

You have probably been spending more time at home than usual lately, and you may have lots of different thoughts and feelings about this. Your school is now getting ready to help you return to school in a way that makes you feel happy and safe. To help them do this, 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.

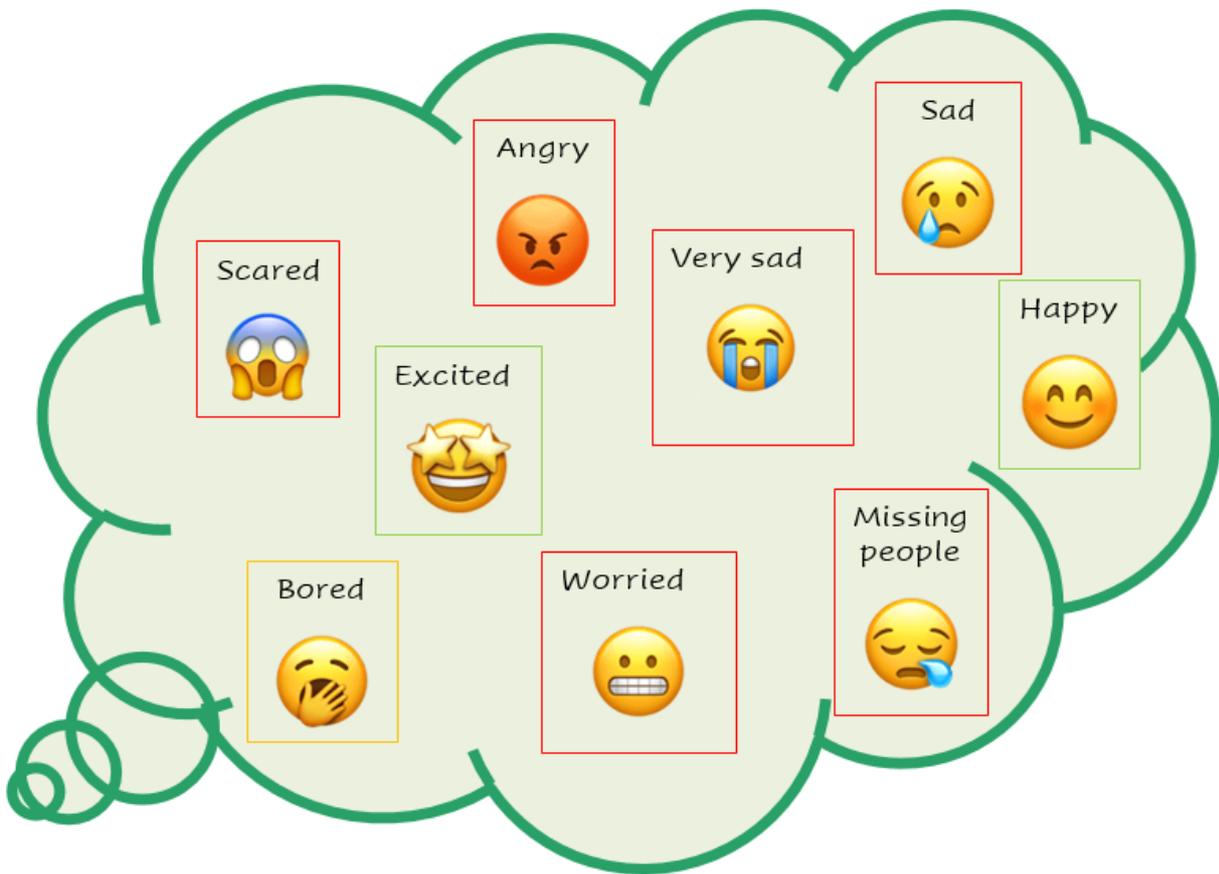
My name is: _____

These things and people (e.g. music, sport, teachers, friends) are important to me: *(You can write, draw a picture, or add photos here)*

