



Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

SETTING GOALS / VISION BOARDS

Problem solving/making a plan/goal setting



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



SETTING GOALS / VISION BOARDS

Setting goals helps you to focus and think about what you want to achieve. Setting goals can also trigger new behaviors by helping you to be determined and positive.

Vision boards provide you with a daily visual reminder of your dreams and goals. The reason that vision boards work so great is because you visually see them every day.



GOAL SETTING

Identify a goal you would like to reach. Make sure to be as specific as possible.



What are some steps I need to take to reach this goal?

Who can help me reach this goal and what can they do?

How can I keep track of my progress?

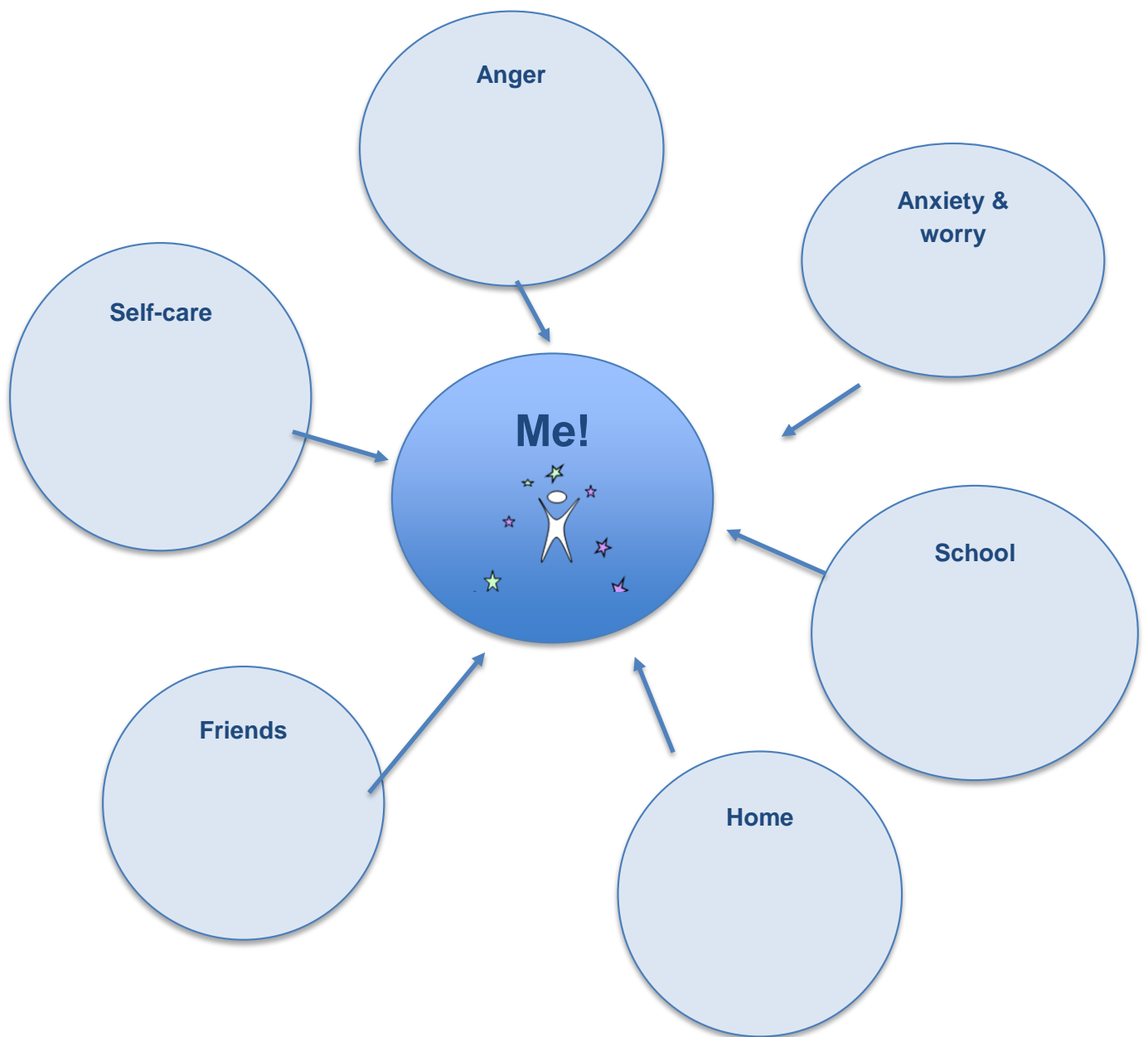
What can I do if I have a bad day?

