

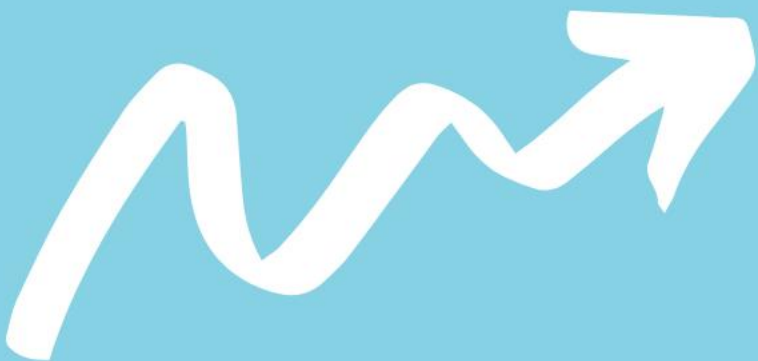
Back Together Again



March 2021



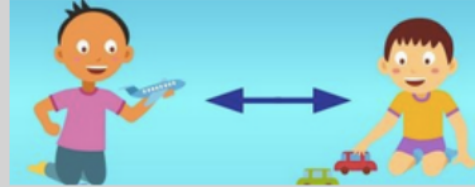
Back Together Again



Don't
forget to...



Coming together Keeping apart



How did you used to say hello and goodbye before lockdown? High five? Hug? Handshake?

Now that we are starting to come together again we have to think of new ways to say hello and goodbye that allow us to stay safe.



Smile



Wave



Thumbs up



**Say
'hello'**



**Can you
think of
any other
ideas?**



Welcome Back to School 'Circle of Control'





We are all Back Together Again at School



3 things I enjoyed about my time at home...

1.

2.

3.



My fun facts...



I am looking forward to...



Something new I have learnt at home...

What I missed about my teacher...



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

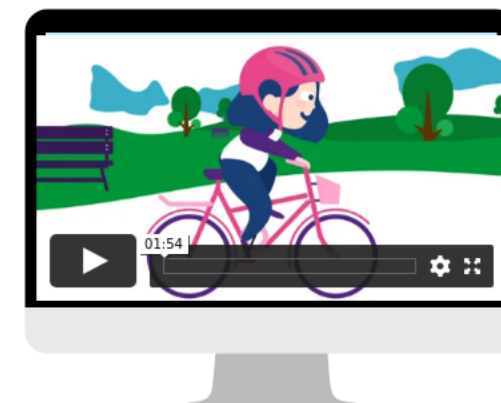


Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



watch the 'Take 5'
video



How can we stay connected with our whole class?




Back
Together
Again



Art
competition

Make a video to show
the rest of the class a
special activity or new
skills that we have
learnt.



Whole class
project



Make a
'Class Lockdown Photo
Album'. Bring in
photographs of things that
happened during Lockdown.



Whole class
virtual 'catch up'-
singing, quiz & chat



Can you
think of any
other ideas?

Be...kind



How could you share a little kindness in school?

Back Together Again

Now we are all back at school, it is important to remember to be kind to our friends. We need to listen, have kind hands, use kind words and share!

Don't forget to share a little kindness at home too. You could ...

Feed the birds in your garden



Walk the dog



Help to tidy up



Read to your sister or brother



Wave at your postman



Be...active



Being in the playground will probably be a bit different now that you are back at school.

Although we are coming together,
we need to remember to keep apart.

Back
Together
Again

**Can we think of activities we can play,
while keeping each other safe?**



Remember...



Can you think
of any ways to
stay active at
home?

Be...happy



Can you think of things that made you happy during your time at home?

Back Together Again



Did you learn something new?



Did you celebrate a birthday?



Did you get a pizza delivered?



Can you think of any ways to be happy at school?



What was your favourite thing you did with your family?



Did you get something new to play with?



Be... considerate



Back
Together
Again

**It is important to take notice of your friends
now that you are back together again...
how are they feeling?**

Ask them
about their
time at home



Have they had
a haircut?



What fun things
have they done
today?



Can you think
of any ways to
be considerate
at home?



it's okay to feel



your feelings

Be...helpful



Back
Together
Again

Can you think of ways that you were helpful during your time at home?



Make your bed



Walk your dog



Help tidy up



What ways can you be helpful in school?



Give out books



Help your friend if
they are stuck



Sharpen colouring
pencils



Tidy up



Be...brave

Being brave means to face a challenge or to try something new. Sometimes it might be that we are scared or worried about it but all we can do is try our best. It is ok to ask for help.

**Back
Together
Again**

When you face a challenge try to remember these steps...

**Give...
yourself time
to practice
and improve**

**Keep...
trying**

**Wonder...
how you
can overcome
the challenge**

**Ask...
for help
or advice**

**Believe...
you can
have a go**

We all make mistakes from time to time but this is ok as this is how we learn. Can you think of some of the people who can help you?



**The people
at home**



Friends



**The adults
in school**

Be...positive

'I am me...
I am positivity'



I am
enough



I am loved



I can try
my best



I am
courageous



I believe in
myself



I can
make good
choices



Can you think
of any ways to
be positive about
yourself?



Back
Together
Again



What am I looking forward to...



Can you think of some exciting things you are looking forward to doing now that you are all back together again at school?

Add your own ideas to the jar when you think of something new



Health & Wellbeing



It is important to have some time for yourself and do things that help you relax.

Here are some ideas....



Read a book



Listen to music



Exercise



Play with your pet



Can you think of your favourite way to relax?



Today is...

Today I was kind when...

A pink heart icon is shown being held by a hand, positioned next to the text box.

Something that made me smile today...

A yellow sun with a smiling face is positioned at the top left corner of the blue octagonal text box.

My happy thought about today is...

A circular icon with a yellow smiley face and the words 'HAPPY THOUGHTS' is located to the right of the red hexagonal text box.

Remember your daily journal every day. What good things have happened?

A yellow lightbulb icon with rays emanating from it is positioned above the teal circular text box.

Today I was helpful when...

A yellow circular icon with a smiling face and pink cheeks is positioned to the left of the yellow hexagonal text box.

Today I liked learning about...

An icon of an open book is positioned at the bottom left corner of the teal rounded rectangular text box.

WOW!
I am proud of...

A large yellow star with two smaller starburst icons is positioned behind the 'WOW!' text.



Happy Thoughts

Monday



Back Together Again



Wednesday



Tuesday



Thursday



Friday



What has made you feel happy now that you are back together again?