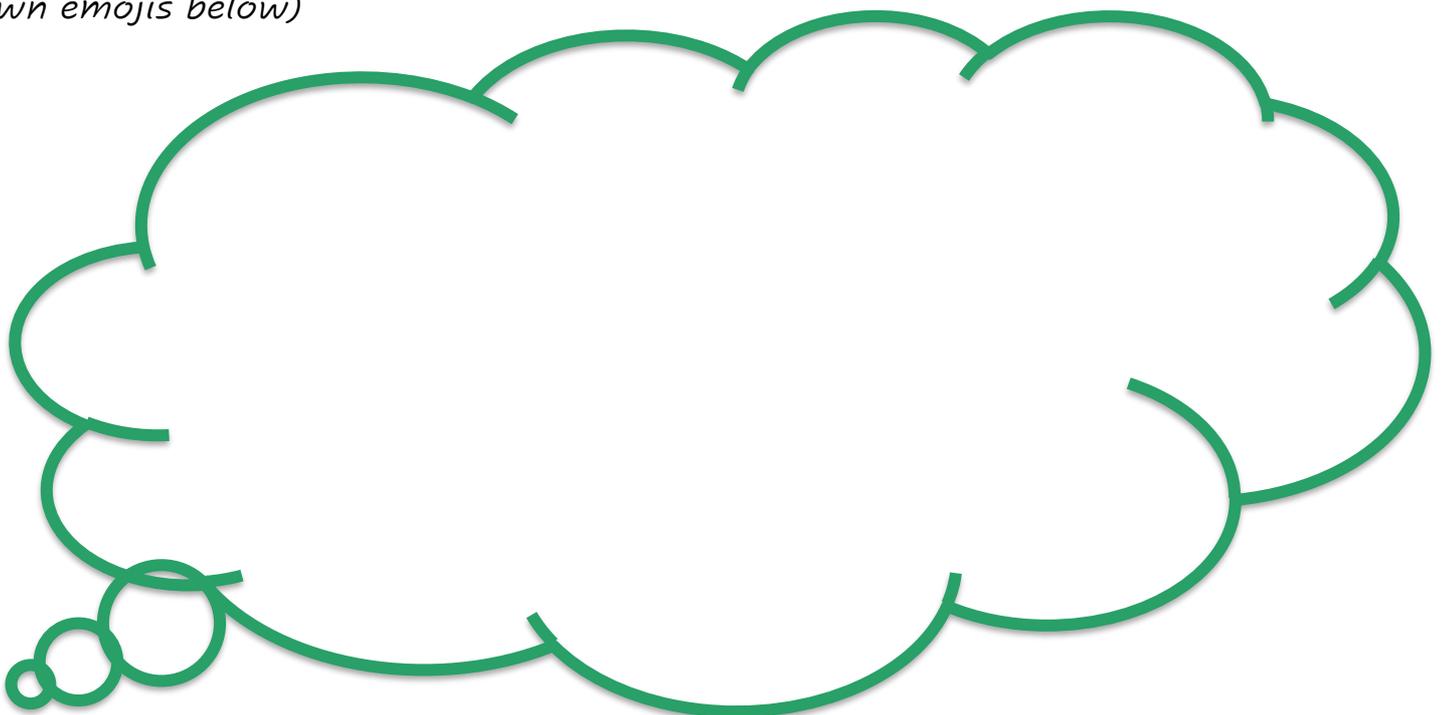
Important people and things outside school:

Important people and things in school:

Staying at home has often made me feel: *(Please circle all the ones that apply)*

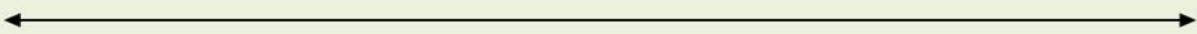


Are there any other feelings you would like to share? *(Please write or draw your own emojis below)*



 <p>What do you like about staying at home and not going to school?</p>	 <p>What do you not like about staying at home and not going to school?</p>

What has **learning** at home been like for you? (Please circle a number from 1 to 10)

									
1	2	3	4	5	6	7	8	9	10
									
Not good!			Okay...				Great!		

 <p>What was good about learning at home?</p>	 <p>What was not good about learning at home?</p>

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

(Please circle all the pictures that you agree with)



Here are some more statements.

