

Getting Ready for School

A workbook about how you're
feeling and what to expect.



For ages 5-9

www.bluecovepractice.com



A Note for You



The summer holidays are a long time. Now it's time to go back to new routines, new classes, and seeing everyone again.

It's normal to feel lots of different emotions about that. You might feel excited to see your friends, and also a bit of dread or worry. You may not want to go back to school at all. Any time we take a long break from something, even if it's something we like, it can feel strange to start again.

You're not the only one who might feel this way! Your teachers might feel it too, and even the headteacher might feel a bit nervous. Grown-ups have these feelings as well, they just don't always say them out loud.

There's no "right" way to feel about going back to school!



A Note for Grown-Ups

Starting or going back to school is a big change for young children, and it's normal for that to bring up a mix of feelings, including worry, even in children who seem confident. Some children talk about it openly; others show it through quietness, heightened attachment, or a change in behaviour.

This workbook gives your child a low-pressure way to work through how they're feeling, get familiar with practical details, and know who they can go to if something feels hard. There is no right way to fill it in, and it's designed for your child to work through mostly on their own.

If your child seems persistently anxious, tearful, or unwell around school, or their worry is stopping them taking part in everyday life, it's worth speaking to their class teacher, the school's pastoral lead, or your GP. This workbook is a support tool, not a replacement for professional help.



All About My School



Fill this in as you find out more. Ask someone if you get stuck on any of them, but you can do the rest on your own.



My school's name is _____



My teacher's name is _____



My classroom / group is _____



How I get to school _____



What I need to bring on the first day _____



What I will wear on the first day _____



School Word Search

Can you find all 10 words hiding in the grid?
They go across, down, and diagonally.
Circle each one you find.

N	F	Y	K	E	P	F	R	I	E	N	D	N
B	V	C	Y	R	S	Z	K	K	W	L	T	P
S	S	Z	O	C	C	I	P	W	V	C	B	B
C	S	X	W	T	E	A	C	H	E	R	J	O
H	U	C	S	V	O	J	W	M	H	V	L	O
O	A	O	O	L	F	T	D	C	P	B	G	K
O	Y	J	E	O	X	H	N	M	M	P	C	F
L	O	M	R	I	T	U	E	D	N	R	I	W
N	P	L	A	Y	L	E	L	V	E	M	H	E
C	L	A	S	S	C	F	R	E	H	S	V	H
A	P	S	P	E	N	C	I	L	F	I	K	J
A	E	N	R	L	T	S	K	E	W	Q	T	U
V	X	B	O	Y	V	Z	R	M	M	M	M	D

Words to find: BOOK • CLASS • DESK • FRIEND • LUNCH •
PENCIL • PLAY • SCHOOL • SCOOTER • TEACHER



How Am I Feeling?

It's common to feel more than one thing about school.
Look at the faces below and circle the one (or ones)
that feel like you today.
You can colour it in if you'd like to.



Happy



Excited



Nervous



Worried



Silly



Angry



Sad

I feel this way because... _____

Is there anything about school that's on your mind?
You can write or draw it here:

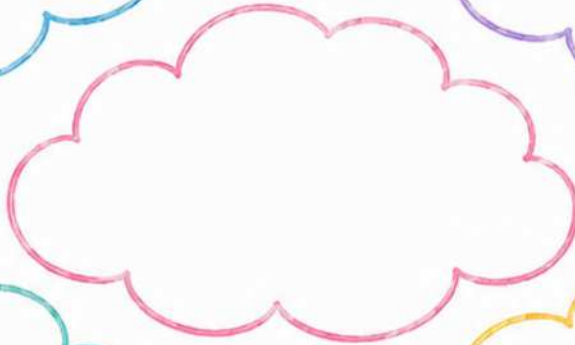
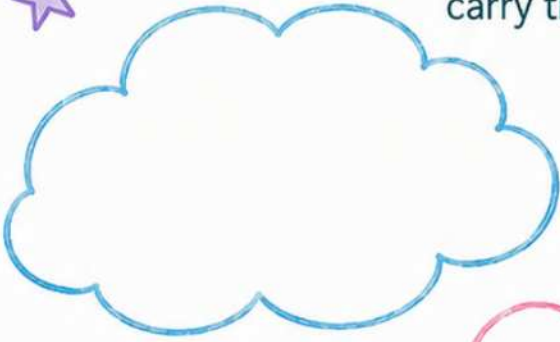




Letting Go of Worries



Write your worries about school on the clouds below.
Once they're written down, you don't have to
carry them around in your head.



When you've finished, try this exercise:

- ★ 5 — Notice 5 things you can see
- ★ 4 — Notice 4 things you can hear
- ★ 3 — Notice 3 things you can touch
- ★ 2 — Notice 2 things you can smell
- ★ 1 — Notice 1 thing you can taste.





