




Transition Back To School Talking Mat

Cut up the cards, read aloud with your child, discuss and ask them to sort them into the table depending on how they feel about them. There are some blanks to add your own. You can then use this as a talking point to discuss the issues and provide some reassurance. Be honest, validate your child's feelings but try and problem solve together in a positive way.

Having a new routine and timetable	Having a new teacher	Lunch and break times	Seeing my old friends
Getting back into the school routine and getting up in the mornings	School toilets	Doing some learning outside	Remembering to stay 2 metres apart from others
Travelling to school	Making new friends	Having a new classroom	Washing my hands
Learning	Having my own resources	Worried that I could catch the Coronavirus	Other people accidentally touching me
Smaller group in the classroom	Having my own desk		