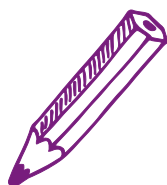


BACK TO SCHOOL SECONDARY



Welcome



The past few months have been very different from any other time we've known.

For everyone, there have been different circumstances to get used to, and the situation is still changing. For most secondary school pupils, there's been a long period of home schooling. Returning to school after the summer holidays might feel like quite a big deal or it might be something you're excited to get back to. However you feel about returning to school, this booklet is designed to give you hints, tips and activities to try so that you move back into school life feeling confident and calm.

Routine

Relationships

Feelings

**Managing
Change**



Feelings



Have you ever wondered why you could be doing exactly the same thing as your friend, but you can both feel totally different about it?

Does reading aloud in class fill you with dread, but you know your best friend thinks that it's not a big deal? Have you felt excited to go to a party but have seen other people make excuses not to go? Sometimes, our emotions can be the opposite to those of our friends and that's normal.

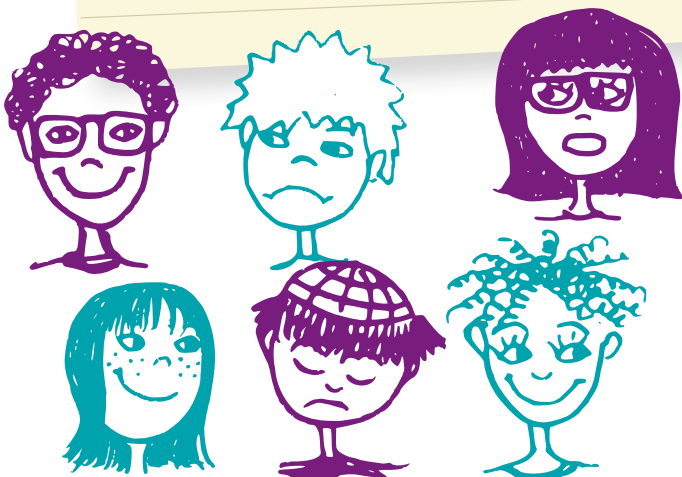
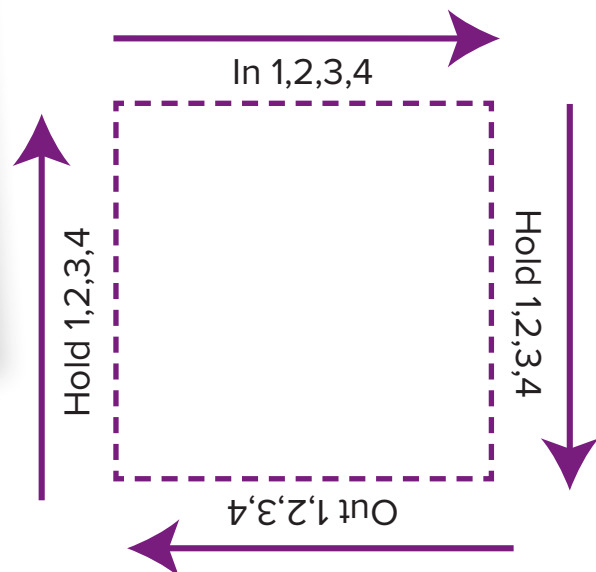
During lockdown, you may have experienced a range of emotions, even during the same day. It's good to acknowledge how you are feeling. It's even better if you know how to manage and change any emotions that make you feel uncomfortable.

Top Tips for Managing Moods

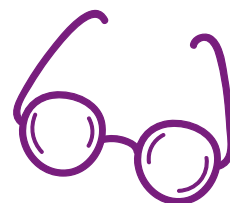
- ★ Get a good night's sleep
- ★ Keep active and exercise
- ★ Stay connected with people you care about
- ★ Learn something new
- ★ Eat well
- ★ Do things that keep you calm
- ★ Take some long deep breaths

Why not try some square breathing to help you feel calm...

As you breathe, use your finger to trace along the arrows



Mood Tracker



Our mood can change hour by hour and day by day. If we track how we feel, we can spot patterns and notice when certain things might trigger our mood.

Create your own colour key and use the monthly grid tracker to check in with your mood in the morning and evening of each day. Remember that ALL feelings are OK but if you notice a pattern of low mood it can be helpful to talk to someone about it.

Mood Colour Key

 Happy	 Excited	 Calm	 Sad	 Scared
 Anxious	 Tired	 Grumpy	 Angry	 _____
 _____	 _____	 _____		
 _____	 _____	 _____		

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM
PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM
PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM
PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM
PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM

Wall of Worries



We all have worries. Some are small and some can be much bigger.

