

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.



Building a Toolbox

Thinking about the tools that we can use to feel calmer and our coping strategies, may help us become more aware of the skills we already have to manage worries or concerns.



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



Planning together...

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



When we make choices

and plans for ourselves we can feel more in control. Making our own checklists, thinking about the questions we would like answered and creating a one page profile are all ideas we could try.



.... for young people thinking about going back to school....

