

I'm Going Back to School!



I am going back to school! I have been home with my family for a long time. I might feel scared or nervous to go back to school. I might also feel VERY EXCITED and happy to go back to school!

Afraid/Scared



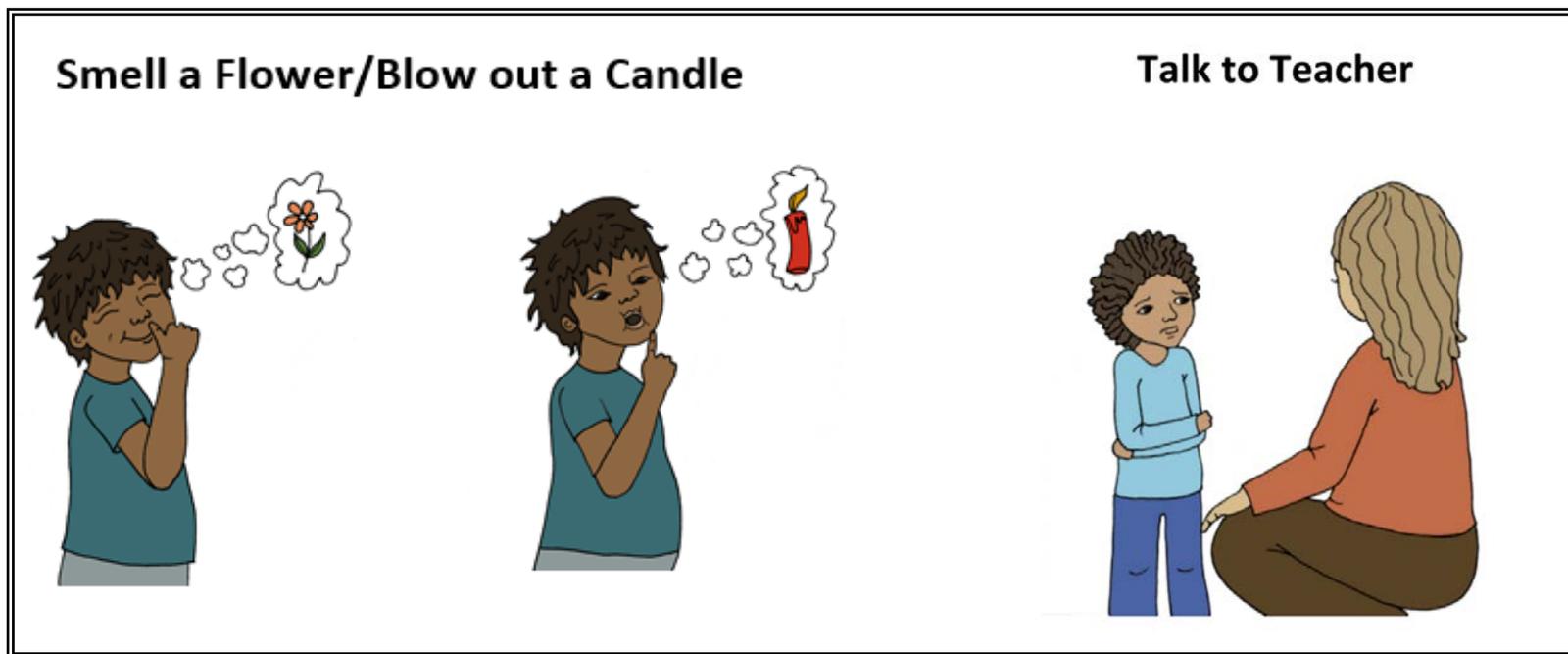