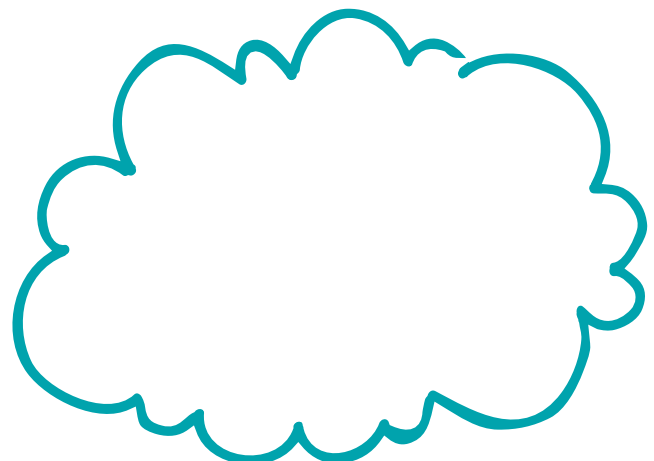
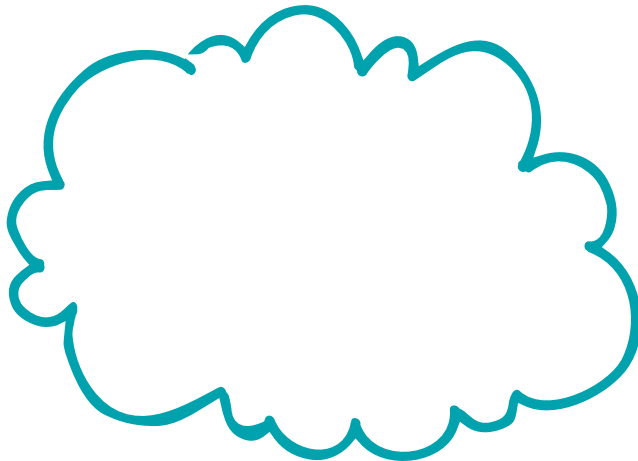
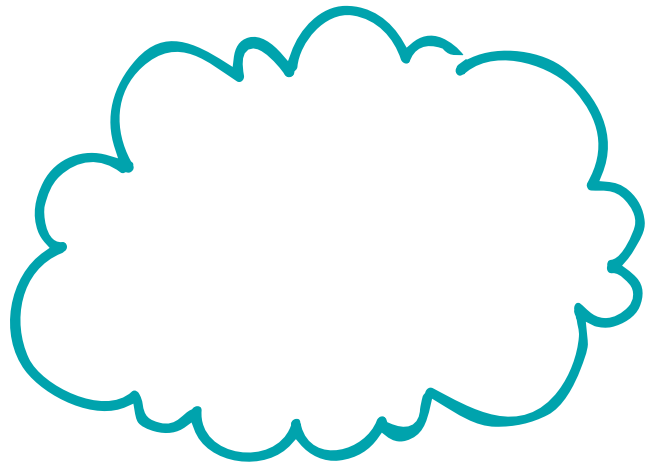
When we worry it can be hard to concentrate and it can stop us from learning or enjoying what we are doing. Every time you feel worried, write down what it is that is worrying you on a brick on your wall. Can you spot any patterns?

Keeping Calm

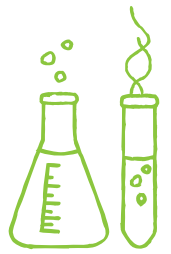


We all like doing different things to stay calm and it's important to think about what works best for us as an individual.

You might like exercising, drawing or listening to music but others might prefer going for a walk, meditating or reading. Fill the clouds with your go-to strategies for when you're feeling stressed.



Managing Change



There have been many changes lately and we have had to follow new rules about what we can and can't do. With rules and guidelines changing all the time, we might be left feeling confused or anxious. One thing is certain though – throughout life, there will always be change.

Think about how much you have changed already; from being a toddler, through primary school and now into secondary school. Think how many changes you'll go through in the next 10 or 20 years! Here are some activities to help you look at change as a positive thing and understand that sometimes there's change we can't control, but we can choose how to respond to it.

