

I'm Brave Going Back to School



Name: _____



MANA AKE
STRONGER FOR TOMORROW

Kia ora

This booklet is yours to complete however you like. You are welcome to draw on it, colour it in or add your own ideas and artwork to it. You may like to complete the booklet with your caregiver or share it with your teacher or another trusted adult at school. We encourage parents/caregivers to read through the tip sheet 'Supporting Children Returning to School' on www.manaake.health.nz to support the ideas outlined in this booklet.

For more information about getting ready to go back to school, and general wellbeing advice, parents/caregivers can visit these websites:

- <https://www.theparentingplace.com/>
- www.sparklers.org.nz/parenting/
- www.allright.org.nz
- <https://www.anxietycanada.com/>
- <https://www.brainline.org/article/brainstars-regulation-emotion>

For more wellbeing activities, check out these websites:

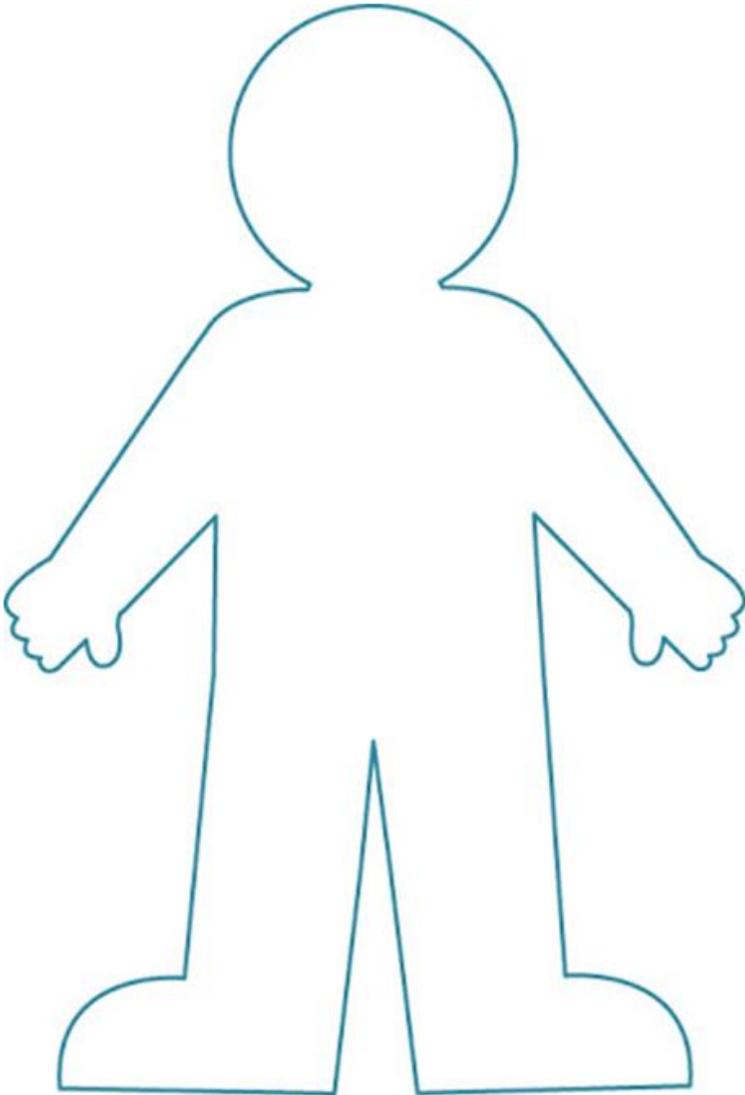
- <https://biglifejournal.com/pages/podcast>
- <https://www.awesomeendsin.me/product-category/free-printables/>
- <https://www.whatsup.co.nz/>
- <https://www.heysigmund.com/video-library-home-page/>

Phone apps to support using mindfulness and daily wellbeing:

- Smiling Minds
- Go Noodle
- Settle your glitter

ME

Here is a picture of me
(Draw and colour yourself in!)



Staying at Home

For the last few weeks, my family and I have stayed at home. We did this because there was a virus that was making people sick. This meant that I couldn't go to lots of places like the playground, mall, library, swimming pool and school.

We stayed in a special bubble for this time to keep ourselves and others safe.

Draw the people who were in your bubble:



My Feelings

This was something we've **never** had to do before so like any change, it took some time to get used to. Many people had different feelings, which could change from one moment to the next- a bit like a roller coaster that goes up and down!

Remember: All feelings are okay, it helps to talk about them to people you trust.

How did it feel having to stay at home? Tick as many as you like!

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Fun | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Boring | <input type="checkbox"/> Surprising |
| <input type="checkbox"/> Annoying | <input type="checkbox"/> Exciting |
| <input type="checkbox"/> Confusing | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Loved |
| <input type="checkbox"/> Angry | <input type="checkbox"/> |
- (write your own here)

Staying Healthy

To keep any bugs from spreading I will make sure I regularly wash my hands and keep my hands away from my face.