People Who Can Help Me



Everybody has people they can go to when something feels hard, confusing, or upsetting.

Write the names of people who can help you.



My teacher: _____



My parent / carer: _____



Another trusted adult: _____

You can also talk to a teaching assistant or lunchtime helper at school.





What Could I Say?

Sometimes it helps to have a few words ready.
You can say them out loud, whisper them, or point to them.

I'm not
sure what
to do.

Can you
help me?

Can I have
a minute?

Something else I could say: _____

It's okay to ask for help.





Things That Can Help

When something feels hard, it can help to have a few things ready to try. Ask a grown-up to try these with you, and tick any that feel useful.

☐

Take 5 slow breaths — in through your nose, out through your mouth

☐

Ask for a hug, or give yourself a squeeze

☐

Count 5 things you can see around you

☐

Hold something soft or familiar from your bag

☐

Have a drink of water

☐

Ask a teacher or helper for a quiet moment

☐

Think of your safe person

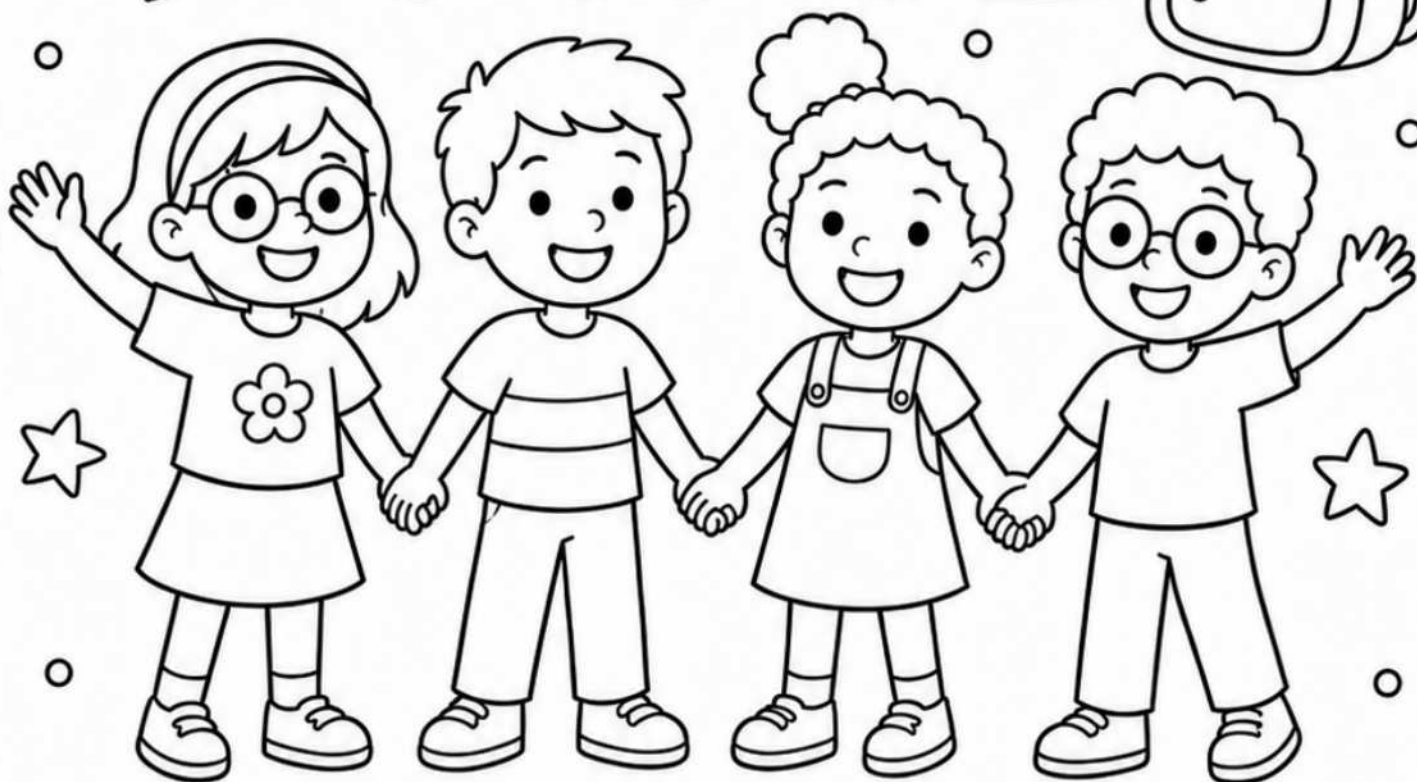
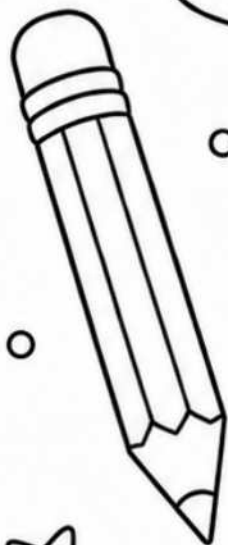
☐

Have a stretch or a wriggle



Which of these feels most useful to you? _____

ONE STEP AT A TIME





I AM
KIND
AND
BRAVE





WRITE A LETTER TO A FRIEND



Write a letter to a friend, telling them what you have been up to in the summer, how you feel about school starting and that you are looking forward to seeing them again.