Some of the things that have changed for me are:

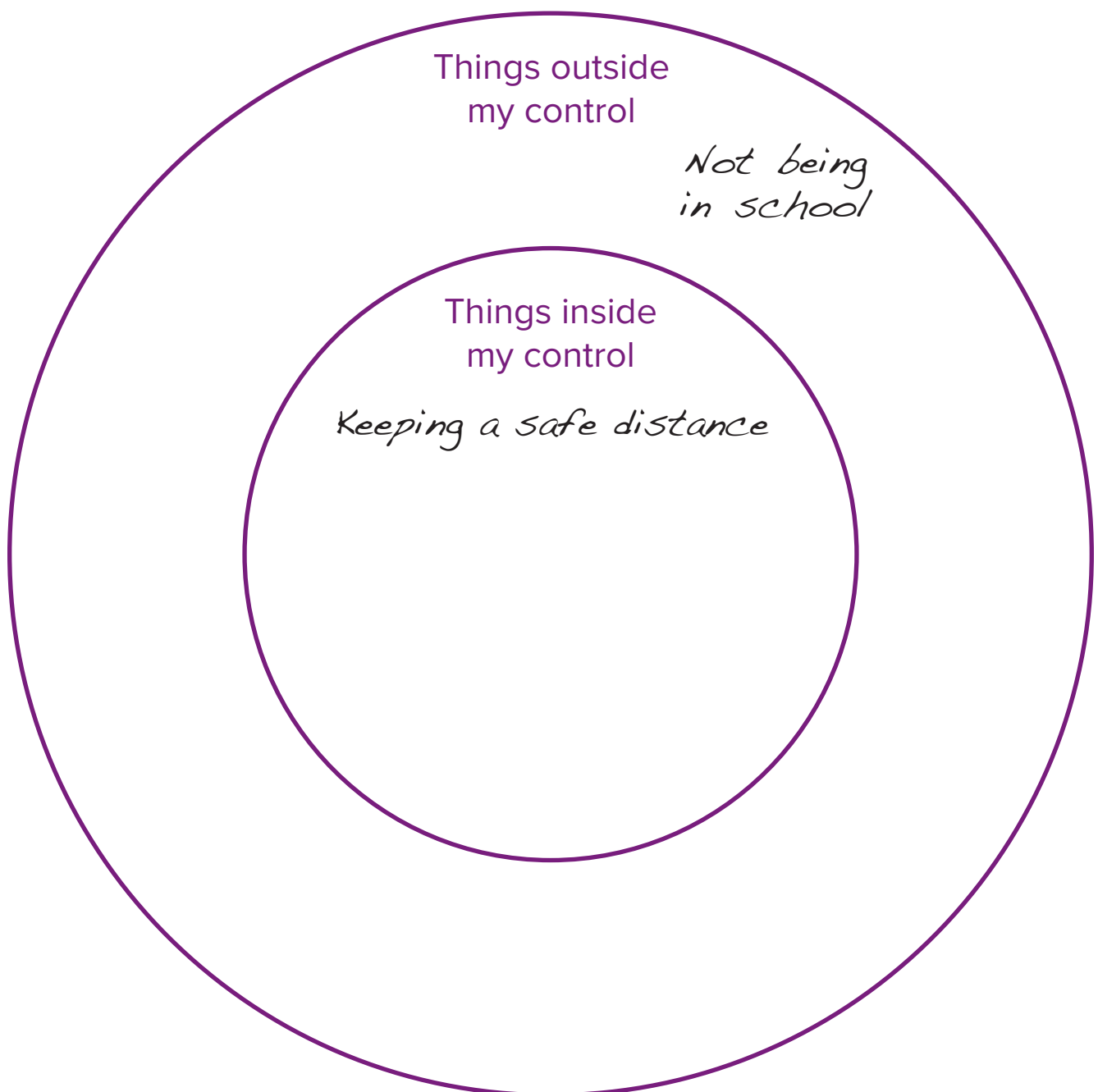
A large, light green rectangular area with a torn bottom edge, intended for writing. It has a small, light brown rectangular tab at the top center.

Inside/Outside of Your Control



When things change, sometimes they are completely out of your control and sometimes we can take steps to manage them.

Sort your ideas from the previous activity into the circles below.



Thinking about Change



Sometimes when things change, it can help to look more closely and break down what happened, how we feel about it and what we could do to manage it. Pick one example of something that has changed and break it down in the boxes below.

What changed?

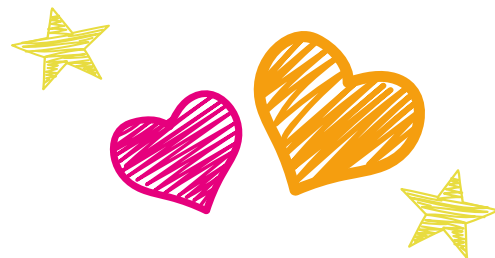


How do I feel?



What can I do?

