

You have probably been spending more time at home than usual lately, and you may have both comfortable and uncomfortable 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 what you think!

Section 1: About me



We would first like to find out a little more about you

My name is: _____



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 of staying at home.

What things have you enjoyed doing at home when you have not been at school?



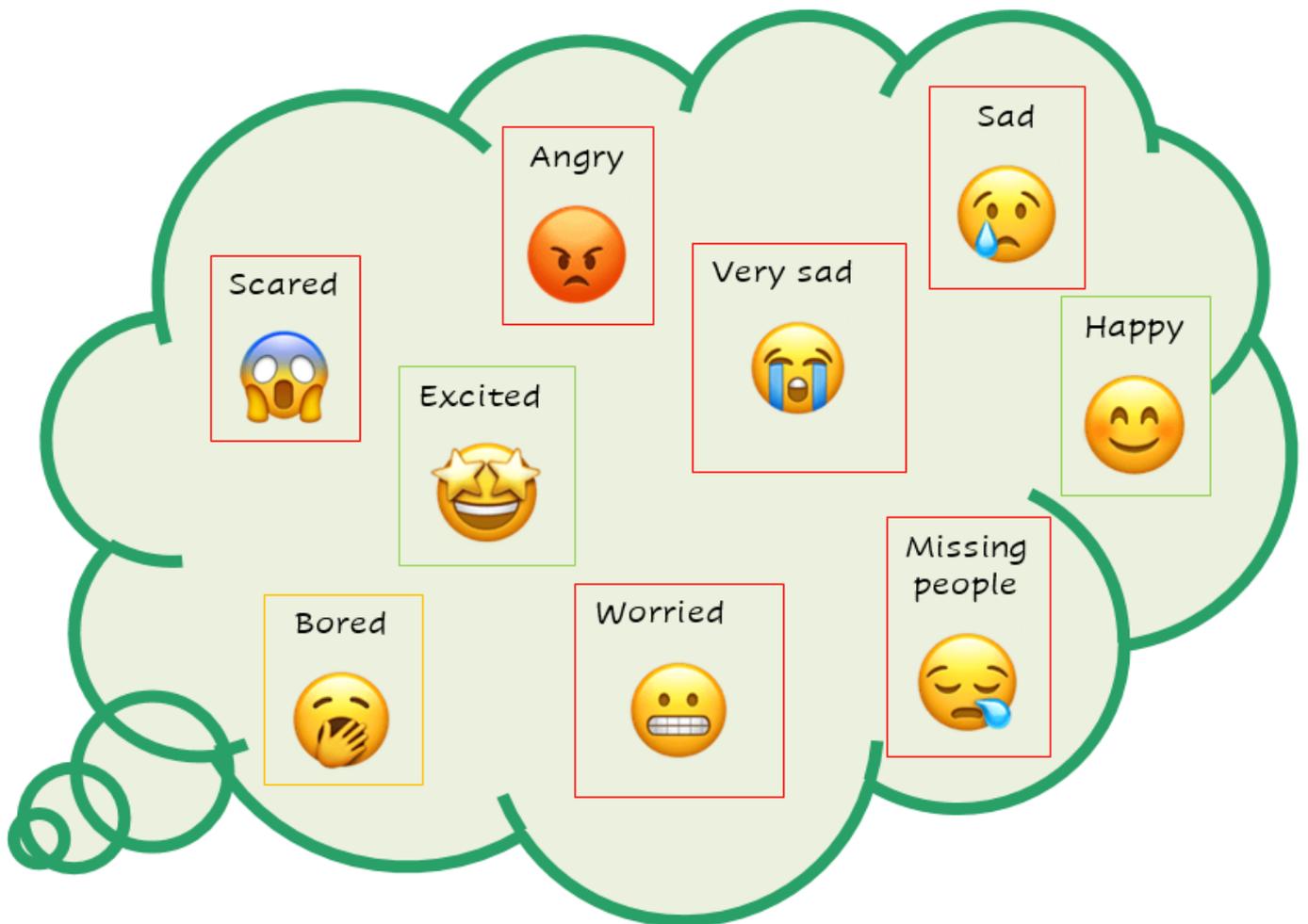
You can write or draw your answers.



