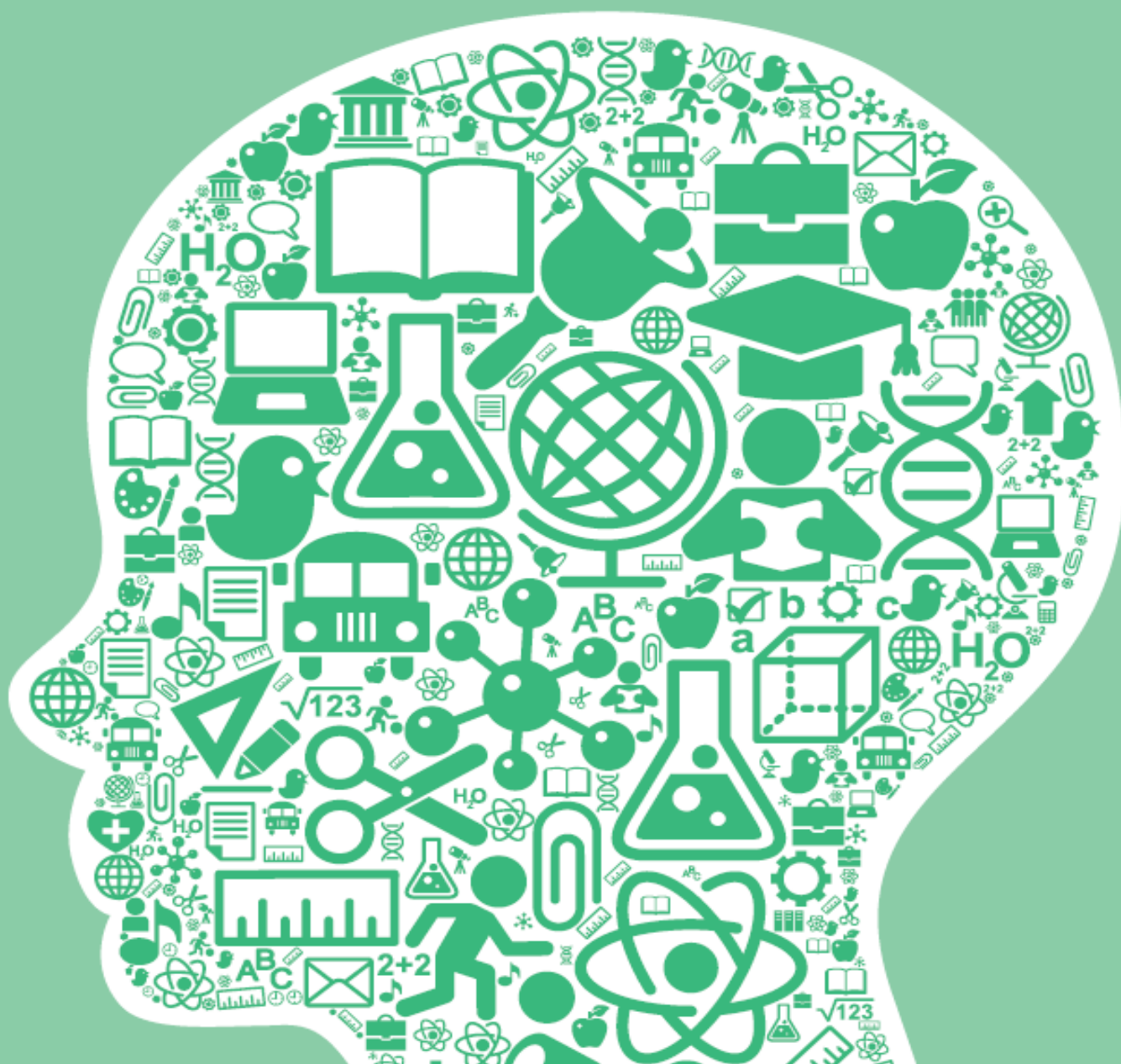


## Version B



The last few months have been a strange time, as many of us have been away from school and staying safe at home. Now, as schools are beginning to open for all children and young people, we will all have lots of different thoughts and feelings about this. Completing this booklet will help you talk about your own thoughts and feelings, so adults in your school and family can help support you to return to school.

