

Autism Advisory and Intervention Service

Lockdown Experience

Returning to School

Back to School Game



Going Forward to School

I am returning to school after learning from home since March. My school will let my parents/carers know what day and time I need to be at school. It will be exciting to see my teachers and friends again but I may also feel a little worried about the things that may be different in school. This is OK, my teachers will understand and will support me. It will help my teachers if I can tell them a little bit more about how I learnt best during lockdown and how I am feeling about returning to school.

I can complete this workbook with my parents/carers before I return to school. I can give it to my teachers and this will help them learn a little more about me.

Read the questions in the boxes below, think about your whole home school experience over the last 6 months, not just the last few weeks. Please circle the answers you think are best suited to your experience, you can circle more than one each time. At the end of this booklet you will find a game that you can play with a parent or someone who cares for you.

My Lockdown Experience

What I liked about learning at home?

Circle your answer



Being at home



Resting/Quiet



Cooking



Gaming/TV



Working on laptop/
Computer



Gardening



Exercising



Something else

How did I Learn Best?
Circle your answer



Quiet



Music



In my bedroom



At a desk



With someone to help



By myself



Online



Worksheet



Something else

Any significant events?
Circle your answer



Birthday



Achievement



Illness



Family event



Something else

What was difficult?
Circle your answer



Concentration



Worry



Noise



Confusion



Scared by news reports



Getting up in the morning



Illness



Being inside



Missing my friends



Missing my school



Too much/Too little work



Something else

My Feelings about Returning to School

How am I feeling about returning to school?
Circle your answer.



Happy



Not sure



Unhappy



Something else

What am I looking forward to when I return to school?
Circle your answer.



Seeing my friends



Seeing my teachers



Routine of school



Learning new things



Something else



Not sure

What am I worried about when I return to school?
Circle your answer



Handwashing



Changes



Other children



Coughing



New teaching staff



Eating in school



School uniform



Transport to school



Something else



Not sure

Who can I talk to about returning to school?

Circle your answer.



Someone in my family



Someone in school



A friend that I trust

What might help me feel better?

Circle your answer



Friends



Teaching staff



Being organised



Being back in school



Visiting school before everyone returns



Working at home some of the time



Something else



Not sure

Congratulations you have completed your lockdown experience booklet. You may want to share this with your new teacher or keep a copy for a time capsule to remind you of this unusual learning experience.

Back to School Game

Instructions

Roll the die and move your game piece that number of squares.

Read the question in the square and give your answer.

When it is not your turn, you should show good listening.

The game can be for 2-4 players.

The first player to get to the finish wins!

Notes

The aim of the game is to help a child feel prepared and empowered to go back to school. In turn the adult supervising will be able to identify areas of concern where further support may be required. Children should be encouraged and praised as much as possible throughout the game to help build up their confidence and self-belief. Most importantly have fun, it will help contribute to a positive atmosphere around going back to school. 😊

QUESTIONS KEY	
	Pandemic
	Friendships
	School
	Emotions
	Routine
	Positivity



Returning to School Game

How many questions can you answer?

What is your class teacher called?

What does your body look like if you are worried?

What time do you need to get up in the morning?

What is your favourite colour?

How can you greet your friend without touching?

In class, who would you like to sit in your group?

Are there any helpers in your class?

Name one thing you can do if you feel nervous.

How do you know if your friend is happy?

Name a person who makes you smile.

When do you start your new class?

What does your body feel like if you are excited?

What are you most looking forward to learning?

Name one thing you want to tell a school friend?

How long does it take to wash hands properly?

Name 2 important things to do at bedtime?

What are you looking forward to at school?

What school club would you like to try?

What games can you play at lunch time with friends?

What can you do if someone is too close to you?

What season do you like the most and why?

What hobby do you like or would like to try?

Name something you like about a friend.

Name 3 things you need for school.

Describe one tip to help if you get frustrated.

How do you get to school?

What is your favourite toy or book?

What should you do if you have to cough/sneeze

START

Finish

