

## Back to School – resources to support children’s well-being

Dear parents and carers,

We are really looking forward to all the children returning to school and can’t wait to welcome them back. We have put together some ideas to help you to prepare your child for their return to school and all the different emotions they (and you) will be experiencing. We hope you will find some of them useful. If you have concerns and would like to speak to someone, please contact me:

Chloe Smith, Pastoral Manager, Canonbury Primary School:

[chloe.smith@canonbury.islington.sch.uk](mailto:chloe.smith@canonbury.islington.sch.uk) Tel: 020 7226 5020



This [video](#) from the Schools Wellbeing Service has five useful and practical tips for parents to help your child feel confident to return to school after lockdown.

This [poster](#) has lots of practical ideas to help you prepare your child for the first day back at school.

Try a [written activity](#) about ‘going back to school’ which gets children to think about what they are looking forward to, what they are worried about and what they can do to help themselves feel better.

This [letting go and future plans activity](#) allows children to acknowledge what they have missed out on and how that has made them feel and also encourages them to think about what they are looking forward to in the future.



The [daily mindfulness calendar](#) has ideas of mindful activities to help your child relax, including breathing and gratitude.

This [kindness calendar](#) has seven days of activity ideas for you to use with your child which can increase happiness. It also includes a blank template so you can create your own kindness calendar for your family.

You could use the calendar to count down the days before going back to school. Before bed cross off that day on the calendar and count the number of days left until school starts again. This will give your child time to prepare for the return.

[Ollee, the free online virtual friend](#) can help you support your child with any worries and concerns about topics including, family, friends, school, the world, their body and the internet. Ollee will ask a few questions to understand the problem and then give some supportive advice and ideas to help.



The [Bow-wowza website](#) has lots of [fun activities](#) to support your child through the change of going back to school. If they are anxious, you might like to create a [worry monster](#), or build up their resilience by trying out the [positive daily checklist](#) where they can tick off the positive activities they have done each day. Or create a [happy list](#) of all the things that make them happy.



Movement can help your child deal with different emotions. [Stormbreak](#) has fun, active videos on **self-care, optimism, resilience and relationships**. Some of our favourite videos are [mood shift](#), to help your child recognise their emotions, [building hope and optimism](#), [staying calm when you feel wobbly](#), and [building connection with others](#). There are lots more to choose from too!

[This article from Young Minds](#) has general useful tips for parents about supporting your child going back to school after lockdown.

If your child is feeling anxious about the return, [this article](#) includes some breathing techniques and ways in which you can support them.

[This video](#) from the Schools Wellbeing Service looks at common worries your child might have about returning to school and how you can help.

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