

BACK TO SCHOOL

A guide to help you return to school feeling confident and focused.

How I am feeling about going to school



What I can control

Things I need to focus on:

What I can't control

Things I need to let go of:



What do I need from myself and others?

Be as specific as possible. What will help you to calm yourself? What steps can you take? What do you need to remember? Who can help you? What could they do?

At home

At school

How do I know that I can deal with this?

What has worked in the past? What are my strengths?

How can I talk myself through difficult situations?

What do I need to tell myself if things don't go to plan? How can I look after myself?



What would I look like if I went into school feeling confident? What would people notice about me?

Important things for me to remember.

These are things to do each day...starting today!

3 self-care strategies

- 1.
- 2.
- 3.

3 positive affirmations

- 1.
- 2.
- 3.