

**It's OK...**

### Noticing and Naming...

... how we are feeling can help us to manage our emotions more effectively and can lead to reduced feelings of worry and anxiety.



### Planning together...

...with those who are important in the transition, can help us to feel supported and in control of going back to school.

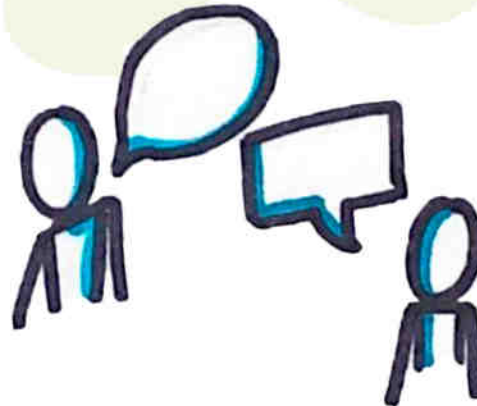


### Reflecting...

on past experiences, what we learnt from them and how we have felt, can help us to feel prepared for new challenges.



# 5 TIPS FOR FAMILIES



### Things to do



There are lots of small things we can do to feel prepared. We could make an 'All About Me' book to help us share the things that are important to us with our new teacher.



### We could make a

transition book with lots of photos of the school, classrooms, teachers and other things that might be helpful to know. This can help us to see what it will be like.

.... for children thinking about going back to school....

