**Coronavirus: resources to support the return to school**

Although some children have returned to school already, for many, the new autumn term will be their first time stepping into a classroom since lockdown began. Understandably, this may be a strange or worrying time for some children, parents and carers, and schools

We know that supporting children’s mental health and wellbeing during the return to school is a key priority. To help you, we’ve collected together lots of useful resources in this toolkit, all focused on making sure the return to classrooms in the autumn term is a mentally health one.

The toolkit is especially for parents and carers, featuring activities and tips for how to prepare your child for re-starting school in the autumn.

**Mindfulness Calendar**

Practising mindfulness over the summer break will help your child deal with any anxieties and worried when they return to school. This resource is a two-week calendar with a mindfulness activity suggested each day, which parents could use for the last two weeks of summer.

<https://mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities?pdf=coronavirus-toolkit-return-to-school>

**Self-care summer activity pack**

Help children create their own self-care plan for the summer holidays with this activity pack.

<https://mentallyhealthyschools.org.uk/resources/self-care-summer-activity-pack?pdf=coronavirus-toolkit-return-to-school>

**Going back to school anxieties table**

Parents can work through this table with their children to explore the things they may be worried about when going back to school, and ways to calm these worries

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Going%20back%20to%20school.pdf>

**Tips for returning to school video**

In this short video Dr Jess Richardson shares straightforward suggestions for parents and teachers to deal with any potential apprehension or anxiety children may experience on returning to school

<https://nipinthebud.org/information-films/tips-for-returning-to-school>

**Self-care kit**

Practising good self-care is another important what children can get ready for the return to school. This self-care kit has lots of ideas and activities for self-care for children, including mindful colouring, breathing exercises, an emotional check-in, a self-soothe box and more

<https://mentallyhealthyschools.org.uk/resources/self-care-kit?pdf=coronavirus-toolkit-return-to-school>

**Preparing your child for the first day back at school**

A poster showing some simple top tips for helping children feel more ready to return to the school environment.

<https://www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg>

**Smiling Mind app**

Technology has been a great tool for encouraging mindfulness in children. This app features lots of mindfulness and meditation activities specifically designed for parents and children to do together.

<https://www.smilingmind.com.au/smiling-mind-app>

**Extra Support**

If parents of carers have any concerns about childreb’s mental health iver the summer break, they should seek support. You can find a list of support available in your areas in the Youth Wellbeing Directory (<https://www.annafreud.org/on-my-mind/youth-wellbeing/>) and on our School Website under ‘Mental Health’.

You could also contact:

**SHOUT** – Text ‘ Shout’ to 85258 for 24/7 crisis text support

**Childline** – Call 0800 1111 for free support

**YoungMinds** Parents Helpline – Call 0808 802 5544 for free Mon-Fri from 9:30am to 4pm