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

(Please circle all the pictures that you agree with)



The cards contain the following statements and emojis:

- I feel pressure (🤯)
- I have to look after people at home (🛑)
- School is too noisy or busy (🤫)
- I feel embarrassed (😳)
- I have friends at school (👬)
- I don't understand what the teacher is saying (🙄)
- I feel in control when I am at school (✅)
- I feel worried (😟)
- I worry about getting unwell (🤒)
- I don't like PE (🏃)
- I would rather be at home (🏠)
- I feel helpless (😞)
- I want to go to school (🏫)
- I worry about what people think about me (🤔)
- I don't like breaktimes (🕒)
- People listen to me at school (👂)
- I don't know how to make friends (👦)
- I don't like travelling to school (🚌)
- I know what I want to do when I leave school (💡)
- I feel sad (😞)
- I don't like some lessons (👩)
- I am a good learner (👦)
- I feel like I don't belong (🚫)
- I prefer to spend time with my family or pets (👨👩🐕)
- I don't like changes to routine (!?)
- I worry about people getting too close to me (🙅)

At school, I would like to get better at... (Please circle those that apply)



Coping with my feelings



Making or keeping friends



Reading or writing

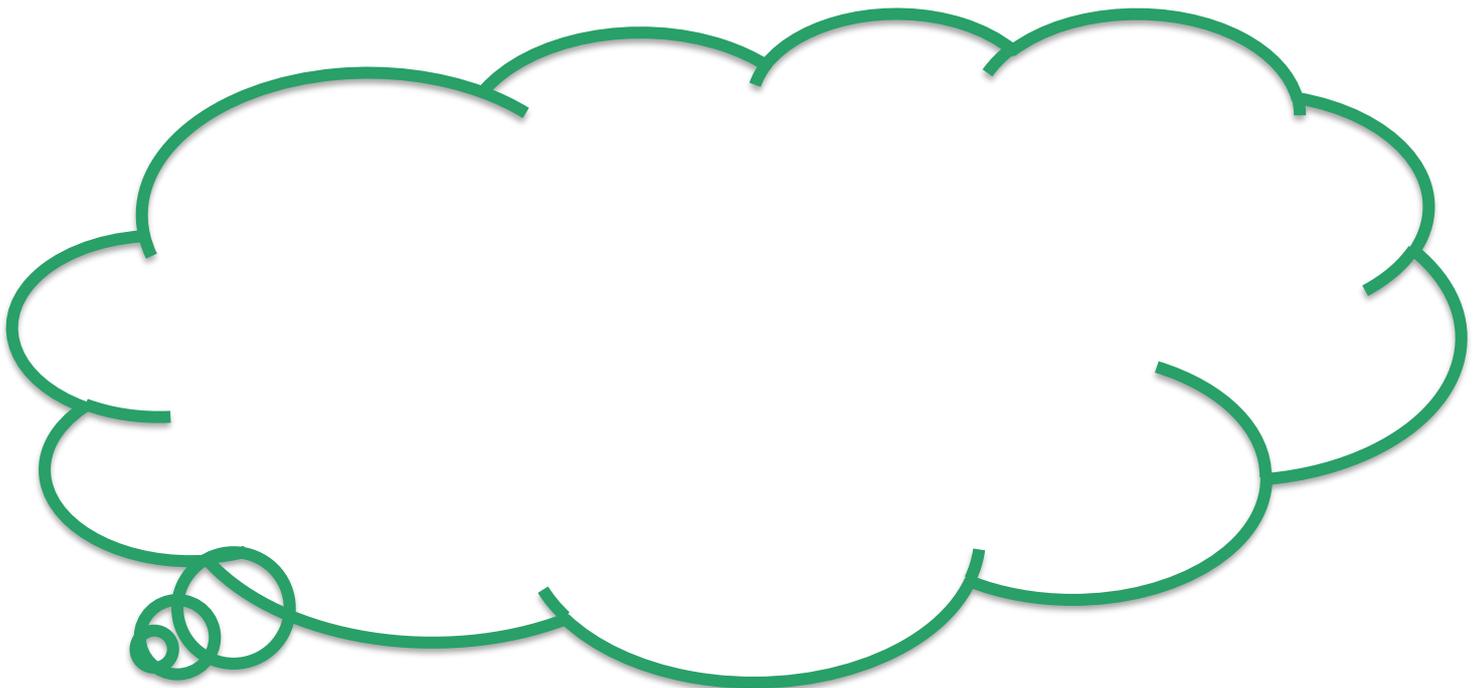


Other types of learning



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)*

My new timetable

The new school rules and layout

What classes will I be in?