Excited



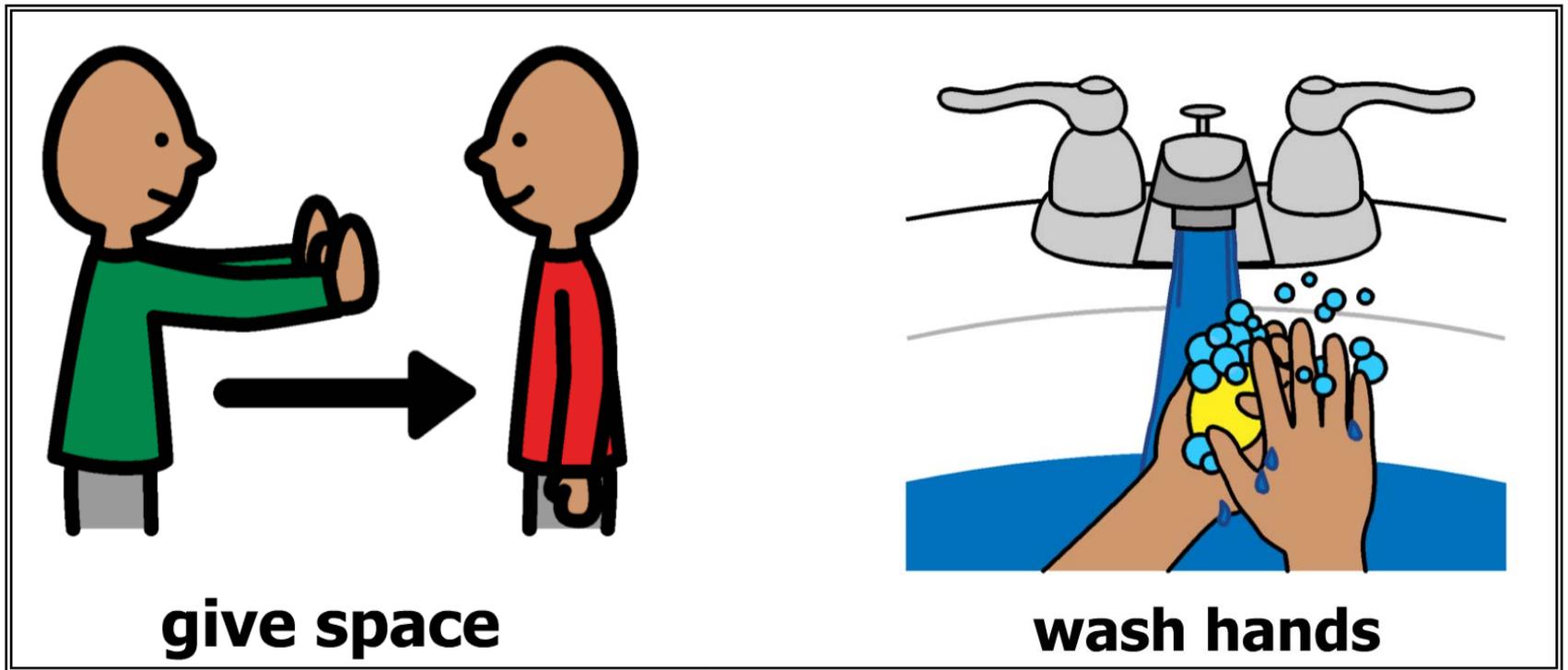
Nervous

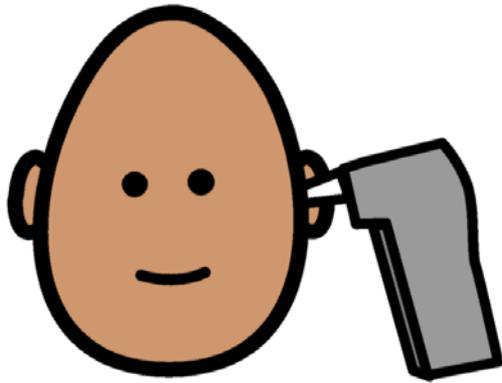


It is okay to have lots of feelings; some of these feelings might feel really big inside me. When I have big feelings I can talk to a grown-up. They can help!



