My Return to School

Some questions to support me to get ready to return back to school
Life has been very different recently, and it might have even felt pretty weird. You have probably been staying safe at home, instead of going to school. Your school is now getting ready to invite you and your friends back to school. These questions will help you think about how you feel about coming back to school, so the adults can help you feel happy and safe.

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: ______________________________________________________________

What things and people are important to you? This could be your teachers, friends, toys, pets, family. Write or draw in the boxes.

At school these things are important to me

At home these things are important to me
Section 2: Staying at home

We would like to find out a little more about your experience at home since schools closed to most children and young people.

What have you enjoyed doing at home when you could not go to school?

You can write or draw your answers

Things I enjoyed doing at home 👍
What things did you not enjoy doing at home when you could not go to school?

You can write or draw your answers

Things I did not enjoy doing at home 😞

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 are true)

- Angry
- Excited
- Bored
- Missing people
- Scared
- Worried
- Very sad
- Sad
- Happy

Would you like to draw how you have been feeling most of the time?
I think the school work I have done is: (Please circle)

- 🙁 Not good!
- 😞 Annoying
- 😞 Boring
- 😊 Easy
- 😊 Fun

Doing my learning at home is: (Please circle a number from 1 to 10)

1 😞 Not good!
2 😞 Annoying
3 😞 Boring
4 😊 Easy
5 😊 Fun
6 😊 Great!
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)

Not good! 😞
Okay... 😊
Great! 😊

It is okay and normal to feel excited or scared about going back to school, you might even feel both of these at the same time. You can talk to the adults at home and at school about your feelings, because they will want to help you.

When you think about going back to school, what are you excited about?

Seeing my friends
Learning
Having routines
Breaktimes
Time away from home
Seeing my teachers

Is there anything else you are looking forward to?
When thinking about school, which of these statements are true for you?

(Please put a tick in the box under the picture if it is true)
Here are some more statements.

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

(Please put a tick in the box under the picture if it is true)
At school, I would like to get better at: (Please select 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)

What will happen in my time at school?
Which other children will I see?
What can I do if I feel worried?
How will school be different?
Will I be safe at school?
Who will help me at school?

Do you have any other questions for adults at school?
Section 4: When I feel worried- things that help me

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

‘When I’m worried, I like to…’

- Try to think about something else
- Exercise
- Take calm breaths
- Draw, colour in or paint
- Play or listen to music
- Talk to a friend
- Talk to an adult
- Have some quiet time by myself
- I don’t know
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/carer or teacher.

Childline is an organisation that is especially for children and young people. You can look at their website for more information or you can phone and talk to an adult who will listen to you.

[www.childline.org.uk](http://www.childline.org.uk)   Free telephone helpline 0800 1111