

Going back to school



Name: _____



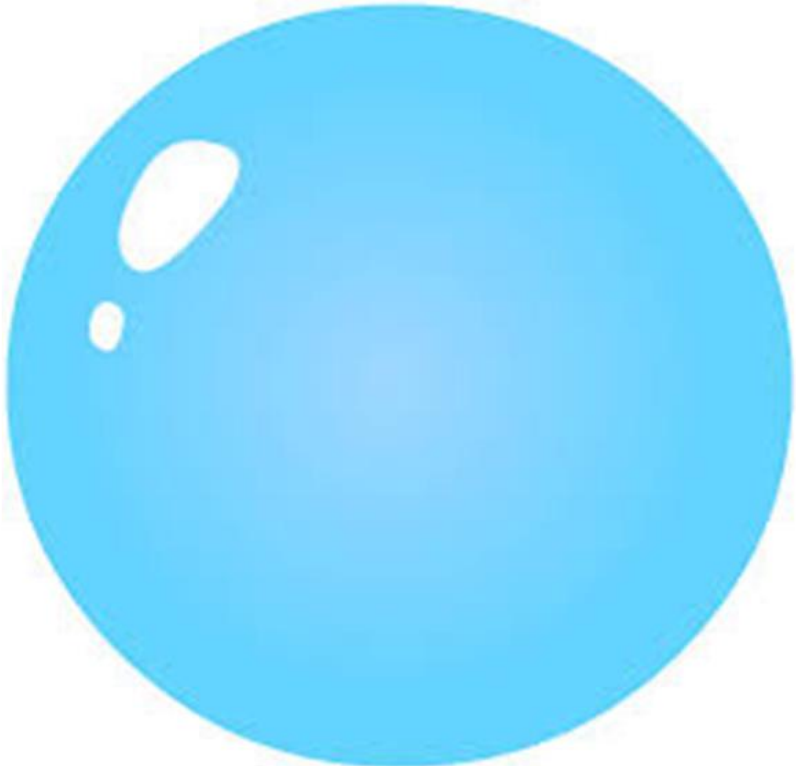
MANA AKE
STRONGER FOR TOMORROW

Staying at Home

For the last few weeks, my family and I have stayed at home. We did this because there was a virus that was making people sick. This meant that I couldn't go to lots of places like the playground, mall, library, swimming pool and school.

We stayed in a special bubble for this time to keep ourselves and others safe.

Draw the people who were in your bubble:



In my bubble we did lots of different activities at home.

Circle the activities that you did:



Back to School

The Prime Minister and her team are working really hard to keep us safe and healthy. New Zealand has done SUCH a good job at staying at home and our Prime Minister Jacinda Ardern is proud of us! We will go back to school as soon as we get the thumbs up.



When we go back to school, some things will be the same but some things might be a bit different. Get your parent/caregiver to help you fill out the table below to see how things will be the same/different at your school.

Things that will be the same	Things that will be different
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Staying Healthy

To keep any bugs from spreading I will make sure I regularly wash my hands and keep my hands away from my face.



I could even sing a song while washing my hands:
**"Wash, wash, wash your hands.
Wash them nice and clean.
Wash the bottoms and the tops
and fingers in between."**

I will keep moving my body.



I will keep to my mini bubble so I don't get too close to others.

I will eat lots of fruit and vegetables to keep me healthy.



I will sneeze or cough into my elbow.

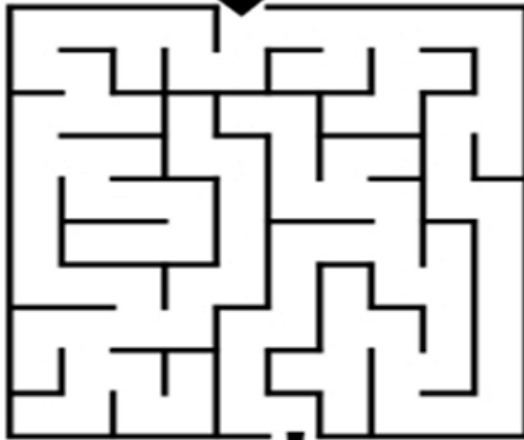
My School Information

I go to _____ School.

I am in _____ (class).

My teacher is _____.

Find your way to school:



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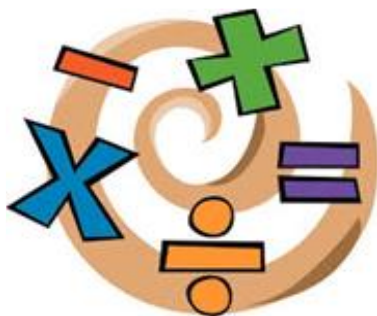
Going Back to School

When I return to school I will still be safe.

I will see some of my teachers and friends again.



And carry on learning
lots of things.

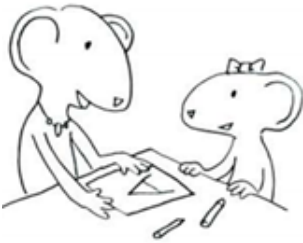


Here are some of the things I am most looking forward to about returning to school:

(Write or draw below)



Here are some of the things I will miss about being at home:
(Write or draw below)



Make a plan with your family about when you can do these fun things again!

Getting Ready for School



Draw or write a list of the things you will need in your school bag:

Draw or write about your favourite things to have for lunch at school. Remember to pack some healthy snacks. These help your brain and body to feel strong.



Write or draw about other things you might need for school and where you might find them.



For more information about getting ready to go back to school, and general wellbeing advice parents/caregivers can visit these websites:

- www.manaake.health.nz
- www.sparklers.org.nz/parenting/
- www.allright.org.nz