School will be really different when I go back. Everyone was staying home to stop the germs from spreading to lots of people. The germs are starting to go away, but we still have to practice good HYGIENE and give everyone extra space so that germs can't jump between people.





take temperature



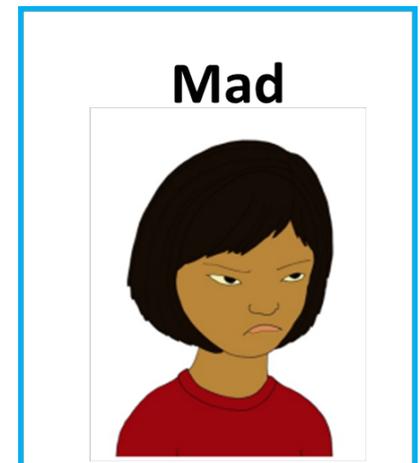
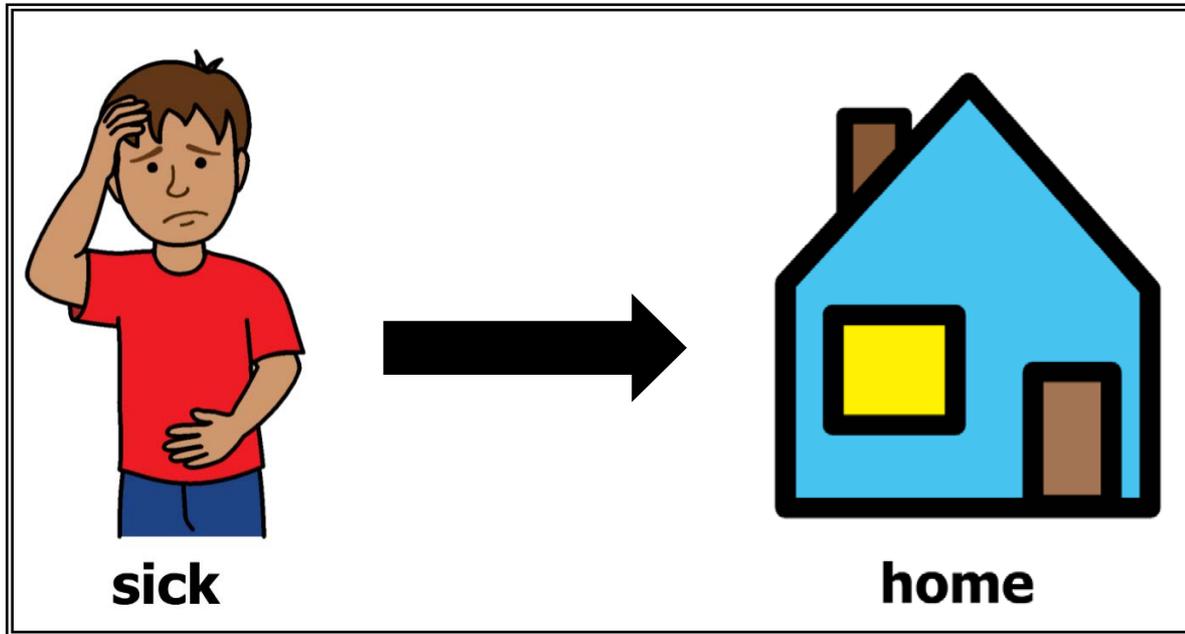
say bye bye

School is going to feel a little different when I go back. This is what drop off will look like:

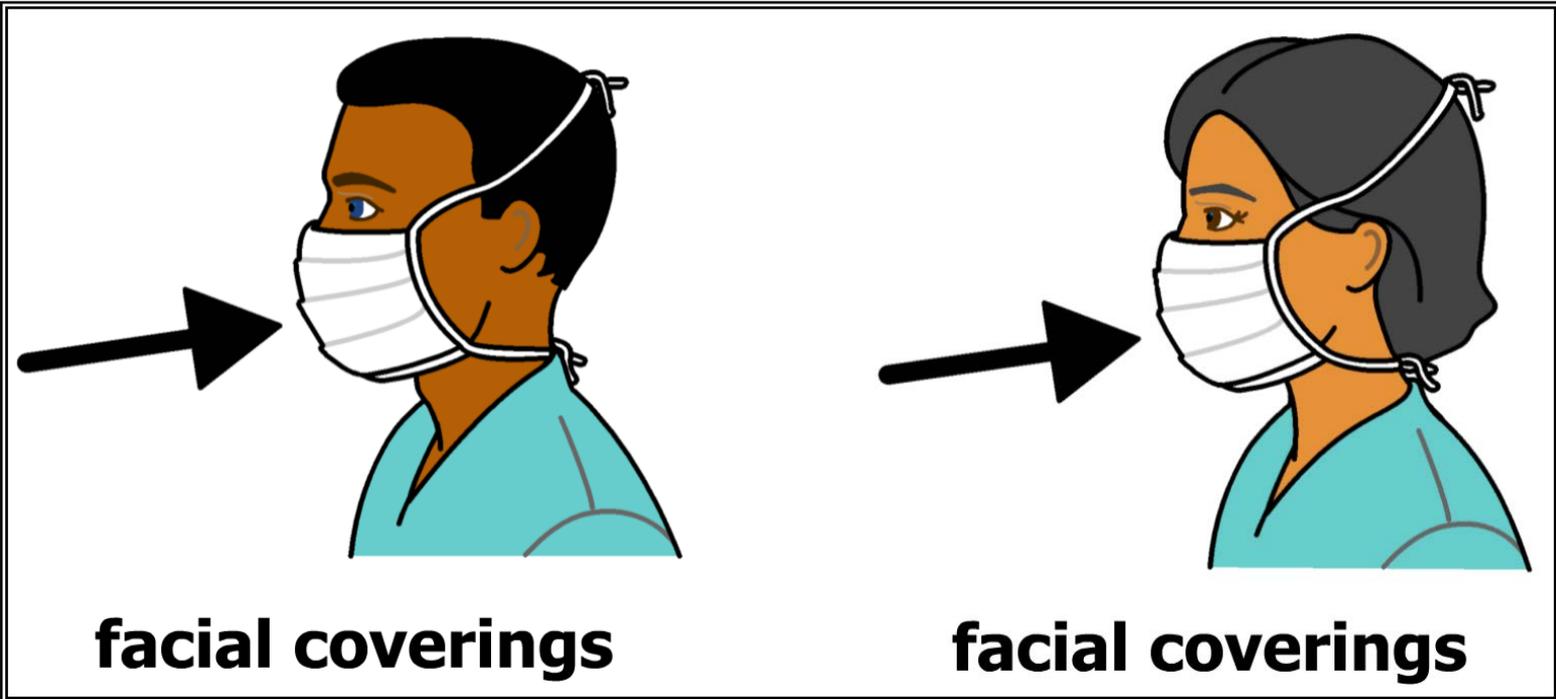
My family will bring me to the front door of the school and take my temperature to make sure I am healthy.

Then I will say, “bye bye” to my family at the front door of the school. My teacher will take me to my classroom. It is okay to feel sad when I say, “bye bye.” I have been home with my family for a long time and this is a **BIG CHANGE** for me.

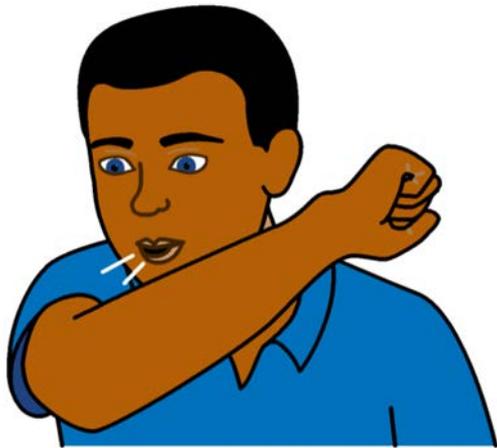
If I am sick, I will have to go back home till I feel better. I might feel really sad or mad about going back home. It is okay to feel that way. It is important to remember that my teachers want me to come to school AND we want everyone to stay healthy. I will come back when I feel better.



Teachers and children might be wearing facial coverings to keep us safe. They might feel uncomfortable and it might be hard to breathe in them. It's good to practice wearing them at home.



A mask will help me protect my coughs. If I don't have a mask on, I cough into my ELBOW. I can practice this at home. If I use a tissue to clean my nose or sneeze, I throw the tissue into the trash can and wash my hands.