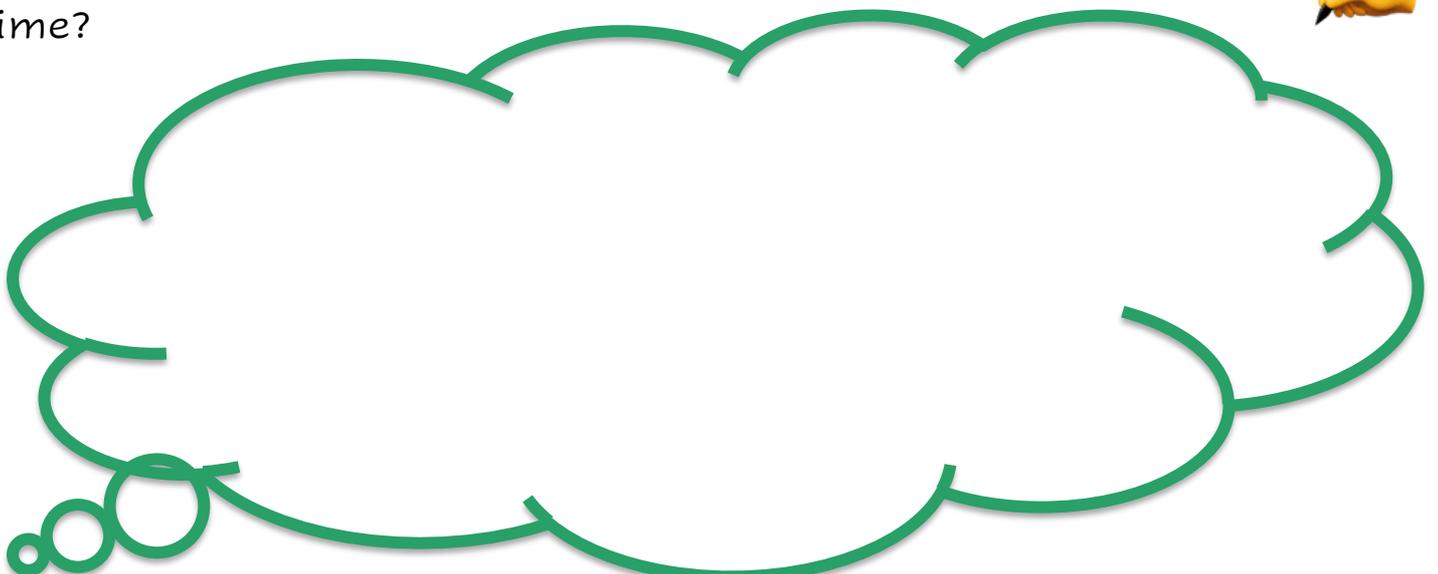
Things I have enjoyed doing at home



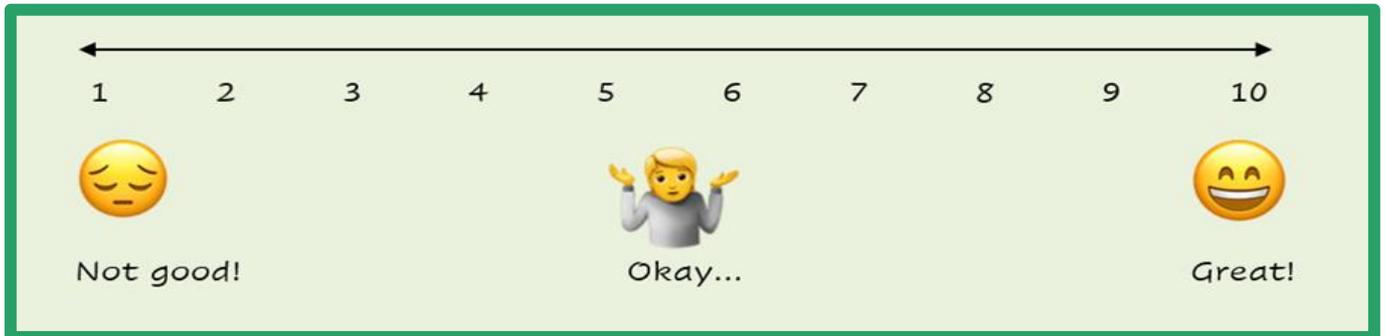
Staying at home has often made me feel: (Please circle all the ones that are true)



