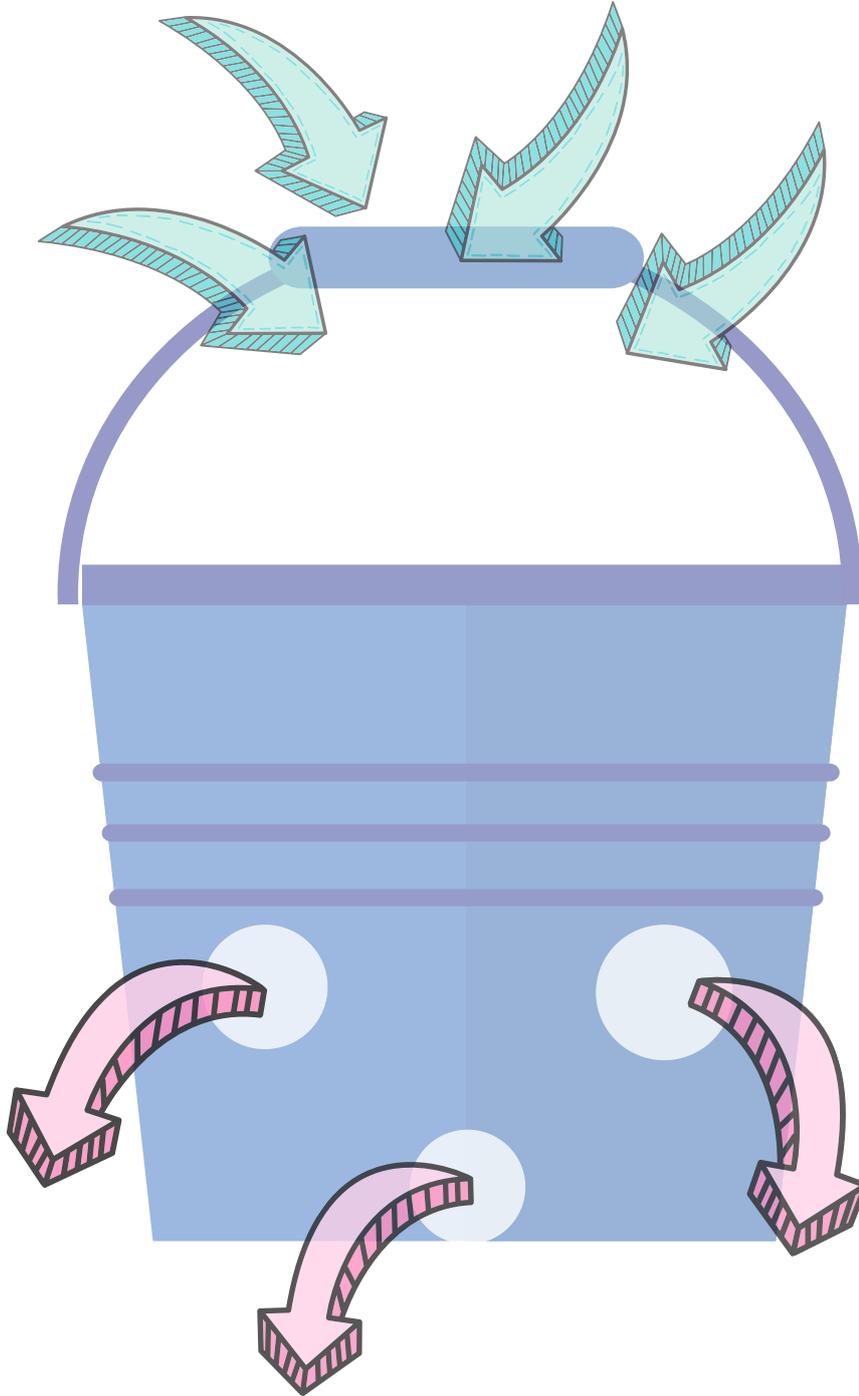
My top 3 coping tools....



BRIDGE THE GAP

WHAT STRESSORS ARE FILLING YOUR BUCKET UP?

Write or draw them around the arrows at the top.