cough into elbow

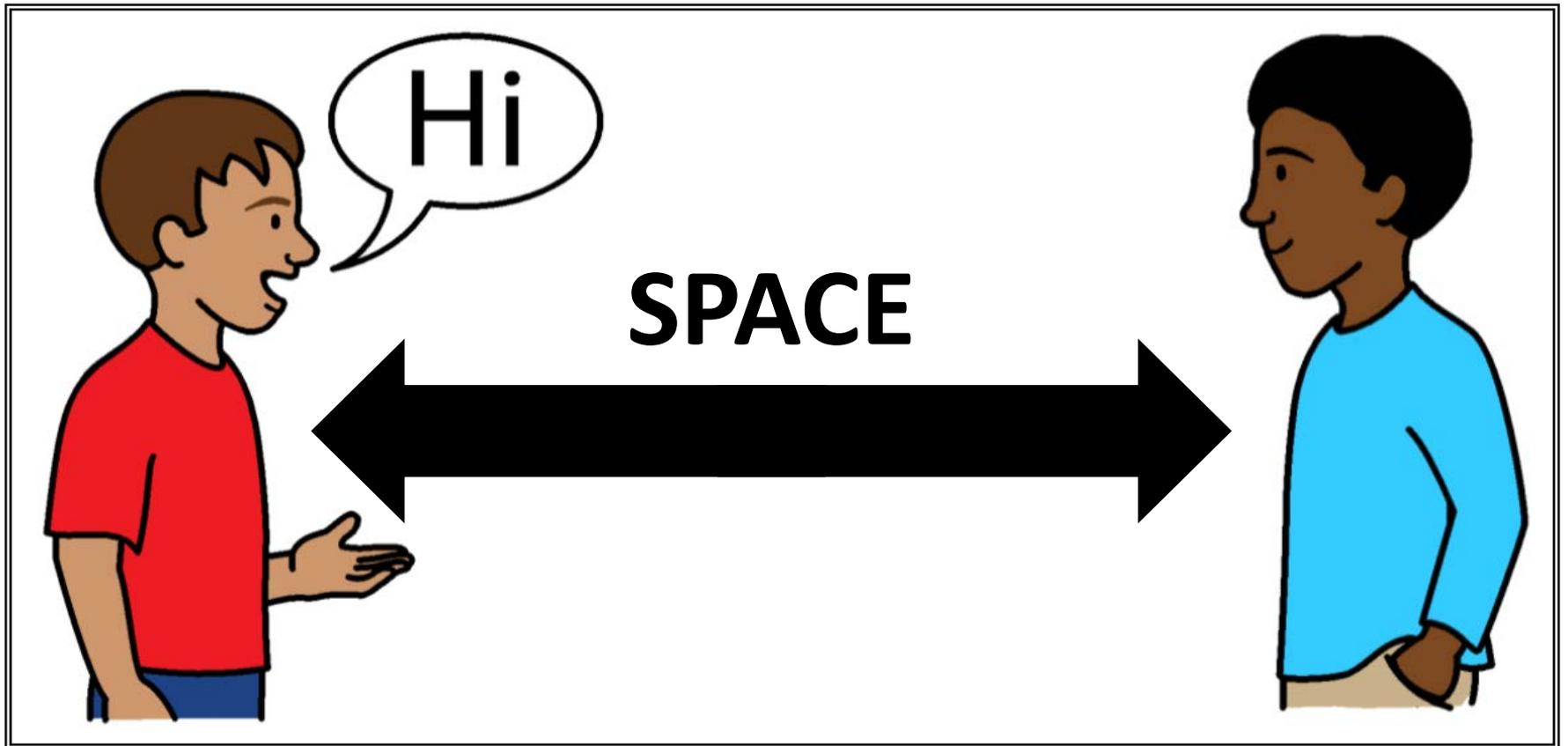


throw tissue away



wash hands

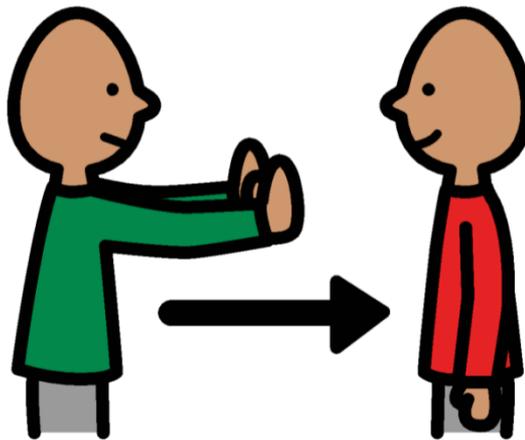
My teachers will remind me to give friends space. This means I need to play further away. I know how to say hi while giving space. Lets practice!