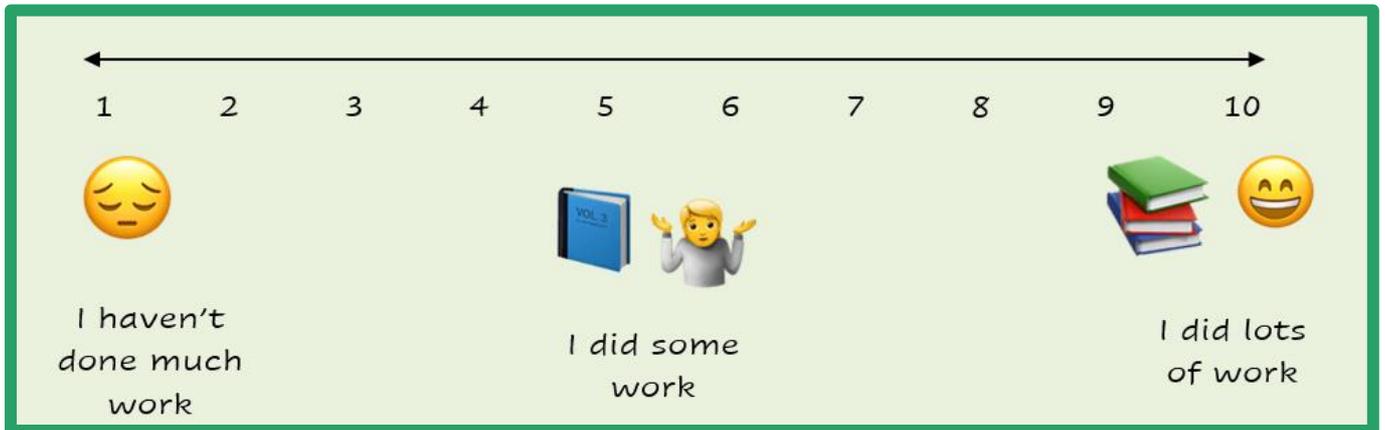
Would you like to draw how you have been feeling most of the time?



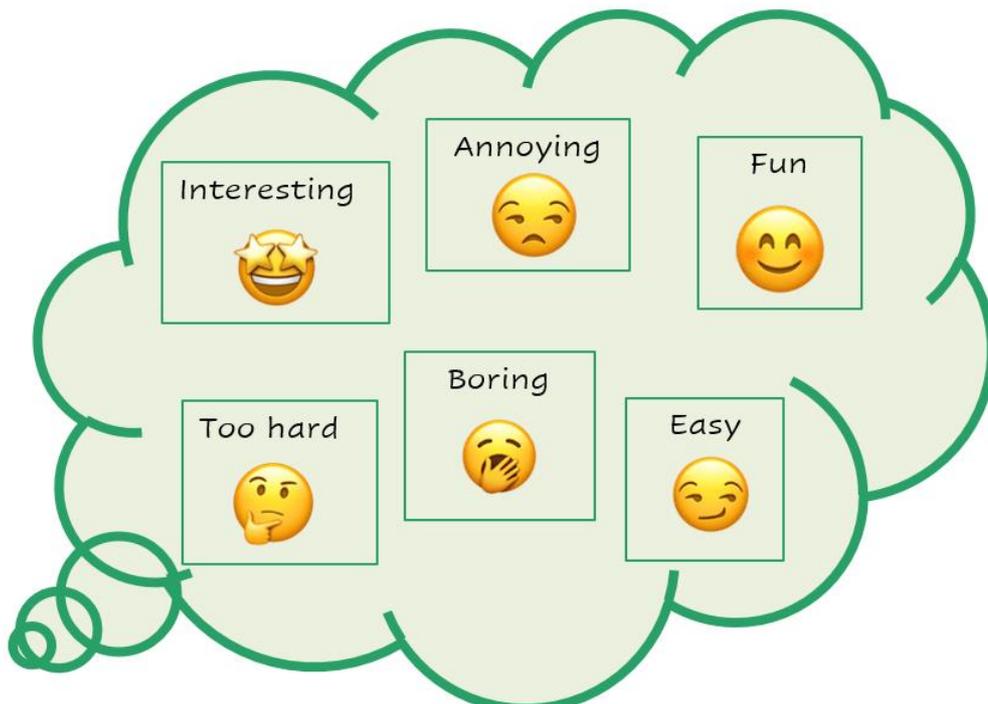
Doing my **learning** at home is: (Please circle a number from 1 to 10)



