

Ahead of next week's return to schools remember:

- **Things May Feel A Bit Different**

Our school's may feel different than they did when we left them.

Hand washing and sanitizing, masks, class bubbles, changes in school/class layouts, one way walking systems/hallway schedules are examples of some of the changes that may be in place upon your return.

These things can take time to get used to, and may feel frustrating at first, however they are in place to allow us to get back into our schools, to learn, and to socialize with peers.

- **Be Safe**

Ensure to follow government and school guidance regarding health and safety. Restrictions are easing, and we are able to return to our schools however we do still need to be mindful of taking steps to ensure we are behaving as safely as possible in these spaces.

If you are confused, or have any questions about your school's guidelines ask a member of school staff to share these with you.

- **Be Kind To Yourself and Others**

This may be a big change from the way you have been living over these past months of school closures, with the re-introduction of school's opening comes socializing with others outside of your family and 'bubble group'.

It's okay if you're feeling excited to get back to school and back to socializing with your teachers and friends. It's also okay if you are feeling hesitant, or cautious.

Follow your school's safety guidance, be mindful of your feelings (they are valid, and okay), and practice self love and self care. Remember to also treat others with kindness.

- **Explore and Express your Feelings**

Expressing your feelings by writing in a journal, through artwork, or music can be a positive way to explore and process your personal experience. Sharing your thoughts and feelings with people you trust like a friend, a family member, a teacher, or a therapist can also be helpful.

If your feelings are feeling too much for you to hold on your own, remember that you don't have to. There are people who are ready and able to support you.