I could even sing a song while washing my hands:
**"Wash, wash, wash your hands.
Wash them nice and clean.
Wash the bottoms and the tops
and fingers in between."**

I will keep moving my body.



I will keep to my mini bubble so I don't get too close to others.

I will eat lots of fruit and vegetables to keep me healthy.



I will sneeze or cough into my elbow.

I will get lots of sleep before school to help me feel ready for learning:

(Can you complete the dot to dot puzzle?)

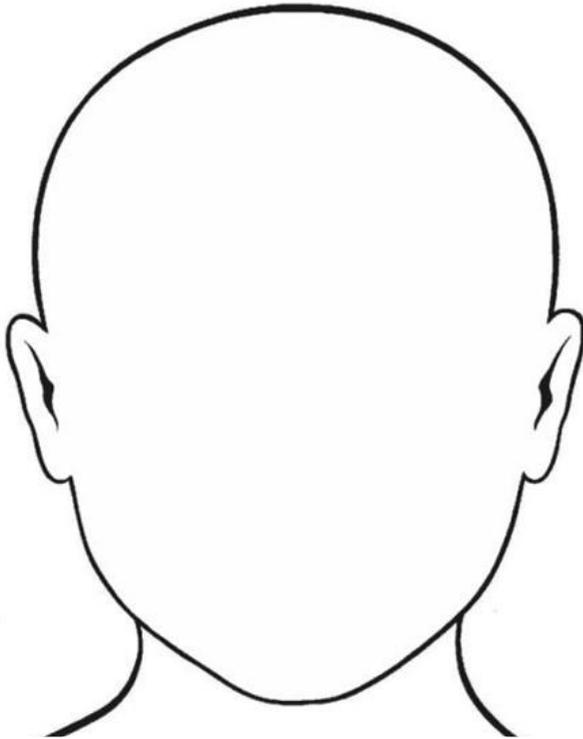


My Feelings



I feel _____
when I think about going back to school.

(Draw the face to show how you feel)



How ever you're feeling, it's okay.

My Calm Plan

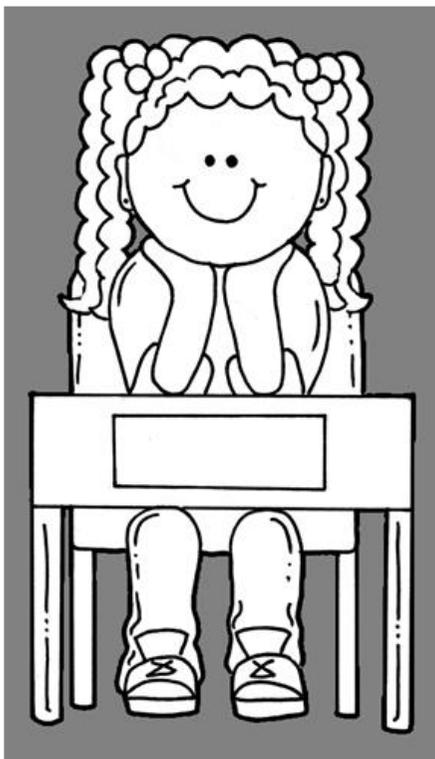
I might have lots of different feelings about going back to school. Below is a list of things I can try if I need help to feel calm. Tick all the things you think would help:

- Take 5 deep breaths;
- Imagine my favourite place;
- Draw a picture of you being brave and doing the thing you are scared or worried about. Remember that being brave doesn't mean not feeling scared or worried. It means doing something even though it might scare you;
- Talk to my parent/caregiver about how I am feeling;
- Talk to my teacher about how I am feeling;
- Talk to my friends about how I am feeling;
- Tell yourself to be brave and that you can do this;
- Write a list of things that make you smile.



Here are some of my own ideas of things I could try:

Colouring or drawing could help me feel calm.



When I feel worried or uncertain I can use my five senses to focus on what is happening around me. This might help me feel calm.

THE 5 SENSES GROUNDING TECHNIQUE

	LOOK Name 5 things you can see
	FEEL Name 4 things you can feel
	LISTEN Name 3 things you can hear
	SMELL Name 2 things you can smell
	TASTE Name 1 thing you can taste



Tap each finger on your hand as you say the words, "I. Can. Do. This."



Stand balanced with your eyes closed. Breathe in, raise your arms to the sky, breathe out, lower your arms. Repeat 3 times.



Breathe in deeply for 4 seconds, out slowly for 7. Repeat.

Special Notes

Special notes from our family can be nice when we are away from home. Colour these in if you have a paper copy, or make your own special notes, to go in other family members lunch boxes.



Same and Different

Remember when we talked about change? Over the past few months we have all had some changes because we had to stay at home in our bubbles.



Some changes are easy and some are hard.

List below what has changed and what has stayed the same for you:

Things that have changed	Things that have stayed the same

The Future

Many people are upset about the changes caused by the coronavirus. But with all of us working together, in time things will settle down and get back to normal again. In times like this, it's really helpful to make plans to look forward to in the future.



List or draw some things you would like to do with your family and friends when things get back to normal: