

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-

The 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 to help them 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 alongside the Anxiety Resource Pack found on our website www.autismni.org

Back to School Top Tips



- Once you know school is starting again, it is time to start to talk about it with ,
- 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 again
- On the week of school begins, 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

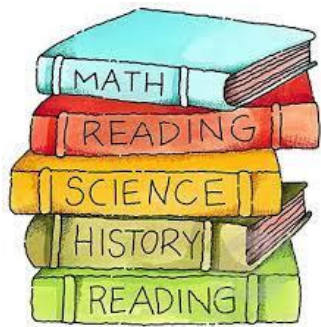
Uniform Top Tips

- 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 the 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. Summer is over
It is important that children go to school.

I have been off school for 2 months.
It is exciting to go back to school.

My school is called _____

I will go back to school on _____

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

Add in picture of
school

Add in picture of
teacher

I can use my weekly calendar to see when I will start school



5		Feeling sad - I need help to calm down
4		Feeling angry - 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

I might feel scared or anxious about starting school again, that is ok. I can speak to a parent or grown up I trust about how I am feeling. I can also use my feelings chart.



I could also use my school triggers worksheet to help show my parent or carer what it is about school that is making me anxious



When I go back to school I must remember to wash my hands more often in school. I will also have to remember to stay in my classroom bubble and keep my social distance if I need to.

Going back to school is exciting. I will get to

- See my teacher again
- Talk about what I did when I was off
- Learn new things
- Do experiments
- Play games
- Play with friends and classmates or alone if I want to



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



My parent or carer 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 old
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.

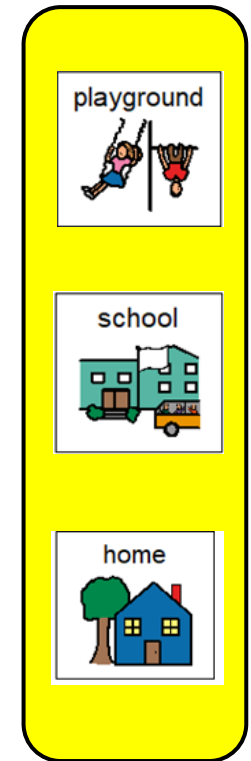


Benefits of using weekly planners / calendars:

- 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

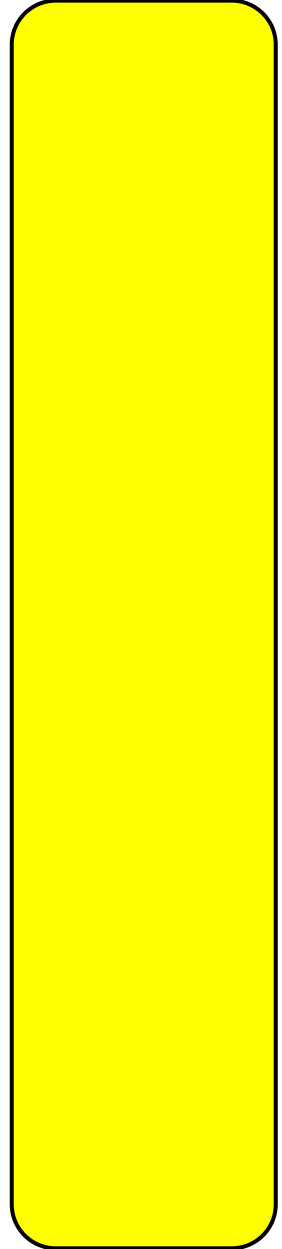
How to use:

- 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 motivates 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.