Please answer these questions as honestly as you can. There are no right or wrong answers, we are just interested in your views!



## Section 1: About me



*We would first like to find out a little more about you*

My name is: \_\_\_\_\_



These things and people (e.g. music, sport, teachers, friends) are important to me: (You can write, draw a picture, or add photos here)

Important people and things outside school:

Important people and things in school:



My typical day at home since the schools have closed has included doing the following things: *(Please write or draw the activities you do)*

My typical weekday	
I get up at 	
In the mornings I...	
In the afternoon I...	
In the evening I...	
I go to bed at 	

How have you been feeling at home? (Please circle a number from 1 to 10)

←-----→

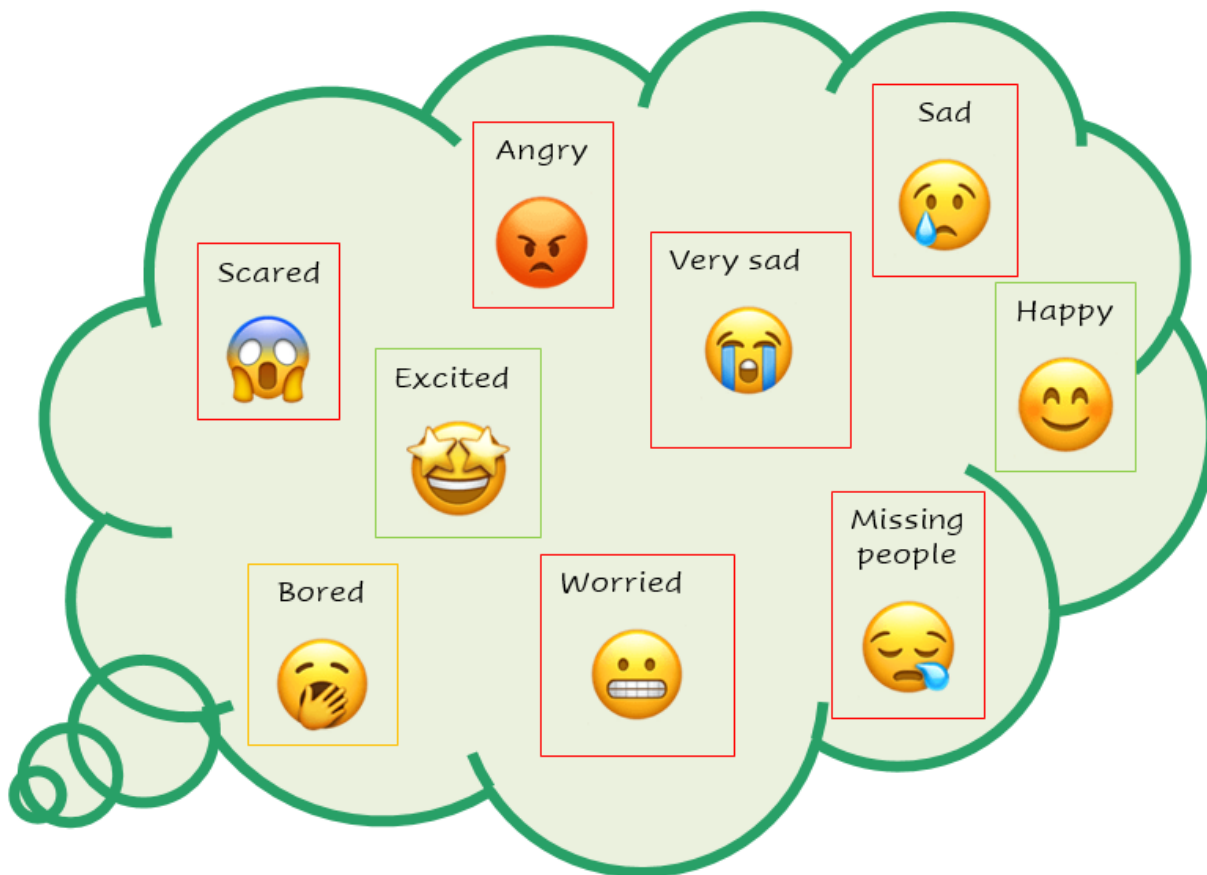
1 2 3 4 5 6 7 8 9 10

 Not good!