How much learning have you done? (Please circle a number from 1 to 10)



I think the schoolwork I have done is: (Please circle)





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)

| | | | | | | | | | | | |
|-----------------------------------------------------------------------------------|---|---|---|---|-----------------------------------------------------------------------------------|---|---|---|---|-------------------------------------------------------------------------------------|---|
| ← | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 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 looking forward to?

| | | | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Seeing my friends | Learning | Seeing my teachers | Knowing what is happening | Play time | Time away from home |
|  |  |  |  |  |  |
| <input type="radio"/> | <input type="radio"/> |

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)



| | | | | |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>I feel worried</p>  | <p>I worry about leaving my parents/carers to go to school</p>  | <p>I can do things if I really try</p>  | <p>I need help with my learning</p>  | <p>People don't listen or believe me</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>I don't like reading aloud</p>  | <p>There are people who help me at school</p>  | <p>I feel mixed up</p>  | <p>I prefer to spend time doing fun stuff at home</p>  | <p>I believe people care about me at school</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>I don't like some teachers</p>  | <p>Some children are mean to me</p>  | <p>I worry about getting unwell</p>  | <p>I think things will get better</p>  | <p>I would rather spend time on my games or watch TV</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>School is too noisy or busy</p>  | <p>I feel embarrassed</p>  | <p>I have friends at school</p>  | <p>I don't understand what the teacher is saying</p>  | <p>I would rather be at home</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



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)

| | | | | |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <p>I worry about tests</p>  | <p>I feel like I belong at my school</p>  | <p>My family need me to be at home</p>  | <p>I worry about seeing my classmates</p>  | <p>I worry that my family will become unwell</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>I worry about what people think about me</p>  | <p>I don't like breaktimes</p>  | <p>People listen to me at school</p>  | <p>I feel sad</p>  | <p>I don't know how to make friends</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>I feel lonely</p>  | <p>I don't like working in a group</p>  | <p>I want to go to school</p>  | <p>I worry about schoolwork</p>  | <p>I feel safe when I am at school</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>I am a good learner</p>  | <p>I prefer to spend time with my family or pets</p>  | <p>I don't like changes to routine</p>  | <p>I worry about people getting too close to me</p>  | <p>I feel my head is too full</p>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