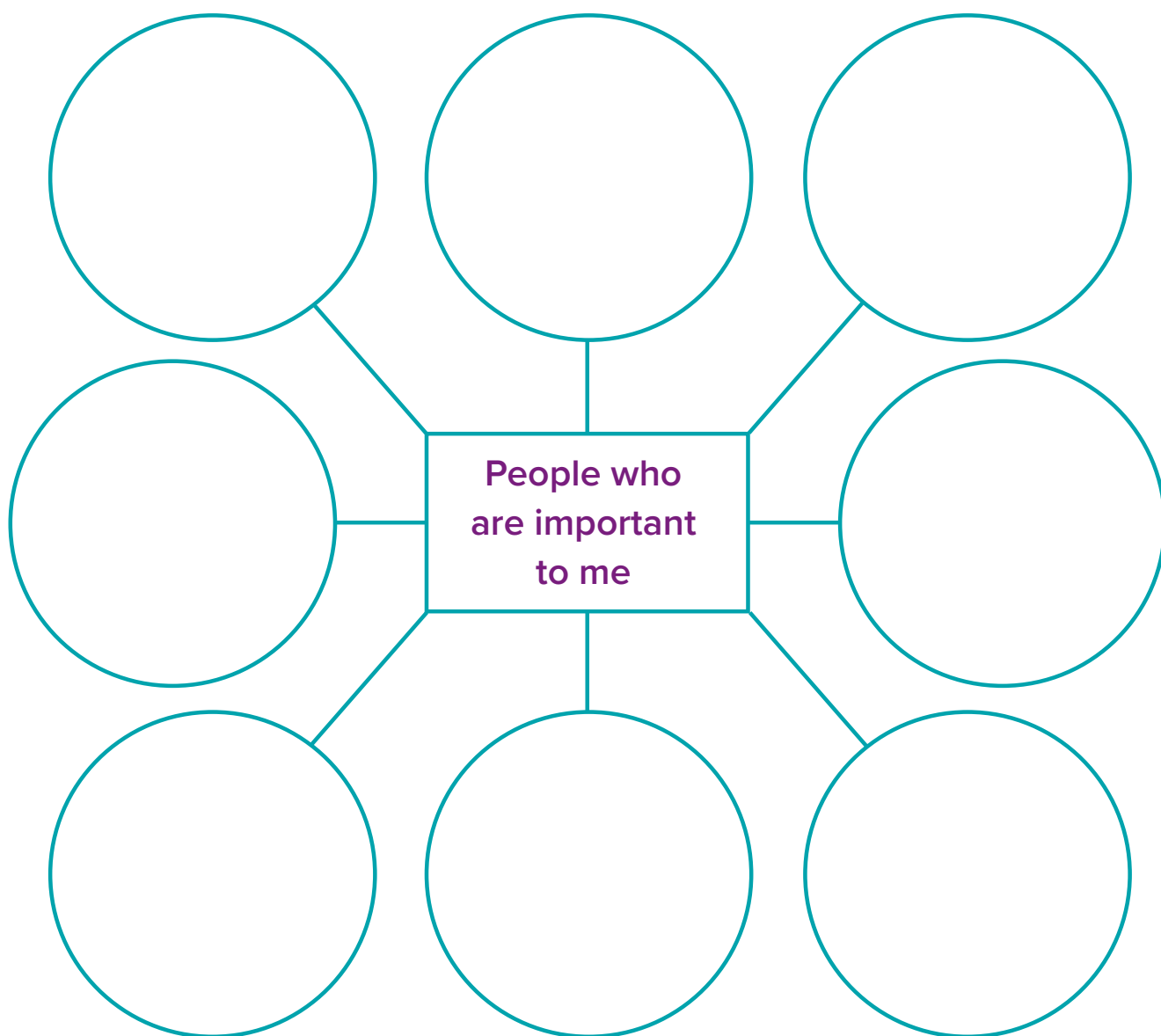
Relationships



Over the past weeks and months, the relationships that you have with both your friends and your family have probably changed.

Some people (like the people we live with), we might be seeing much more of than we usually do. Other people (like our friends), we might be seeing less of or we might have to keep in touch with them in different ways. This can make maintaining healthy relationships trickier, but the good news is that relationships can always be strengthened and improved. Completing the activities below will help you think about how to keep your relationships healthy.