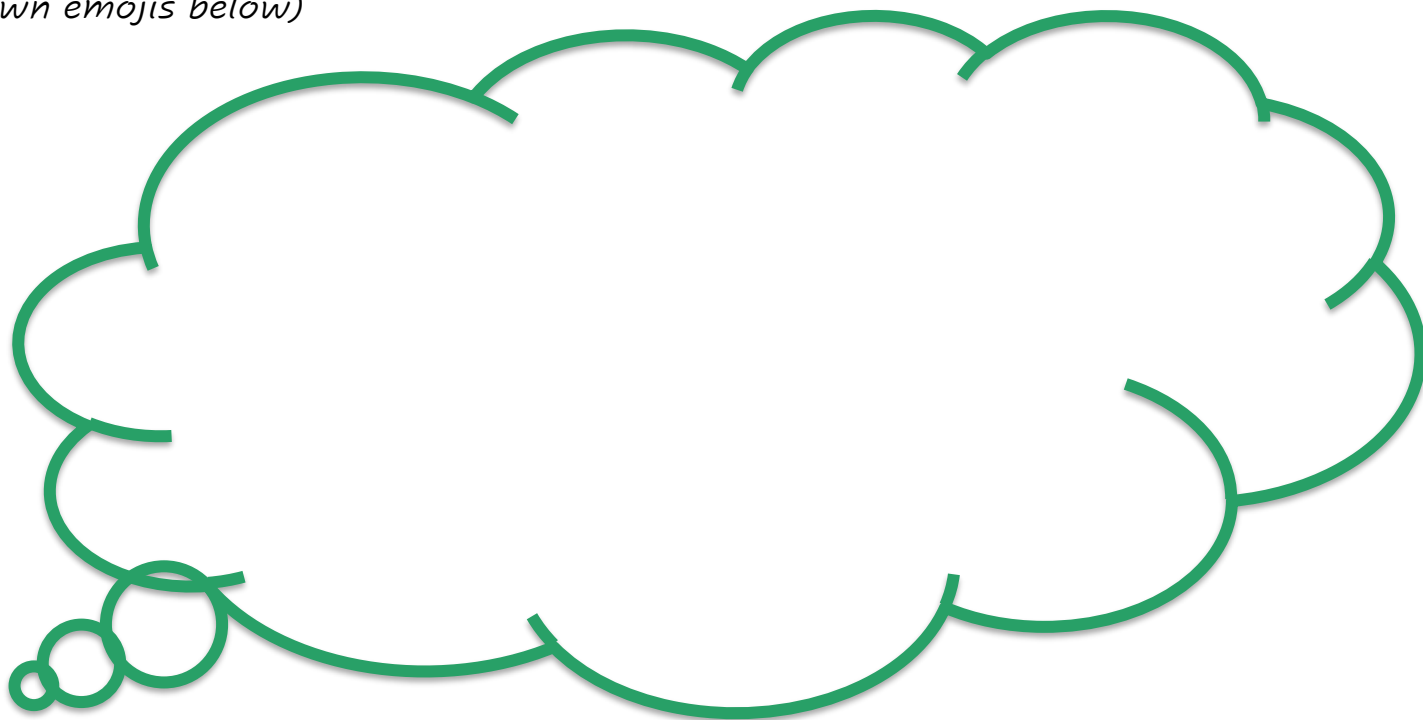
 Okay...



 Great!

Staying at home has often made me feel: *(Please circle all the ones that apply)*







Are there any other feelings you would like to share? *(Please write or draw your own emojis below)*



 What <b>do</b> you like about staying at home and not going to school?	 What <b>do you not</b> like about staying at home and not going to school?

