



## 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

Getting Organised



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.



# Getting Organised

Here are some resources that may help  
you get organised



DATE: \_\_\_\_\_

	:00	:30	TODAY'S GOALS
5 AM			1.
6 AM			2.
7 AM			3.
8 AM			4.
9 AM			5.
10 AM			
11 AM			To Do
12 AM			<input type="checkbox"/>
1 PM			<input type="checkbox"/>
2 PM			<input type="checkbox"/>
3 PM			<input type="checkbox"/>
4 PM			<input type="checkbox"/>
5 PM			<input type="checkbox"/>
6 PM			<input type="checkbox"/>
7 PM			<input type="checkbox"/>
8 PM			<input type="checkbox"/>

NOTES	MEAL PLAN	
	BREAKFAST	
	AM SNACK	
	LUNCH	
	PM SNACK	
	DINNER	
	WATER INTAKE:	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



# Before School Checklist



Use this checklist to keep track of all the things you need to do before you head to school!

## Wake up on time!

Get up at a time that gives you enough time to get ready without having to rush out the door. If you feel like you're not getting enough rest, try going to sleep earlier!

**M****T****W****Th****F**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Prepare for your day!

Think about your schedule for today. Do you have any tests? Is there something happening after school? Knowing what to expect can help your day go smoothly!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Get clean and dressed!

This includes taking care of your hygiene. Shower, brush your teeth, comb your hair, and make sure that your clothes are neat.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Eat breakfast!

Eating breakfast helps keep you energized during the day. Eat something that will keep you full until lunchtime!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Morning Chores!

Are there any chores that you are responsible for in the morning? This might include making your bed, feeding your pet, or cleaning up your room.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Pack up!


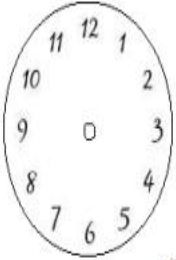

Before you leave the house, you want to make sure that you have everything packed that you'll need for school.

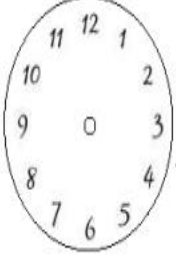

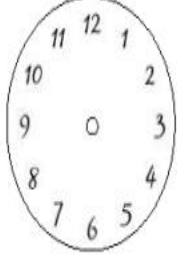
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Leave on time!



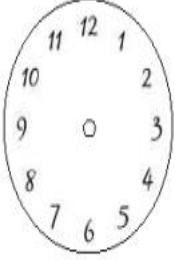

Having to rush out the door is stressful! Give yourself enough time to make it to the bus stop or to get dropped off without being late.



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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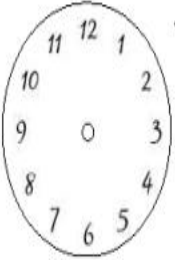
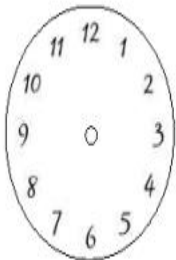
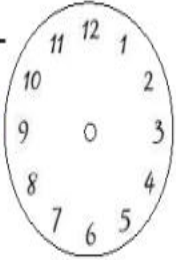
 **Go to bed at...**  **Get up at...** 

 **Get ready for bed at...**  **Get dressed at...** 

**On a school day I will...**

**Have tea at...**   **Eat breakfast at...**  

**Finish school at...**  **Start school at...** 

 **Have lunch at...**  **Have playtime at...** 



Am I ready for school today?

☐

I've eaten my breakfast

☐

I'm dressed for school

☐

I've cleaned my teeth

☐

I've brushed my hair

☐

I have all my homework

☐

I have my lunch

☐

I have my schoolbag

☐

My shoes are on my feet



I am ready to  
go to school!



Name: ..... Class: ..... Date: .....

# SCHOOL ITEMS

## WORDSEARCH

Find and copy the words corresponding to the pictures:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

p	e	n	c	i	l	c	a	s	e
p	r	s	t	s	p	n	s	b	x
r	h	c	v	h	e	o	c	o	j
z	u	i	r	a	n	t	h	o	c
p	f	s	u	r	e	e	o	k	r
e	k	s	b	p	e	b	o	p	a
n	f	o	b	e	y	o	l	e	y
c	j	r	e	n	h	o	b	d	o
i	f	s	r	e	b	k	a	u	n
l	t	w	a	r	l	g	u	l	



\_\_\_\_\_



\_\_\_\_\_



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## My Action Plan



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

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

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