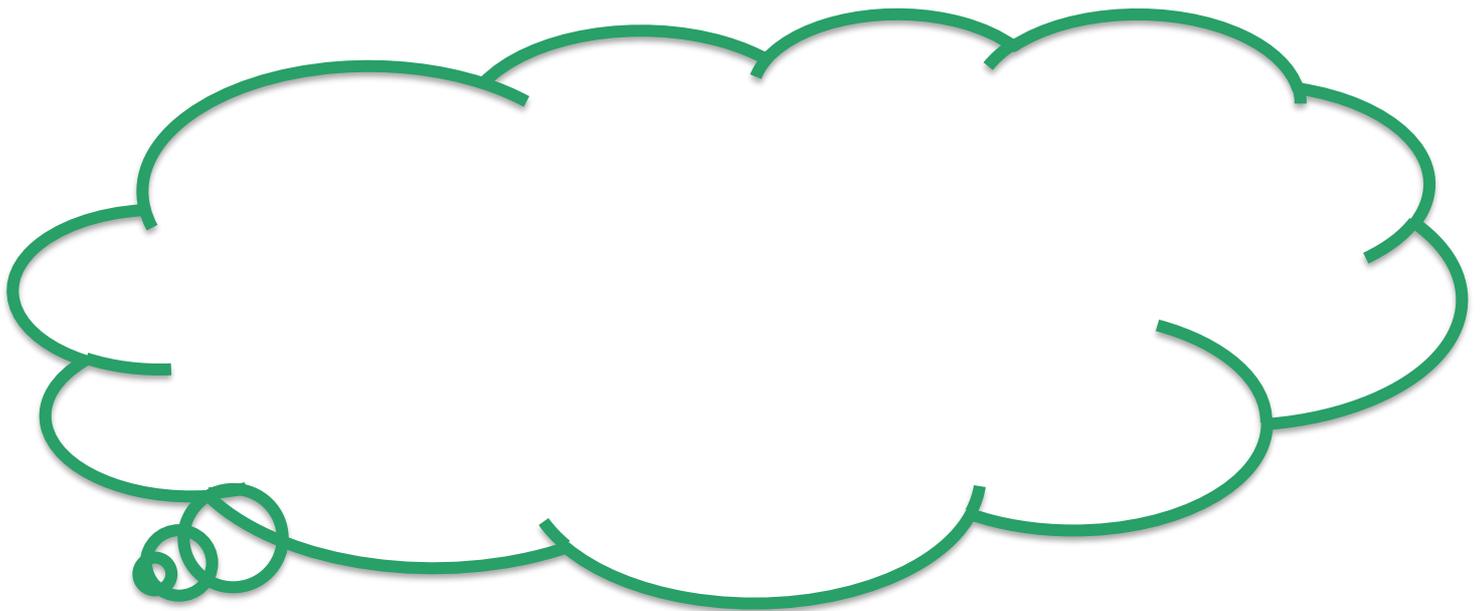


Other types of learning



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)



What will happen in my time at school?

Which other children will I see?

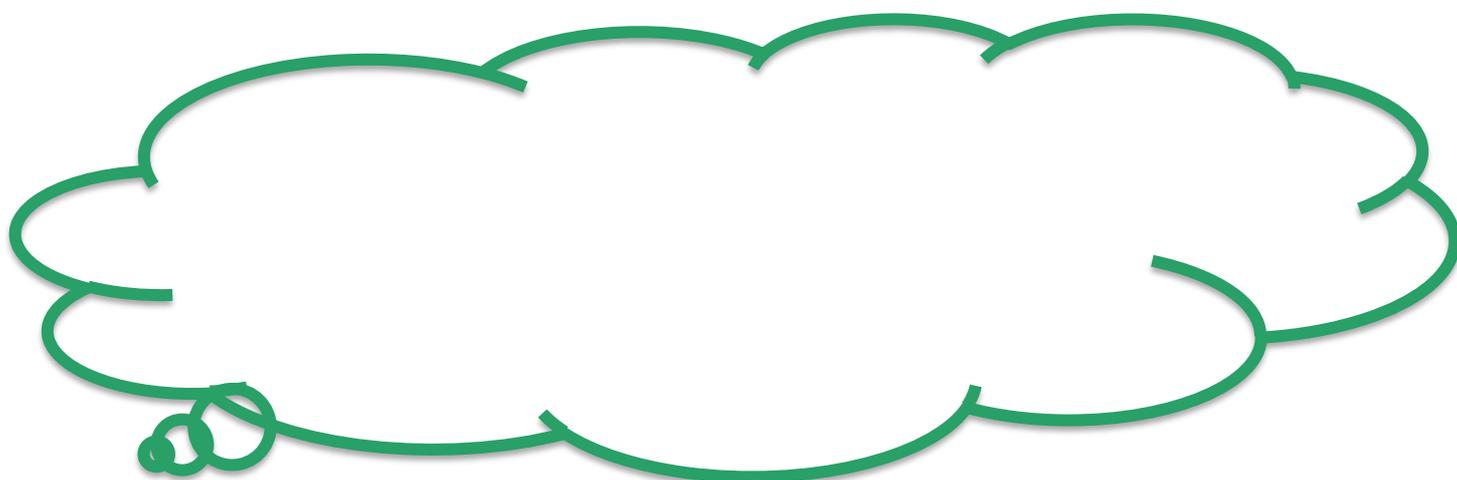
What can I do if I feel worried?

