

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This resource offers a range of questions to help you to talk about going back to school. It's important to spend time talking about anxiety so that your child feels heard and not rushed into a solution. Talking about possibilities and solutions will be good when your child is ready to be proactive.

What skills does this practise?

Openness

Emotional intelligence

Problem-Solving

Preparedness

Further Activity Ideas and Suggestions

Here are some other resources you might find helpful to deal with back to school anxiety:

- Try our Back to School anxiety resources: Stress and Anxiety Activity Pack
- Back to School Readiness Pack (Social and Emotional)
- Half of My Heart Craft to Help With Separation Anxiety

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub



Back to School Anxiety Talking Prompts and Possibilities



Use these prompts to think about each area in more detail. It's important to acknowledge your worries and consider them. It's normal to feel some anxiety when going back to school.

Prompts

Possibilities

General

What happens when things go wrong? What do you fear will happen? Has that ever happened? How did you cope? Have you seen anyone else cope with this well? Have you asked your teacher about this? What do they think is a good way to deal with it?

Role-play different ways to deal with the issue. Talk to the school. Ask for advice on proactive ways to deal with it. Plan little treats. Do relaxing and stress relieving activities like yoga and mindfulness. Release pent up frustration with sport, healthy eating and good sleep. If you're not coping, ask for help.

Learning

Do you like learning? Is there anything that worries you about your learning? Or anything you find too difficult?

Speak to the teacher. Ask for support. Do extra work at home. Do learning games at home. Speak to the school about their perceptions. Speak to the teacher about pros and cons of diagnosis.

My Teacher

Have you met your teacher? What do you think will be good about them? And what are you not sure of?

Discuss what you know of the teacher and any meetings you have had with them. Discuss what other children say about the teacher. Remember that teachers come into teaching to help children. Make a card for them.

My Friends

Who are your friends at school? Do you enjoy spending time with them? What is the best bit of your day?

Invite your friend to play after school or to a sleepover at the weekend. Remember it's important to have a few best friends at school. Give your friend space to have other friends.

Prompts

Possibilities

My Classmates

How many of your classmates do you know? How do you get on with them? Are you friends with many or few of them? Are there any you are wary of? Why?

Remember each person, however confident they look, has struggles equal to your own. Be kind. Be firm and say 'no' when you don't want to do something. Ask your classmates what they think about tricky situations. Ask for help and tell your teacher if it is difficult.

My Classroom

What do you like about your classroom? Does it have windows or a view? Where will you sit? What are you nervous about? What colour is it?

Visualise your classroom and imagine sitting in it and working happily. If this is easy, imagine what worries you, but imagine that you feel OK and quiet inside. Practise the 'My Bubble' activity in 'Keep Calm Activities'.

The School and Uniform

How do you feel about the building, corridors, toilets, assemblies, and teachers? What about your uniform, shoes, school bag, and lunchbox?

Practise keep calm strategies for stressful times. Find ways to personalise your uniform and items so it makes you feel like you, while also sticking to school rules.

Break and Lunch

Do you like playtime? Who do you play with? What do you do? What are the tricky bits? Where do you eat lunch? Who with? Are there bits you don't like?

Have some fun games you can play alone. Practise inviting someone to play. Share who leads the game and makes the rules. Avoid people who don't make you feel good. Say if you think something isn't right. Practise yoga breathing if you become tense.

Before and After School

How are you and your family at getting up, dressed and out? What is difficult after school? Do you worry you'll miss your family in school?

Pack your school bag and lunch box before bed. Leave five minutes early so you can play at school. Go to an after school club or activity one or two days a week.

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