

School Days and Weekends - Changes and Transition.

Weekends

Weekends look different to the school week.

Weekends feel different to the school week.

Many people, grown up's and children, look forward to the weekend

At weekends we might



- Lie in bed a bit later
- Watch TV

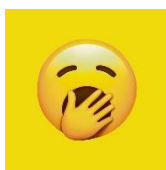


- Play football or watch sport
- Relax
- Do things with our families



Mondays/ Back to School Days

On Monday we go back to school. Our grown- ups might be going back to work. Moving from home to school is when we move from one zone to another zone. It can be hard to move zones.



We might feel tired



We might worry if it will be a good day.

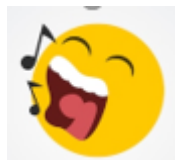
We might have forgotten what school is like



We might miss our family at home

These are very normal feelings for children and for many grown- ups.

Sometimes people say “I don’t like Mondays!” There’s even a song called that - have you even heard it?



What can I do to help feel better?



- **On Sunday night I can get myself ready for the move into the school zone, I can get my brain back into the school zone.**
- **I can get my school clothes ready, pack my bag ready for school.**
- **I can remember I will see my friends in school on Mondays-they will be looking forward to seeing me.**

- I will see my teachers who will be really pleased to see me.
- I can remember all the times I have come to school and it's gone really well.
- I can do some fun things in school PE, football.
- Knowing my adults in school will look after me.
- Knowing other children (and even your own teacher might feel the same way too- maybe they don't like Mondays that much either!!)



This can help me feel less worried and more happy about coming back to school.

