

Getting Ready for Going Back to School Discussion Cards

Guidance for use:

These cards are to support your child as they prepare to go back to school. For each discussion point, talk about how it might look and feel for you and your child. Talk about what you and your child can do to make it easier, as well as things to avoid.

Encourage your child to talk about their worries and reassure them about going back to school.

You can use the blank cards to add your own ideas to talk about.

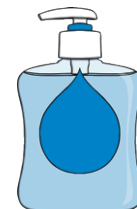
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Getting Ready for Going Back to School

Schools are making classrooms as easy as possible to keep clean.

Talk about how you feel about this and what it means for your child.

How might your child feel comforted?



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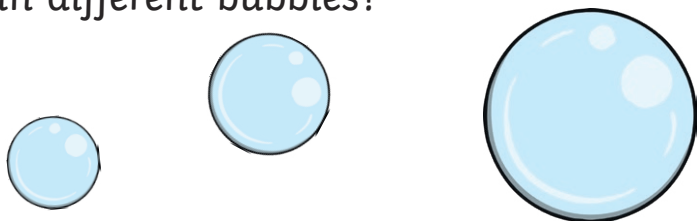
This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

Getting Ready for Going Back to School

Children will be taught in small groups called bubbles and may not be with their friends.

Think about what might be good about smaller groups.

How could your child show they care about their friends in different bubbles?



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Getting Ready for Going Back to School

Remember that washing our hands properly is important.

Ask your child:

How long should we wash our hands for?

Can you sing a song or say a rhyme to help do it properly?

How can we clean our hands if we are not near a sink?



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Getting Ready for Going Back to School

Parents will drop children off outside of school.

What would help your child feel better about going into school on their own?

Think of a helpful routine to follow each morning.



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Getting Ready for Going Back to School

Children will have staggered drop off and pick up times.

Talk about how important it is to arrive during your allocated time.

How can you work together to make sure you are on time and keep mornings calm?



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Lunches will be eaten in classrooms or on a rota system.

What things might your child like to take in their packed lunches?

If school is providing meals, maybe think about cooking their favourite meal for dinner.



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Children will have a desk to themselves, a small distance away from their friends.

Talk about how it could be good to have your own learning space.

How can your child still interact with their friends and teacher?



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Children will be asked to leave their own toys at home.

Why is it important to leave toys at home?

Talk about fun things you could do before and after school.



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Getting Ready for Going Back to School

Teachers may be working with a different group of children than usual.

Which teachers does your child know?

Talk about when children move classes after the summer holidays, they usually have a new teacher.

Ask the school or look on the website to learn about the other teachers in the school.



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Children may be in a different classroom than usual.

Talk about what a classroom looks like.

Remind your child that in September, they start a new class which is usually in a new room.



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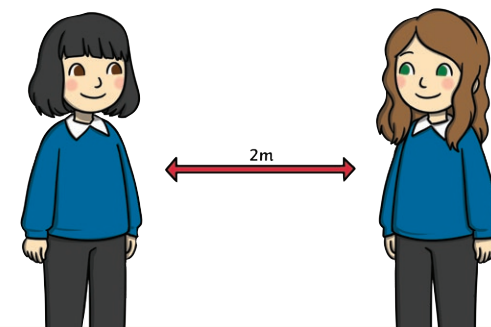
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During drop off and pick up times, parents and children should maintain social distancing.

Ask your child:

How far apart should we stay from people who don't live in our homes?

Why is this important?



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Group activities are likely to be less common.

Discuss why this might be the case.



Explain that children can still share ideas with their friends but that they shouldn't spend time close together.



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Some children will be at school while their siblings are still at home.

If your child is still going to school, how do they feel about this?

Talk together about your child's feelings and reassure them that it won't be like that forever.

If your child is staying at home, ask them to tell you about what they'd like to do while their sibling is at school or when they get home from school.

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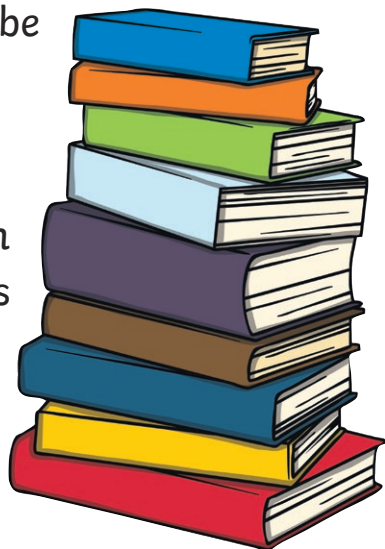
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Getting Ready for Going Back to School

Books and resources shouldn't be sent to and from school.

Explain why this is important.

Find books and resources which you already have or can access online instead.



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Getting Ready for Going Back to School

School hours might be different from normal to make more time for cleaning or for different groups of children.

If there is a free afternoon each week, what might you do together during this time?



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