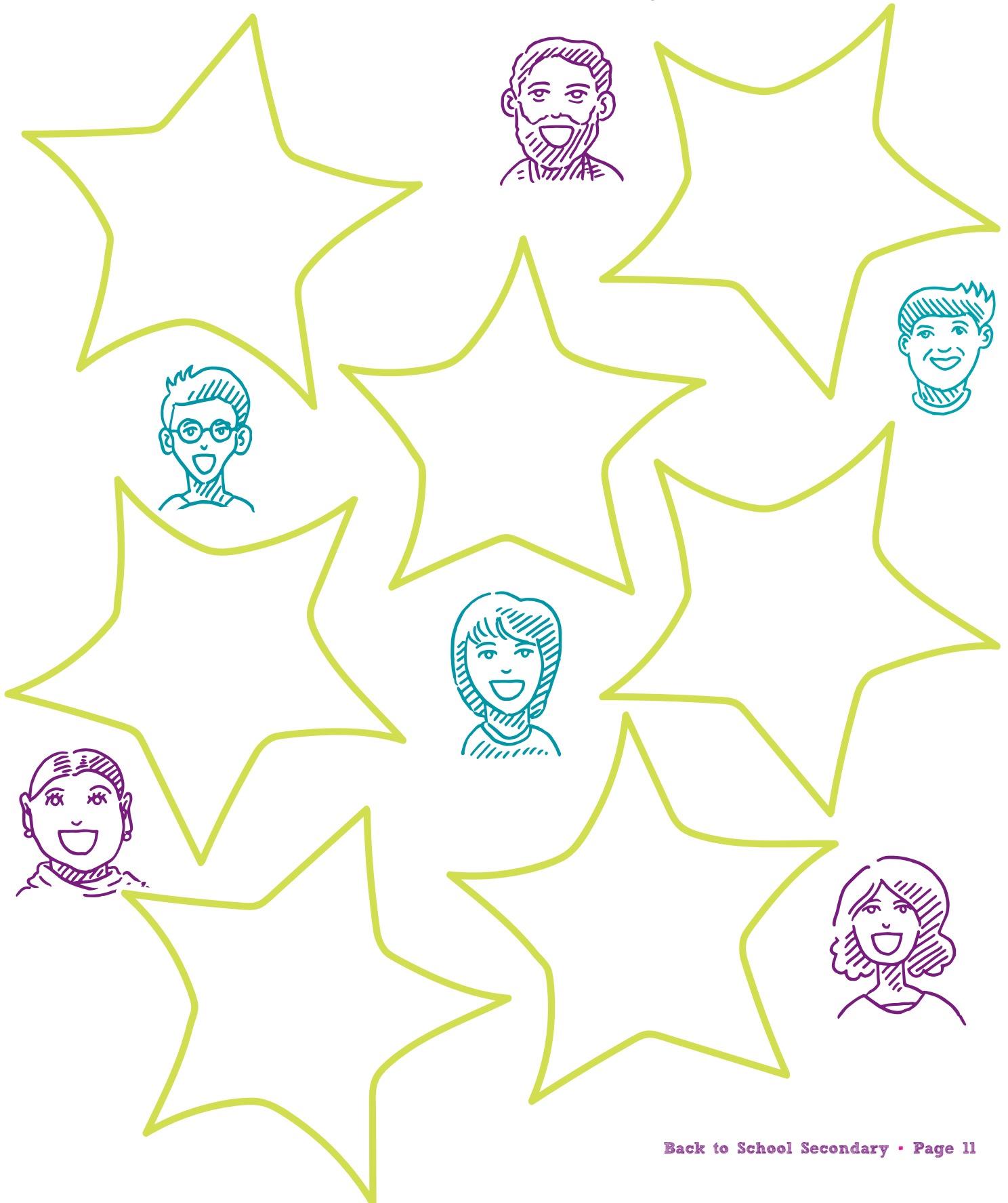
Think about people who are important in your life and add them to the circles below.



Star Qualities



Think of someone from your life who is important to you and that you trust or admire. Write in each star a quality that person has that makes them important to you!



Healthy Relationships

Real friends encourage you to be the best you can be.

Some friendships and relationships can be healthy and others might be unhealthy. Think about what a healthy friendship or relationship looks like? What about an unhealthy friendship/relationship? Write your ideas below.

Healthy Relationships



Examples:

- Respects me and my feelings
- Listens when I need to talk

Unhealthy Relationships



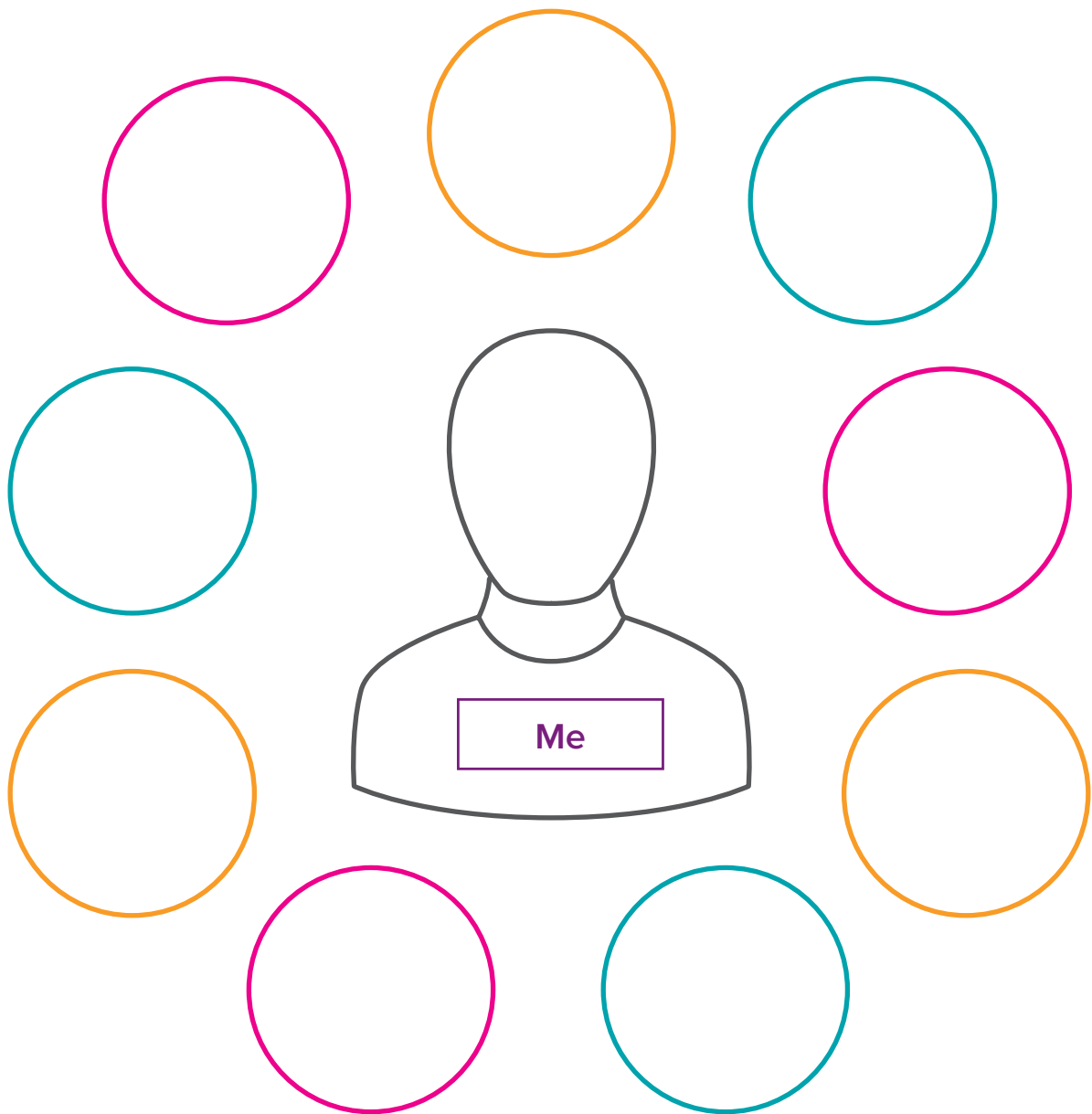
Examples:

- Makes fun or teases me
- Tells lies about me

It's Good to be Me

When thinking about relationships, it is important to think about our relationship with ourselves as well. When we are at our best we may show different qualities or do different things than when we aren't feeling so great.

What do you do, or how do you feel, when you are at your best?
Add your ideas to the circles below.