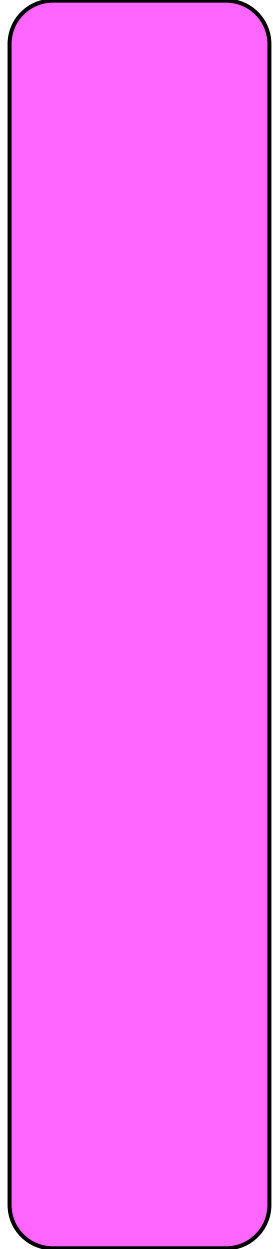




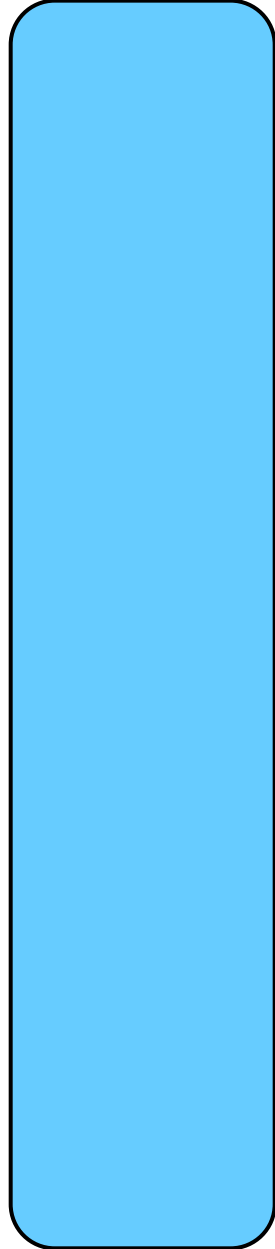
Monday



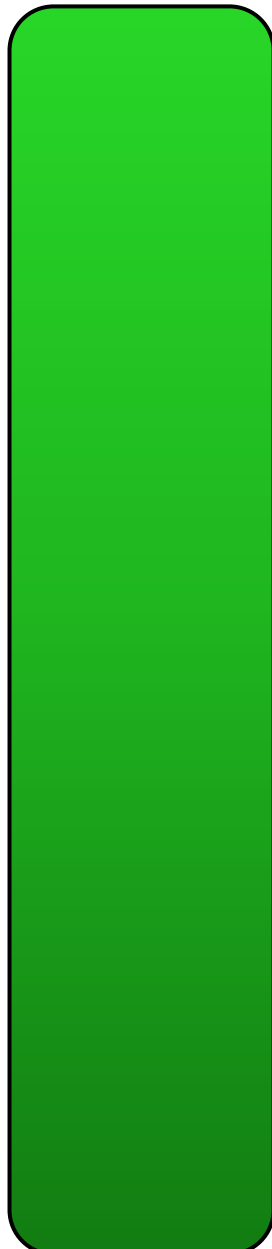
Tuesday



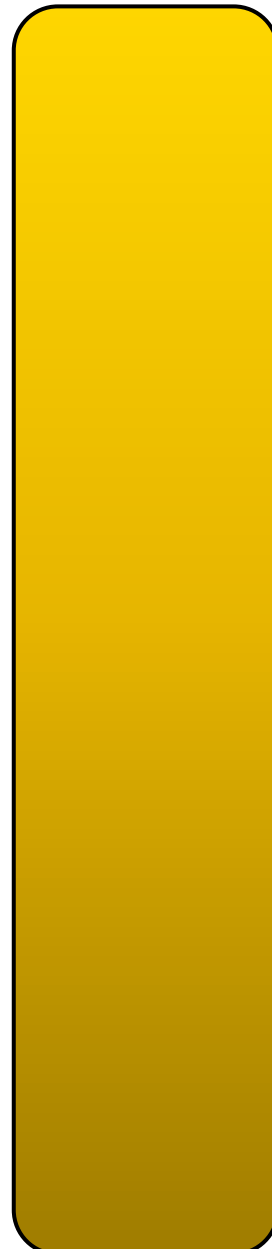
Wednesday



Thursday



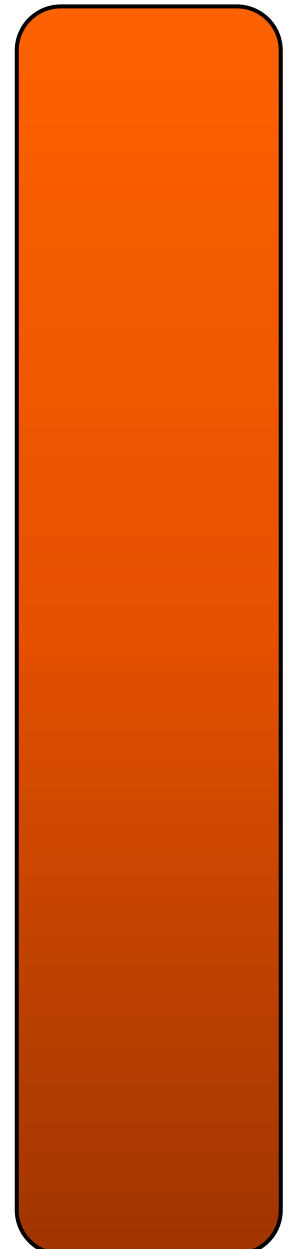
Friday



Saturday



Sunday



August 2022

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			

Back to school countdown

14
days



13
days



12
days



11
days



10
days



9
days



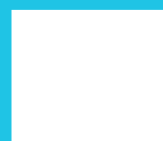
8
days



7
days



6
days



5
days



4
days



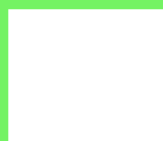
3
days



2
days



1
day



School
Today!



How Do I Feel?

Sad

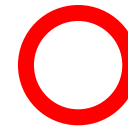
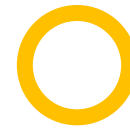
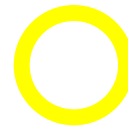
Ok

Happy

A bit
annoyed

Angry

Very
angry



I can pick a calm choice!



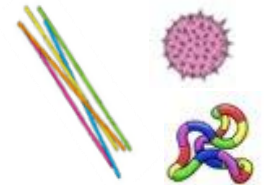
Draw/colour
in



Breathing



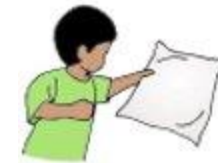
Fidgets



Get a hug



Punch a pillow



Talk to
someone



Blow bubbles