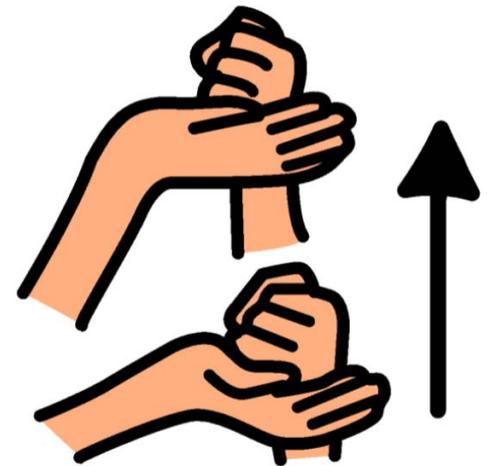
It might be hard to hear or talk to my teachers and friends when we're all wearing masks. I can be patient and use my body to help me talk. Here are some things I can do:



thumbs up

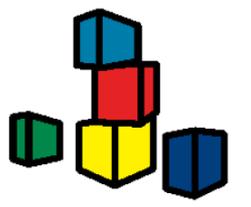
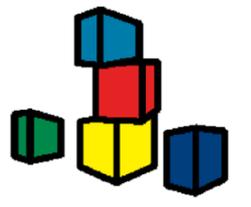
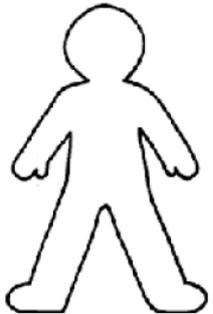


give space



help

My classroom will look different. I can play with my friends while we each give each other SPACE. We may have new rules in the classroom about where we can play and how many friends can play there. I might have to wait until toys are clean to play with them.

	<p>House Area</p>			<p>Block Area</p>	
					

My teachers will remind me to wash my hands more throughout the day. This is how I wash hands.



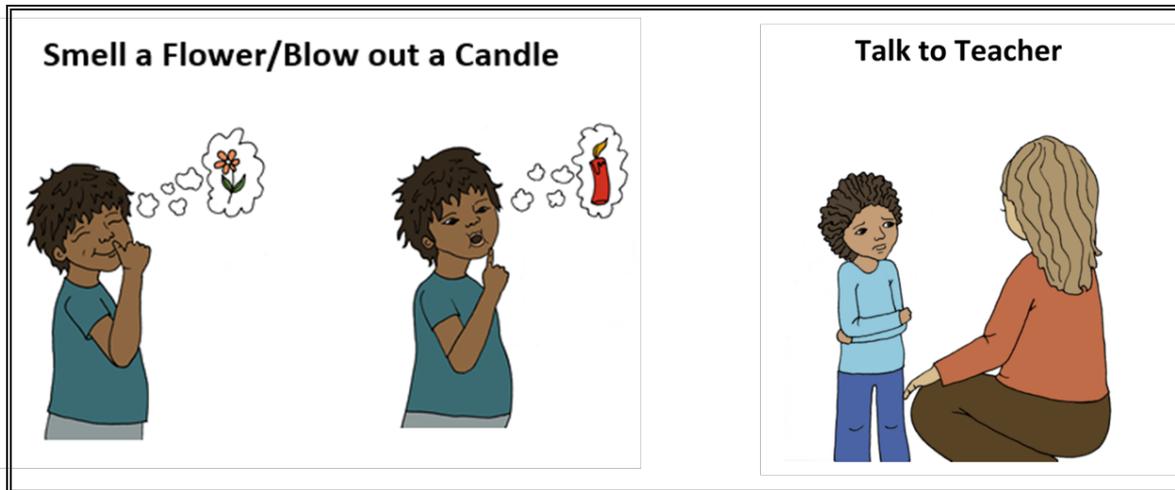
Here are some songs I can sing while I wash hands. I'm going to try:



ABC's



Twinkle Twinkle
Little Star



My friends and teachers are excited to see me at school. School will be a little different and it might make me sad or mad. I might feel scared about going back to school or scared of germs. I can talk to my family and teacher about my feelings. They will help me feel better.