How will I know that I've reached my goal?



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My Goals



Create up to three goals for yourself.

[illegible][illegible][illegible][illegible]

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Vision Board Template

NAME: _____

Goals

A large, empty rectangular box with a dark blue border, intended for a person to write or draw their goals.

Dreams

A large, empty rectangular box with a dark blue border, intended for a person to write or draw their dreams.

School

A large, empty rectangular box with a dark blue border, intended for a person to write or draw about their school.

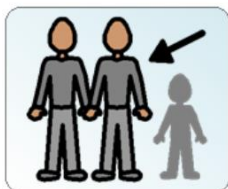
Family and
Friends

A large, empty rectangular box with a dark blue border, intended for a person to write or draw about their family and friends.

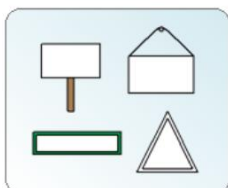
With love from **FREDDIE** 

GETTING BACK TO SCHOOL

REMEMBER



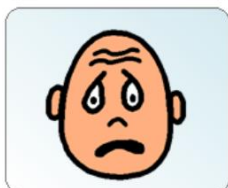
The adults in school will help keep me safe.



Signs will help to remind everyone of the rules.



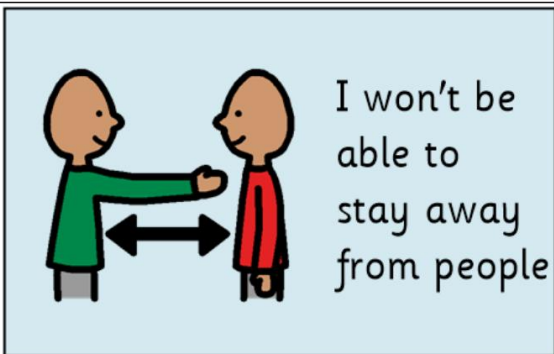
Everyone will be working hard to keep my school clean .



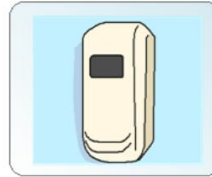
If I am worried there are people I can talk to in school.



Fears about COVID-19 in school



What my school is doing to help



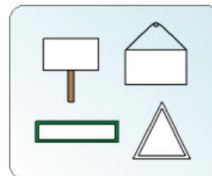
Everyone asked to sanitise hands when entering school.



Hand washing before and after eating.



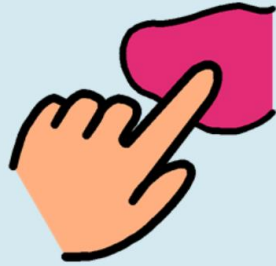
Not everyone will be at school at the same time. Learning will also be done at home.



Signs will be displayed to remind everyone of the rules.



Fears about COVID-19 in school



I don't want to touch people's things.

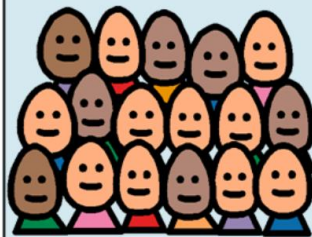
What my school is doing to help



Everyone will have their own equipment.



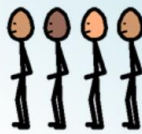
Work stations will be cleaned regularly.



Corridors will be busy



A one way system will be in place down each side of corridors.



We will be reminded to walk in single file with distance between each person.



My Action Plan



What I've learnt or found useful?

What I'm going to do next?

Who I can ask to help me!