



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

Introduction  
& All About ME



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.



# All About Me

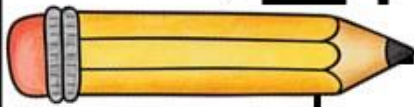
Completing an 'All About Me' activity sheet is a great way for you to let your teacher know a bit more about yourself, for example your strengths, your favourite things and your wishes!

Maybe you would like to ask your new teacher to complete an 'All About Me' sheet so you can find out a bit more about them before school starts in August.



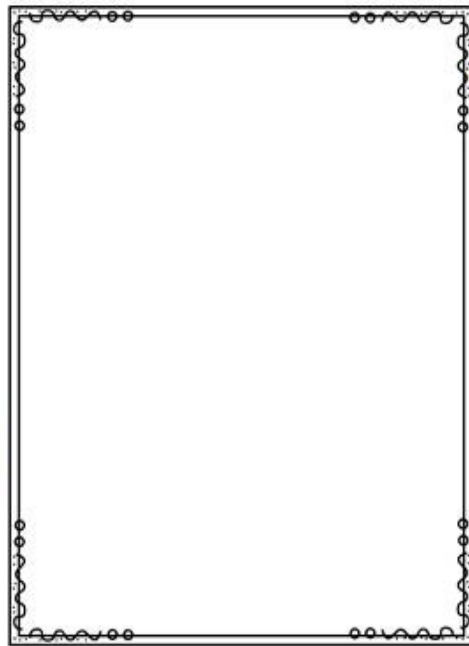


# All About Me



I am \_\_\_\_\_  
years old

## Self Portrait



My Birthday is:



\_\_\_\_\_



## My Favorite

Color:

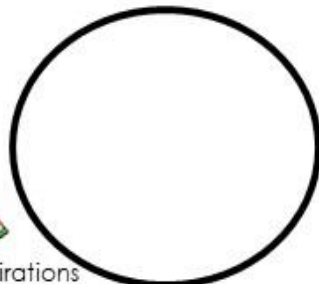
\_\_\_\_\_



Animal:

\_\_\_\_\_

Food:



Book:

\_\_\_\_\_





# ALL ABOUT ME



Hello, my name is \_\_\_\_\_ . When

I wake up, the first thing I do is \_\_\_\_\_

\_\_\_\_\_ . After that, I get ready for

\_\_\_\_\_ . My favorite subject in

school is \_\_\_\_\_ . After school, I go

home and \_\_\_\_\_ . If I could

have one wish, my wish would be \_\_\_\_\_

\_\_\_\_\_ . I love my \_\_\_\_\_

very much! I think that people like me because

I am \_\_\_\_\_ .

# All About Me

Name: \_\_\_\_\_

My favorite color:

My favorite story  
or book:

My favorite game:

My favorite subject:

My birthday:

My family:

My favorite animal:

# What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

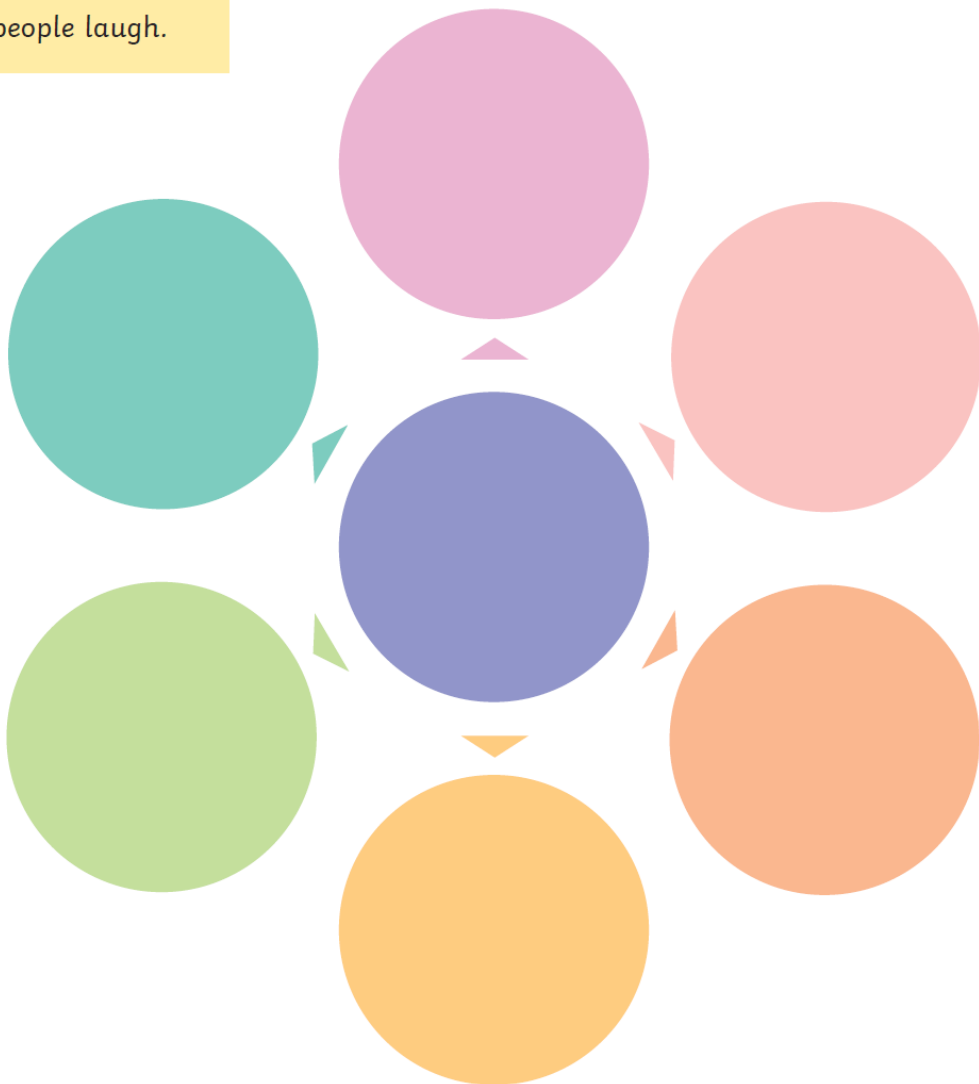
Write all those wonderful qualities down and be proud of who you are!

## Examples:

I am honest.

I am brave.

I make people laugh.





Who Am I:

A large, empty rounded rectangular box with a light green border, intended for a person to write their name or a short bio.

A rectangular area with a light blue border and a white center, containing the word 'photo' in a simple black font, intended for a person to place a photograph.

What I can help you with:

A large, empty rounded rectangular box with a light green border, intended for a person to list the services or support they can provide.

I Like and I am!

A large, empty rounded rectangular box with a light green border, intended for a person to describe their interests and their current status.





Now what about you?

Tell me something about you?

My name is \_\_\_\_\_

Are there any questions you want to ask me?

## My Action Plan



**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**