What was it like **learning** at home for you? (Please circle a number from 1 to 10)

										
1	2	3	4	5	6	7	8	9	10	
										
Not good!			Okay...		Great!					

 What <b>was</b> good about learning at home?	 What <b>was not</b> good about learning at home?



## Section 3: Going back to school







We would like to find out a little more about your feelings around returning to school.

How do you feel about returning to school? (Please circle a number from 1 to 10)

1	2	3	4	5	6	7	8	9	10
									
Not good!				Okay...					Great!

***It is okay and completely normal to have any of these feelings. Returning to school might feel both exciting and scary at the same time. And whatever you feel right now, please know that you are not alone.***

What are you most looking forward to about returning to school? (Please rank them in order of their importance to you, e.g. writing 1 next to the one you are most looking forward to, then 2 beside the next most important, and so on)

Seeing my friends	Learning	Seeing my teachers	Having routines	Breaktimes	Time away from home
					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Is there anything else you are looking forward to?

When thinking about school, which of these statements are true for you?  
(Please circle all the pictures that you agree with)



Here are some more statements.

When thinking about school, which of these statements are true for you?

(Please circle all the pictures that you agree with)



At school, I would like to get better at... (Please circle those that apply)



Coping with my feelings



Making or keeping friends



Reading or writing

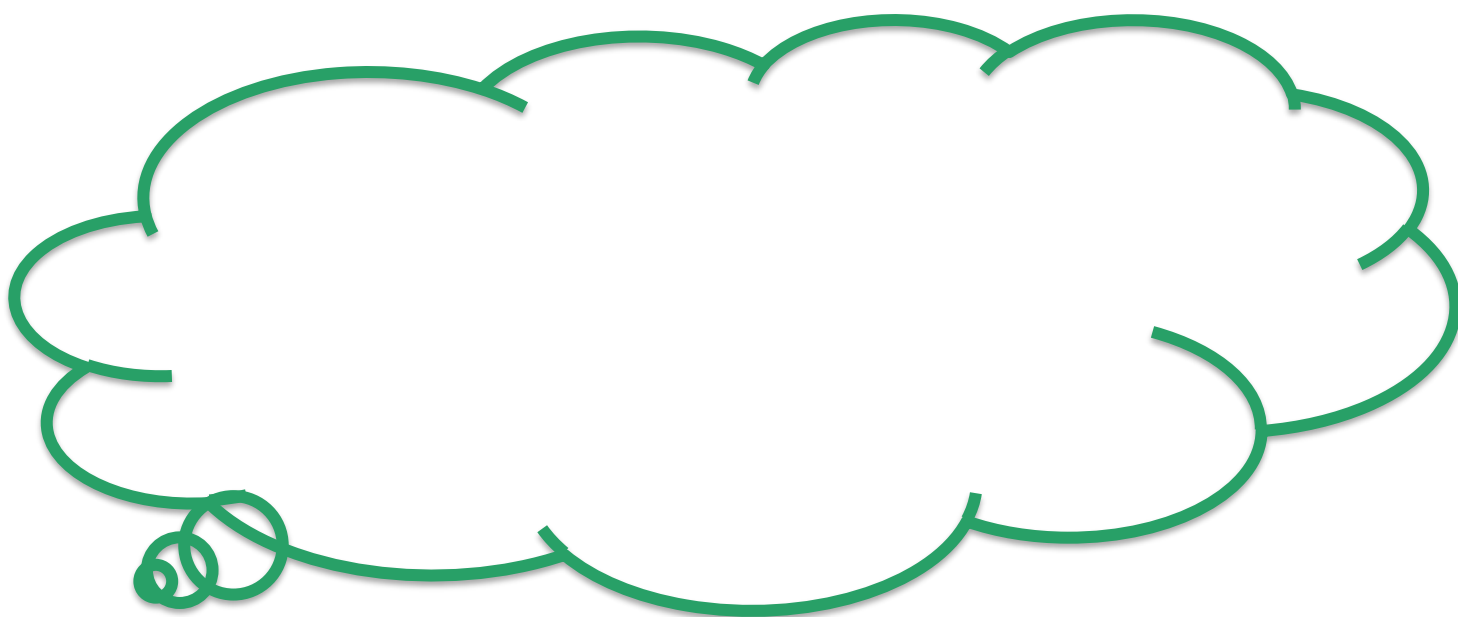


Other types of learning

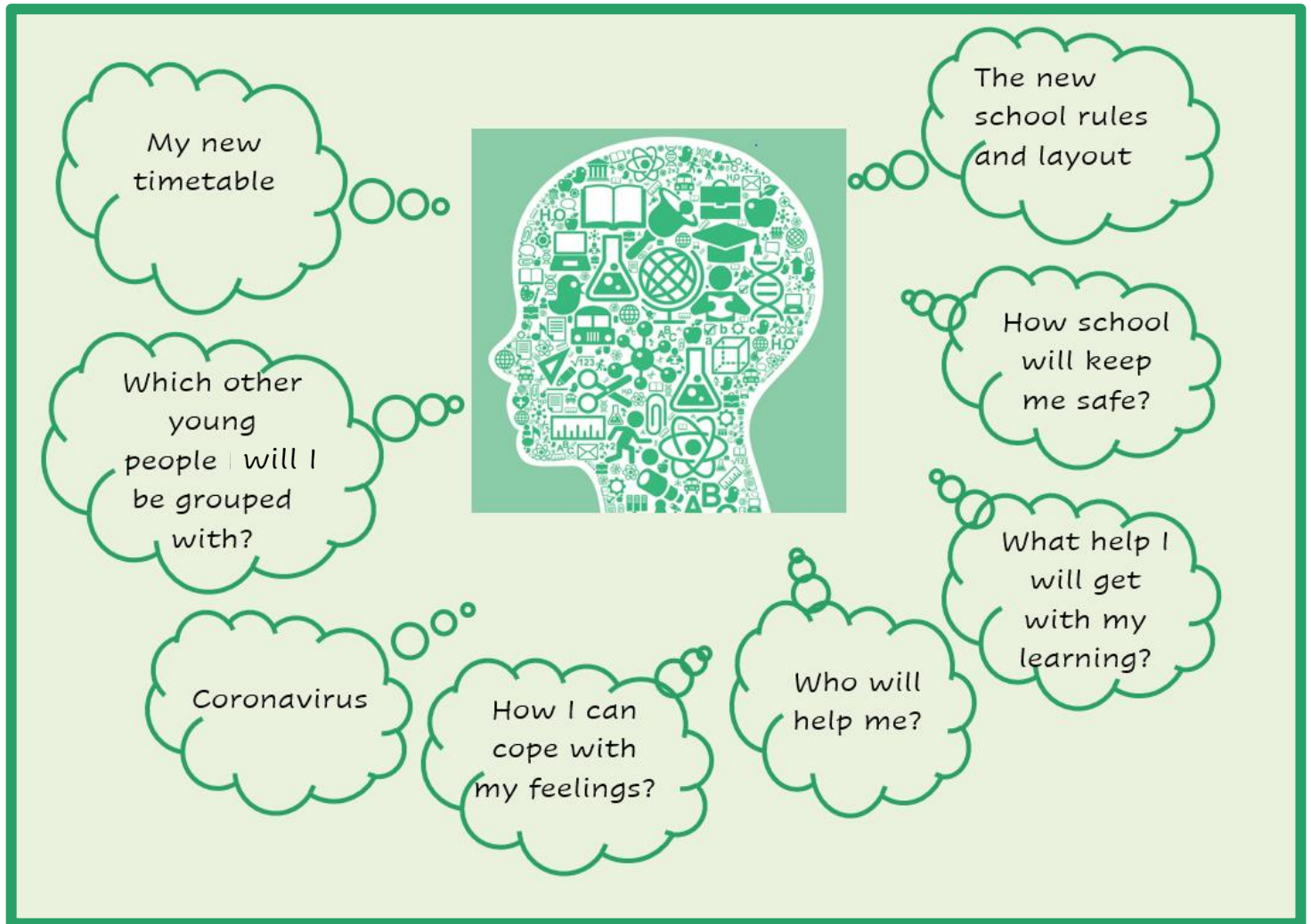


Asking for help

Is there anything else you would like to get better at?