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)*

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



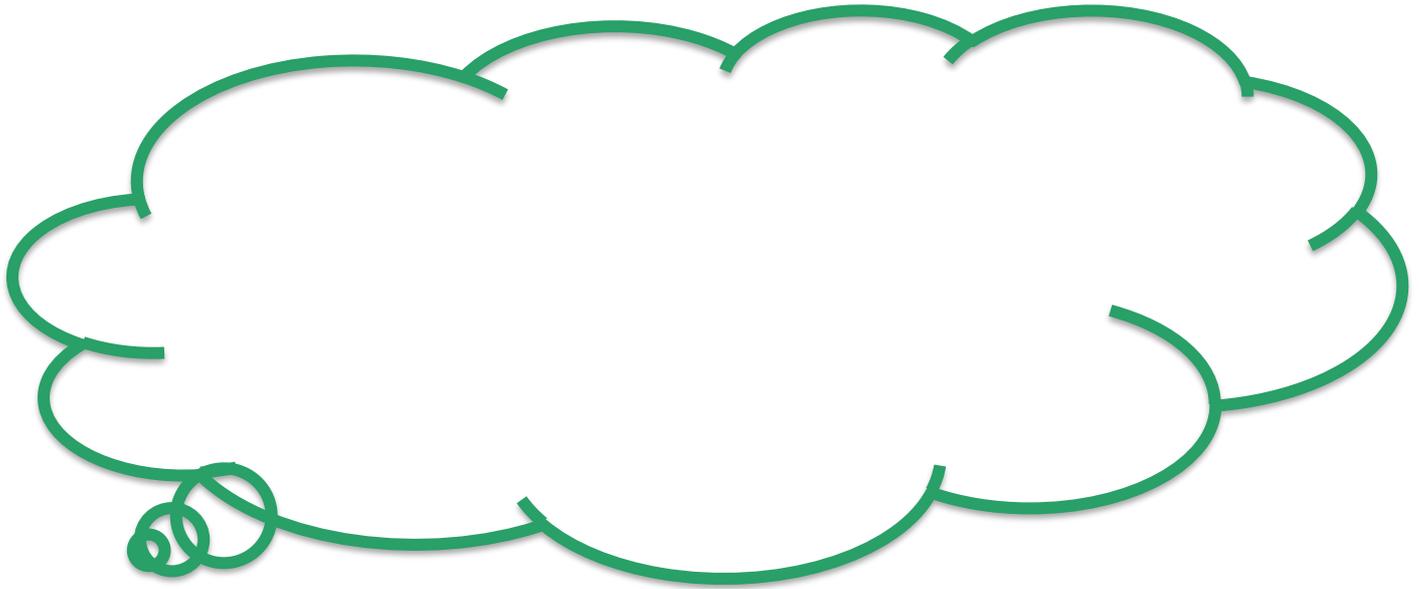
Have some quiet time by myself



I don't know

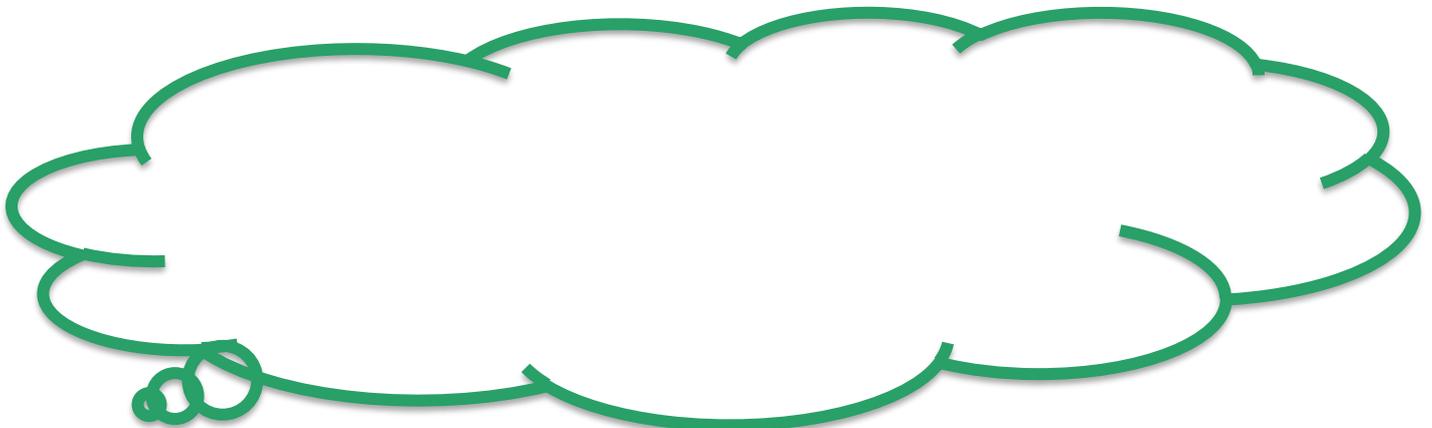


Is there anything else you do that helps you?



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

Free telephone helpline 0800 1111