How school will keep me safe?

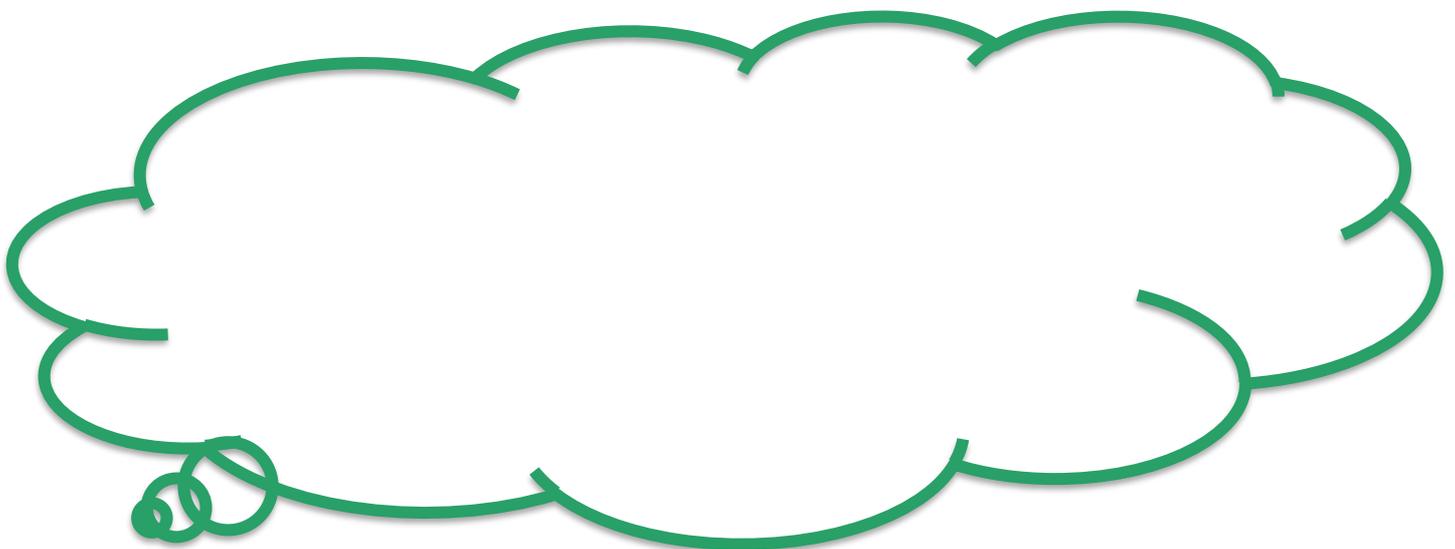
How will I make friends?

How I can cope with my feelings?

Who will help me?

What help I will get with my learning?

Do you have any other questions about returning to school?



Section 4: My Coping Toolkit

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

Keeping my brain busy
(e.g. distracting myself, or
trying to solve my
problem)



Keeping my body busy
(e.g. going for a walk, or
other exercise)