You can ask a grownup to take a picture of this page and send it to your friend's caregiver.

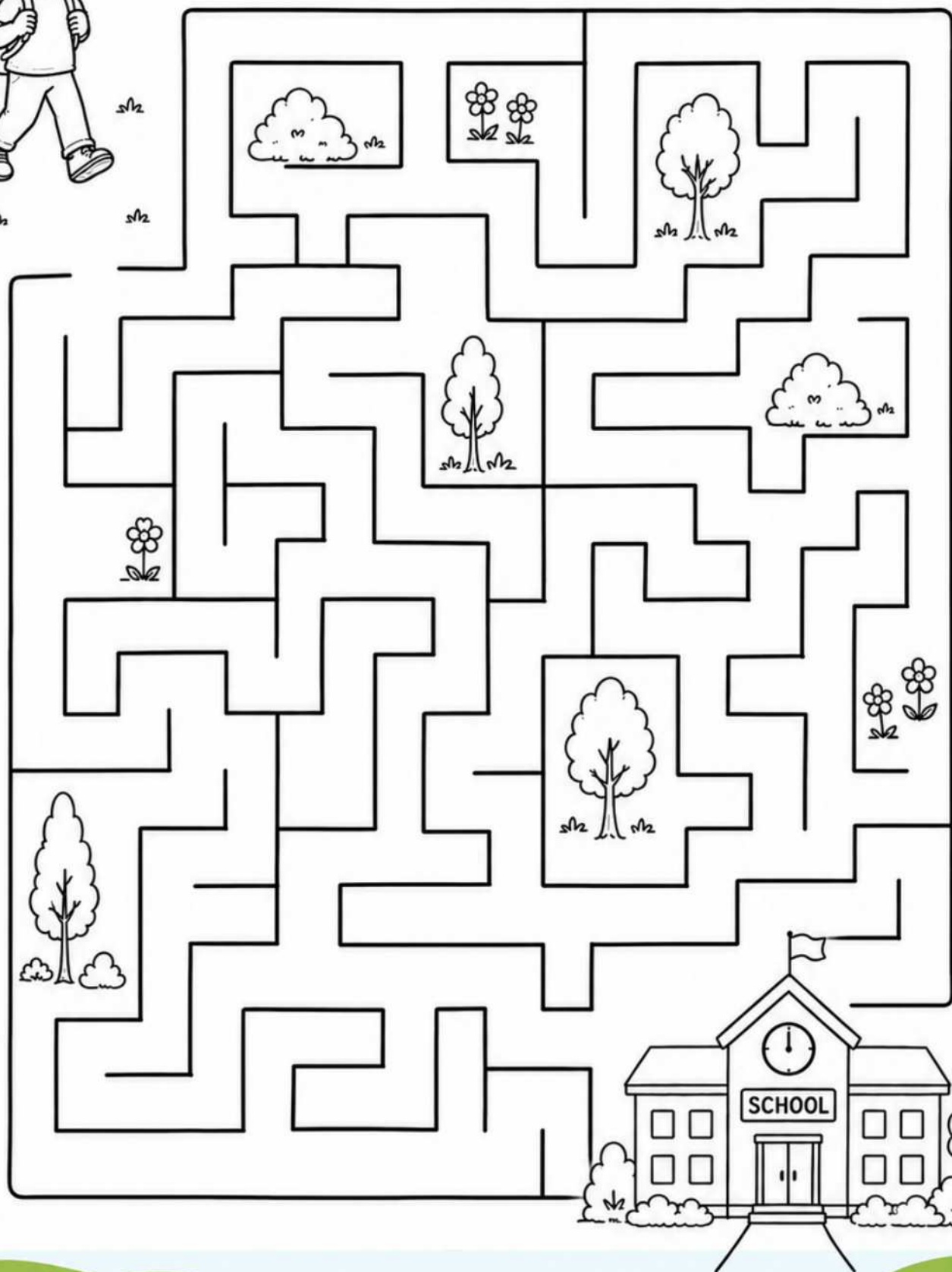




Fun activities to help you get ready for school!

Find Your Way to School!

Help the child find the path to school.





Best of luck in your new school year!

You'll do great



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