

Help Young People Cope With Going Back to School

After a half term/break, ease back into school with these:



• 1 Routine

Get back into a **regular** sleep and **morning** routine.



• 2 Plan

Plan ahead to know what to expect the first day back.



• 3 Positives

Think about the things you **like** about school.



• 4 Talk

Talk about any worries with a trusted adult.



• 5 Self-Care

Remember to do things that make you **feel** good.