When I think about returning to school, I have questions about: *(Please circle those that apply)*



My new timetable

Which other young people I will be grouped with?

Coronavirus

How I can cope with my feelings?

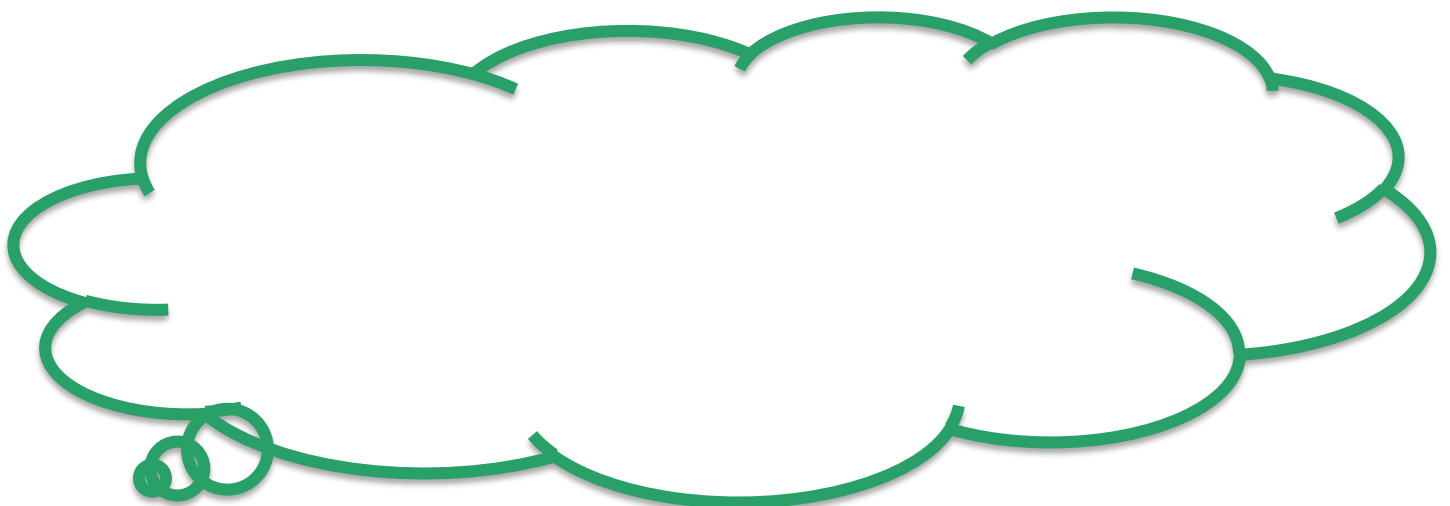
Who will help me?

What help I will get with my learning?

How school will keep me safe?

The new school rules and layout

Do you have any other questions about returning to school?



## Section 4: My Coping Toolkit

When I feel worried these things help me most: *(Please select those that apply)*

Keeping my brain busy  
(e.g. distracting myself, or  
trying to solve my  
problem)

☐

Keeping my body busy  
(e.g. going for a walk, or  
other exercise)

