

Everyone back to school

We have been in small pods for 8 weeks.

It has been quieter than usual.

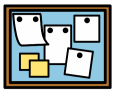
Adults have been able to spend more time with us.

On Monday, when lockdown is over, all our friends will

come back to school.

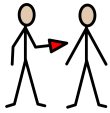
It is ok to find it tricky in the classroom or playground.

It might feel too noisy or too busy. It is ok if it is TOO MUCH!



Notice

if



you



feel

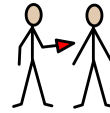


any

sensations or

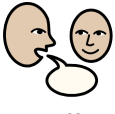


feelings



you

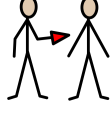
don't like.



Tell

someone

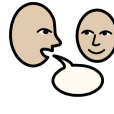
-



you



might



say:



"I'm



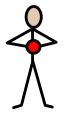
hot"



"I'm



angry"

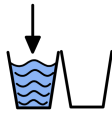


"My



head

is



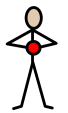
full"



too



noisy"



"My



ears



hurt"



"I



don't like it"



You can

have



some



time

in a

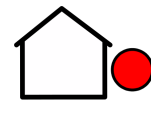


safe

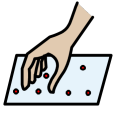


space,

or

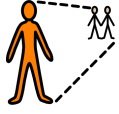


outside.



Choose

to be



alone

or



with

an

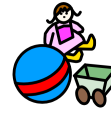


adult,



with

a

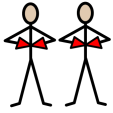


toy

or

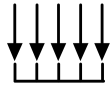


book.

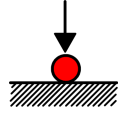


We

are



all

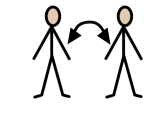


here

to



help



each other



feel



happy



and



safe.