

QUESTIONS TO ASK YOUR CHILD ABOUT RETURNING TO SCHOOL

Is there anything you would like to talk about?

What can you do while at school to feel calm?

What are you looking forward to with returning to school?

How can you keep in touch with friends that are not returning to school?

What are you worried about when you lie in bed and can't sleep?

Would it be helpful if we talk through what the school day will look like now?

Which changes at school are you most worried about?

How do you feel about returning to school?

What can I do to help?

What elements of school make you happy?