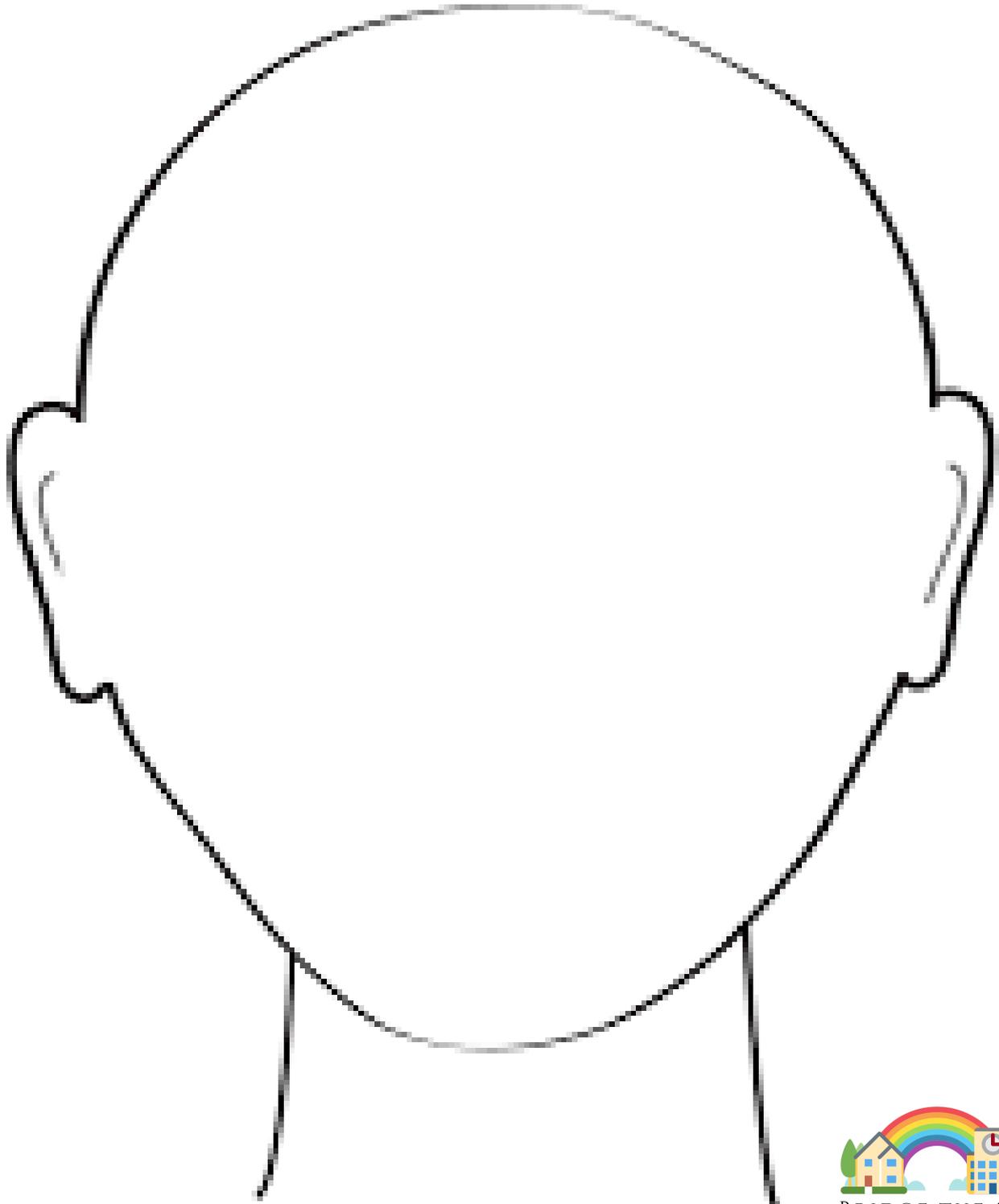


What helps to empty your bucket of stress?
Write them or draw them around the bottom.

If something has happened today at school that has made you feel angry, hurt, sad or unsure, try a mind map. There is one for you to try on the next page.

Mind maps can help us to 'untangle' our thoughts. How are you feeling right now? Fill in the face to express how you feel.

Remember emotions are normal, even difficult ones.



Write/draw any thoughts or feelings around going back to school. There is no right or wrong answer, it's the process that helps.



EVENING CHECKLIST

How do I feel overall about today?



What feelings am I experiencing in my body right now?

5 thoughts I have right now

- 1.
- 2.
- 3.
- 4.
- 5.

Is there anything I need to problem solve?

I'm proud of myself today because...

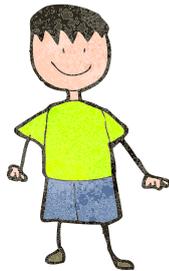


SIX WAYS TO PRACTICE GROUNDING

anxiety & intense emotions

BODY

Lay on the ground, press your toes into the floor, squeeze playdough



FIVE SENSES

Wear your favourite sweatshirt, use essential oils, make a cup of tea



BREATHE

Practice 4-7-8 breathing ; inhale to 4, hold for 7, exhale for 8. Practice belly breathing.



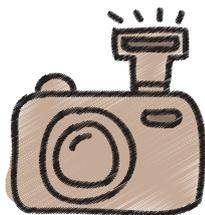
SELF SOOTHE

Take a shower or bath, find a grounding object, light a candle



OBSERVE

Describe an object in detail; colour, texture, light shapes



DISTRACT

Find all the square or green objects in the room, count by 7's, say the date.

1 2 3 4 5
6 7 8 9 0

REMEMBER THAT YOU ARE AMAZING
AND BRILLIANT JUST AS YOU ARE

Colour the rainbow then add things that you like about yourself around
the outside and some "I can..." statements.