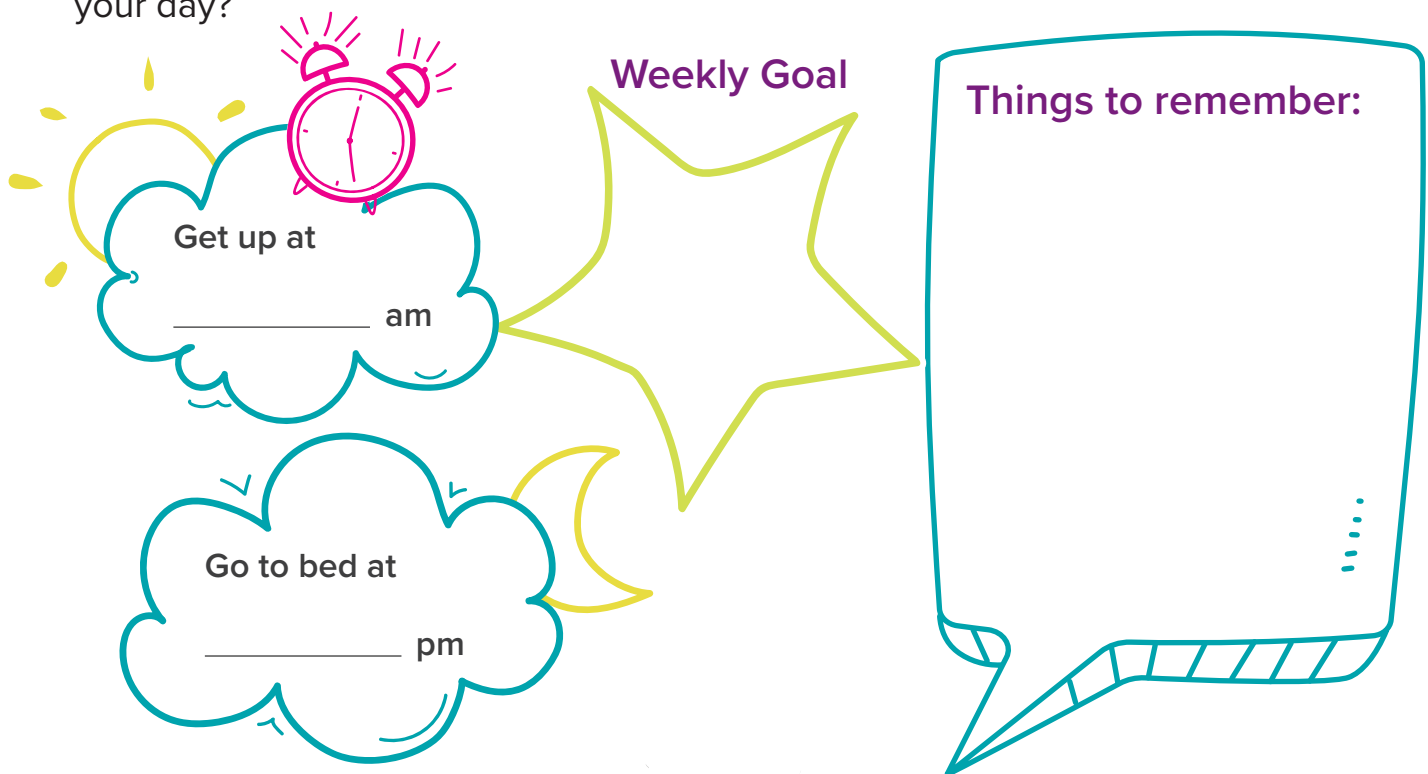


Remember... If you're not feeling at your best you could talk to someone you trust and see if they could help you make a change.

My Routine

When things in life seem out of our control, keeping a routine can be a really quick and important way of taking charge.