☐

Deep breathing or  
thinking about  
peaceful things

☐

Being creative, e.g. Art,  
writing stories

☐

Playing or listening to  
music

☐

Talking to a friend or  
someone else I trust

☐

Being around other  
people

☐

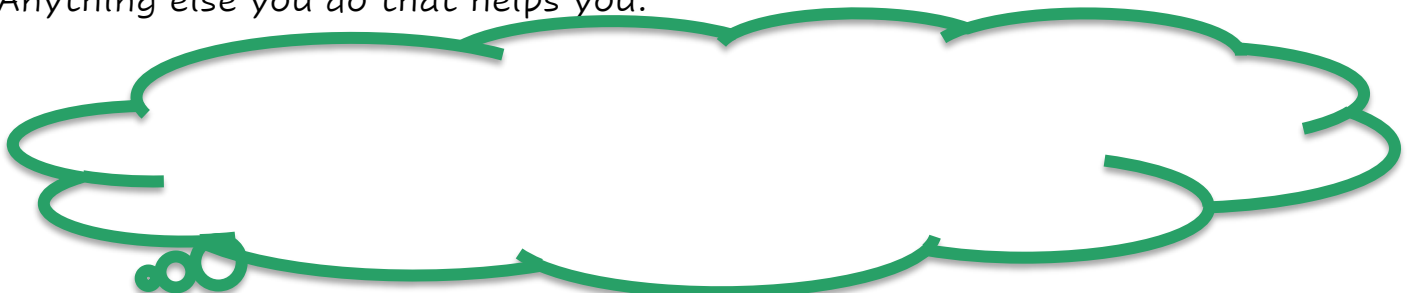
Having some quiet  
time

☐

Not sure!

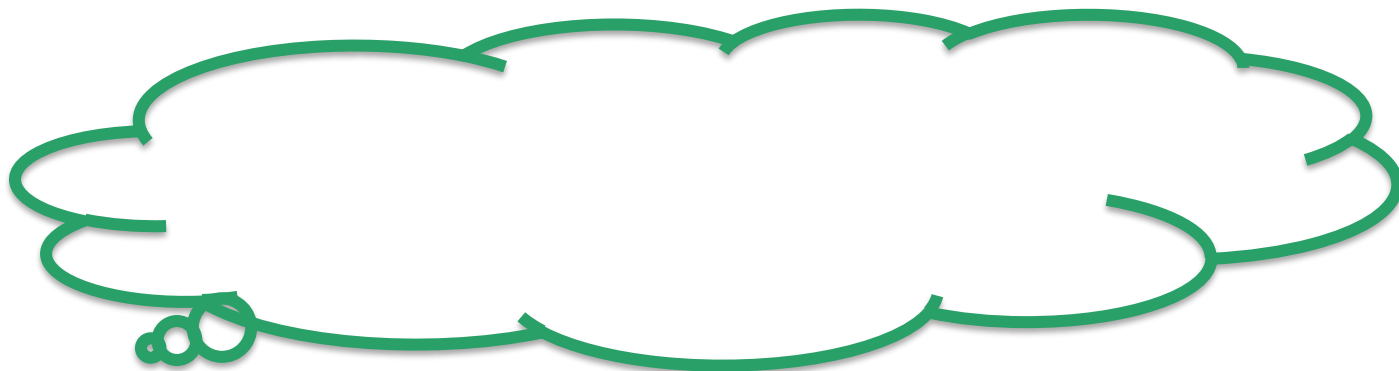
☐

Anything else you do that helps you:



Thank you for completing this questionnaire. Your answers will help adults to plan how they can support you back to school.

Is there anything else you want to tell the adults at school or home?



**If you are feeling very worried about returning to school, please talk to a key adult e.g. a parent/carers or teacher.**

Below are some places to go to get further information or help if you would like this.

[e-wellbeing.co.uk](http://e-wellbeing.co.uk) - A website to support children and young people with their mental health across Sussex

[emergingminds.org.uk](http://emergingminds.org.uk) - Supporting children and young people with worries about COVID-19

[youngminds.org.uk/about-us](http://youngminds.org.uk/about-us) - A website to provide information and support to young people

[www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1) - 'Thinkninja' app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress

**Chat Health** - A secure and confidential text messaging service for young people, aged 11-19. It provides easy and anonymous access to a healthcare professional for advice and support. 07480 635424

[www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone) - Features lots of breathing exercises, activities, games and videos to help you let go of stress

**SEND IAS** - Young People Advisers offer confidential and impartial advice to young people who may have a special educational need or disability. Phone 0330 222 8555 or email [cyp.sendias@westsussex.gov.uk](mailto:cyp.sendias@westsussex.gov.uk)