Deep breathing or
thinking about
peaceful things



Being creative, e.g. Art,
writing stories



Playing or listening to
music



Talking to a friend or
someone else I trust



Being around other
people



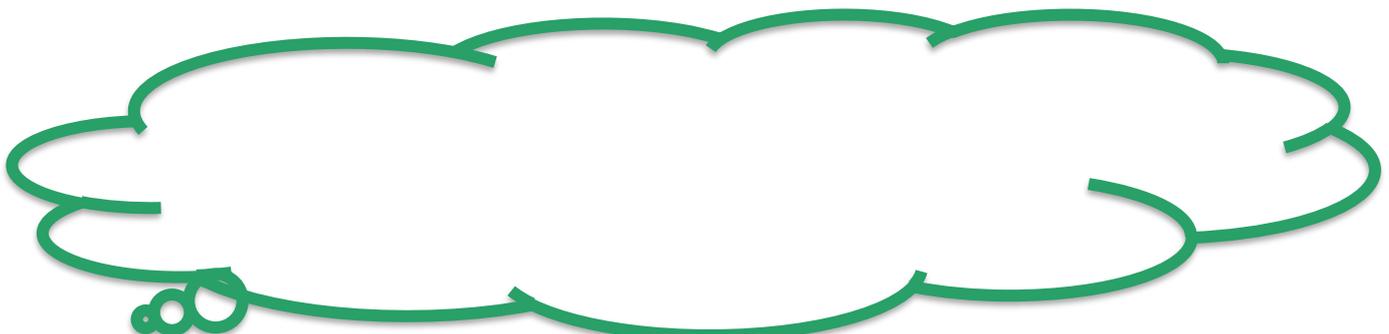
Having some quiet
time



Not sure!

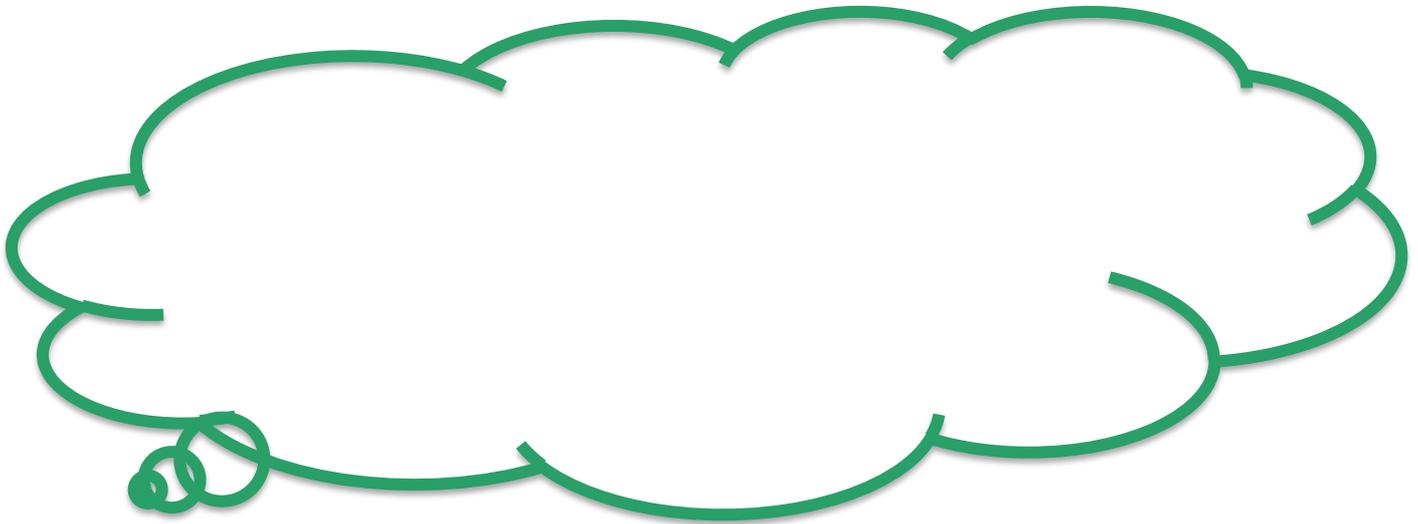


Anything else you do that helps you:



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.

Below are some places to go to get further information or help if you would like this.

e-wellbeing.co.uk - A website to support children and young people with their mental health across Sussex

youngminds.org.uk/about-us - A website to provide information and support to young people

www.healios.org.uk/services/thinkninja1 - 'Thinkninja' app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress

Chat Health - A secure and confidential text messaging service for young people, aged 11-19. It provides easy and anonymous access to a healthcare professional for advice and support. 07480 635424

www.childline.org.uk/toolbox/calm-zone - Features lots of breathing exercises, activities, games and videos to help you let go of stress

SEND IAS - Young People Advisers offer confidential and impartial advice to young people who may have a special educational need or disability. Phone 0330 222 8555 or email cyp.sendias@westsussex.gov.uk