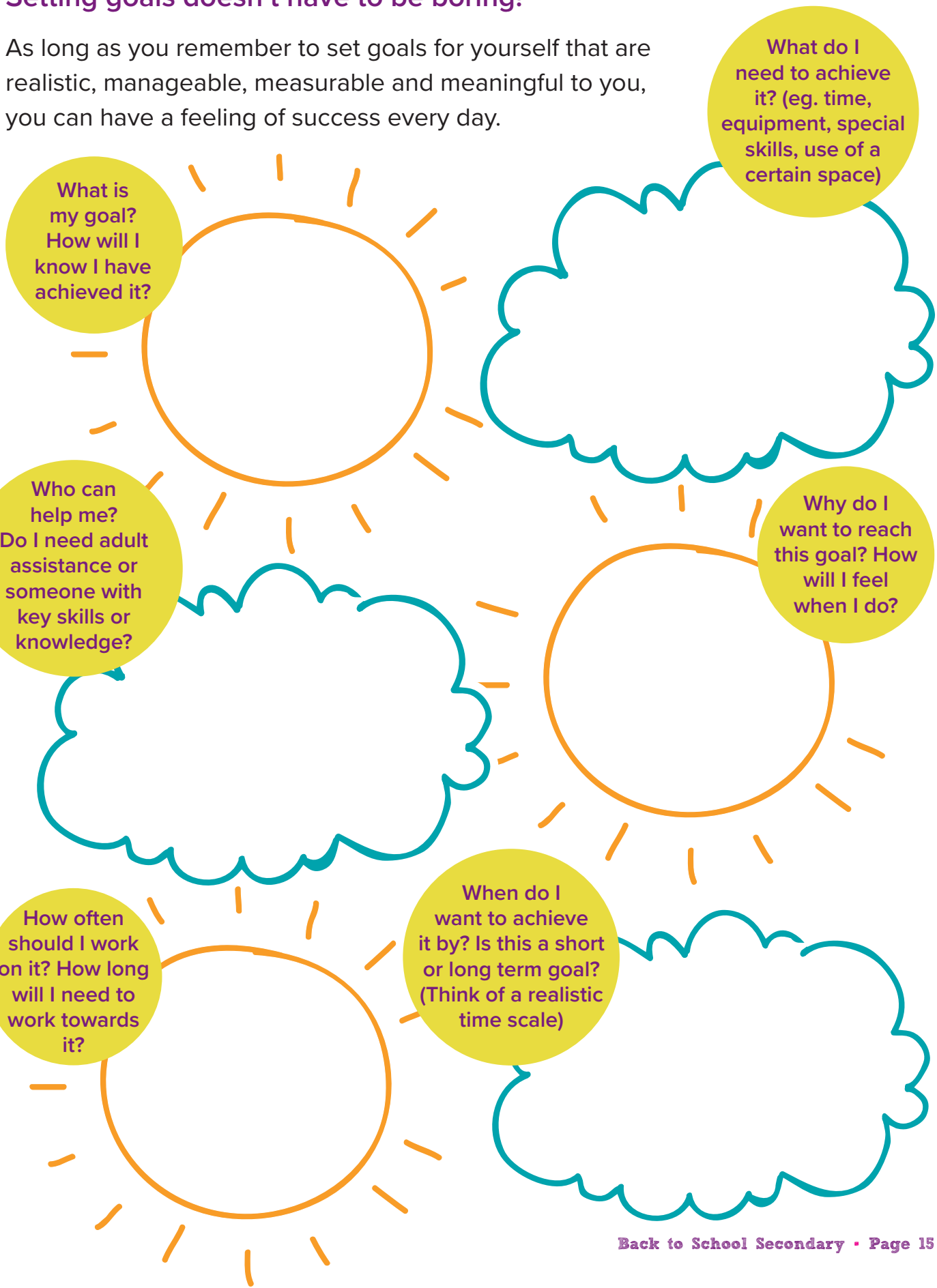
Every day brings with it the opportunity to achieve something, no matter how big or small. This might include exercise, school work or even just an activity that you enjoy doing. Complete the plan below. Remember to include time to chat to friends, complete homework, eat, relax and do the things you enjoy. Think about your priorities. Which things are a must for your day?

[illegible]

Setting a Goal

Setting goals doesn't have to be boring!

As long as you remember to set goals for yourself that are realistic, manageable, measurable and meaningful to you, you can have a feeling of success every day.



What is my goal?
How will I know I have achieved it?

What do I need to achieve it? (eg. time, equipment, special skills, use of a certain space)

Who can help me?
Do I need adult assistance or someone with key skills or knowledge?

Why do I want to reach this goal? How will I feel when I do?

How often should I work on it? How long will I need to work towards it?

When do I want to achieve it by? Is this a short or long term goal? (Think of a realistic time scale)

My Goal Tracker



Add 3 of your goals to the table below.

Keep track and tick off each day that you have worked towards your goal. Write in the box how you are feeling about this goal today. At the end of the week, don't forget to evaluate how you got on with each of your goals!

	Goal 1:	Goal 2:	Goal 3:
Monday	☐	☐	☐
Tuesday	☐	☐	☐
Wednesday	☐	☐	☐
Thursday	☐	☐	☐
Friday	☐	☐	☐
Saturday	☐	☐	☐
Sunday	☐	☐	☐

Goal 1:	Got Worse	Stayed Same	Improved	Achieved Goal
Goal 2:	Got Worse	Stayed Same	Improved	Achieved Goal
Goal 3:	Got Worse	Stayed Same	Improved	Achieved Goal



Remember... Some goals take more than a week to achieve. Don't give up if you haven't reached your goal yet. Perseverance is key!

Things to Remember



Keeping to a routine is helpful

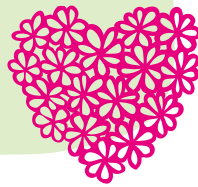
Make time for things you enjoy



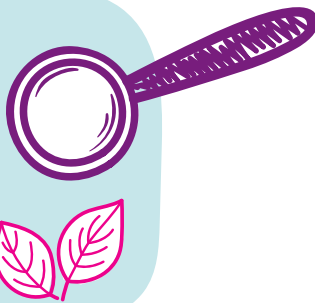
Never be afraid to ask for help



All feelings are OK



Change can sometimes be a good thing



Working towards goals can make us feel proud



You are awesome!





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