

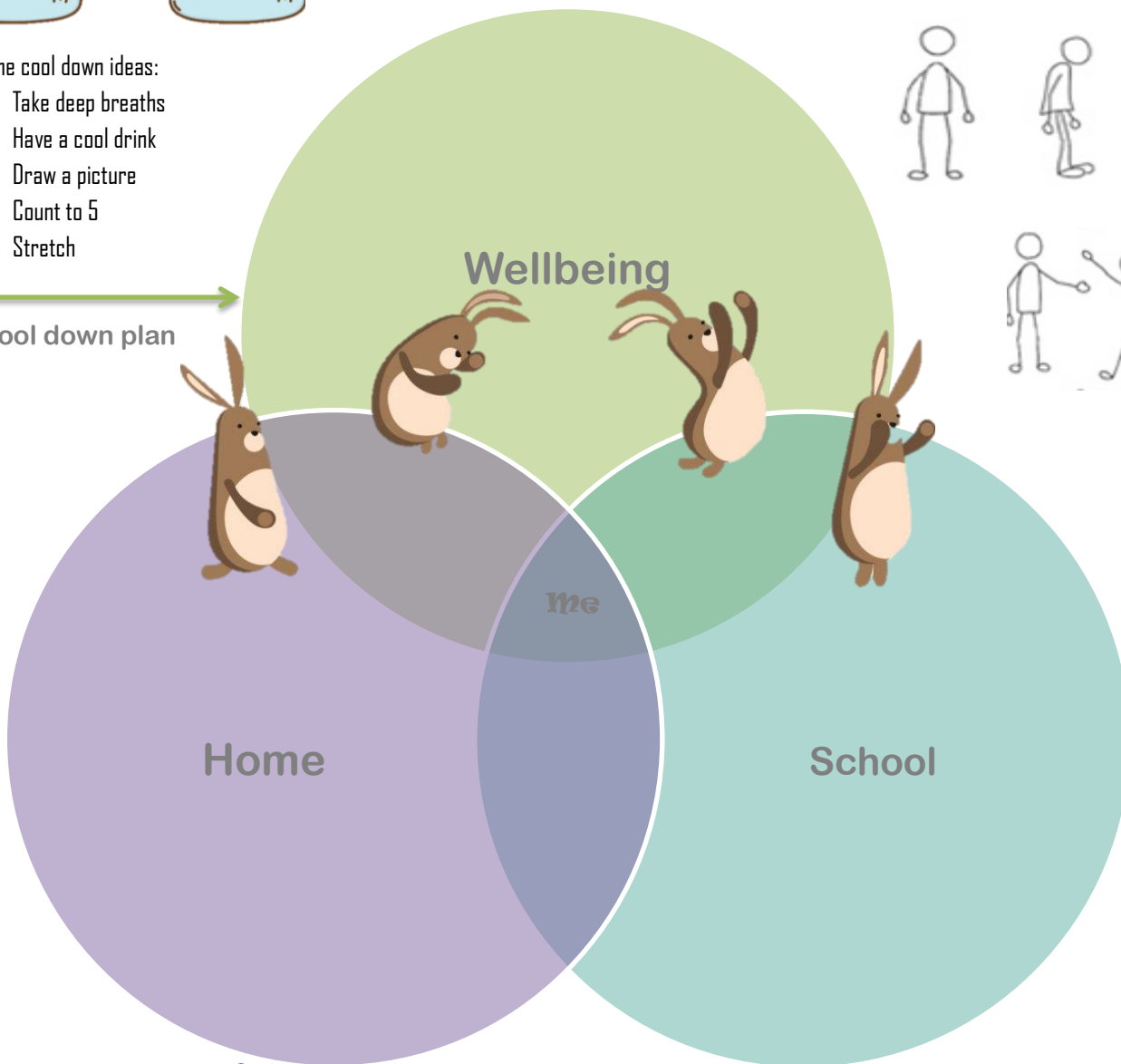
# MY RETURN TO SCHOOL 2021



Some cool down ideas:

- Take deep breaths
- Have a cool drink
- Draw a picture
- Count to 5
- Stretch

My cool down plan



@sch\_counsellor



Make up a story about these stick people – share this with a friend.

Stories are great for expressing our feelings.



List or draw all the different things you may have enjoyed at home

Now name all the things you are looking forward to about being back