I am Going Back to School

Written by Kid Connects, a program with Mental Health Partners

For more information visit our website:

https://www.mhpcolorado.org/about/services/specialty-early-childhood-services/

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KID CONNECTS
integrated health & mental health consultation

Mental Health PARTNERS
Healthy minds, healthy lives, healthy communities

Hello! I am going back to school.

There is a virus called COVID-19. It is a germ that can make people sick

I had to stay home with my family for a LONG time to keep everyone healthy.

This is a picture I drew of my family.

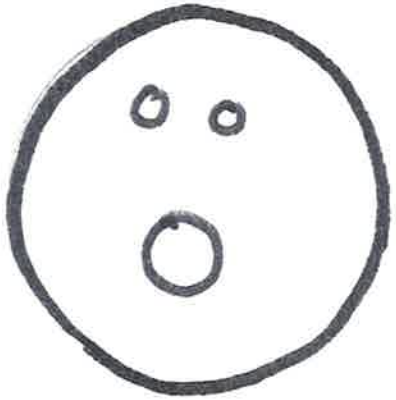
COVID-19 can be scary and confusing, but my family tells me it is not my fault. I did nothing to make this happen.

Now it is safe for me to go back to school. Here is a picture I drew of my school.

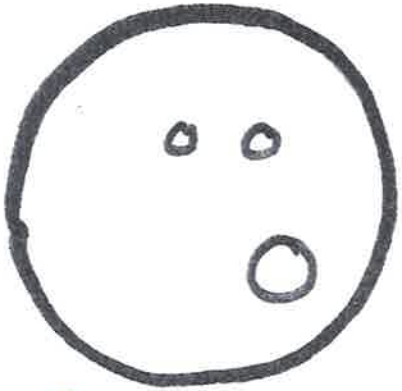
I have big feelings about going back to school. I circled how I feel about going back to school.

Relaxed

Confused



Worried



Curious

Nervous

Sad

My family says school might be different after being home so long. Some of my teachers and friends may not be at my school anymore. They maybe even went to a new school.

My family says even though school might be different I will be safe, and my teachers will take care of me.

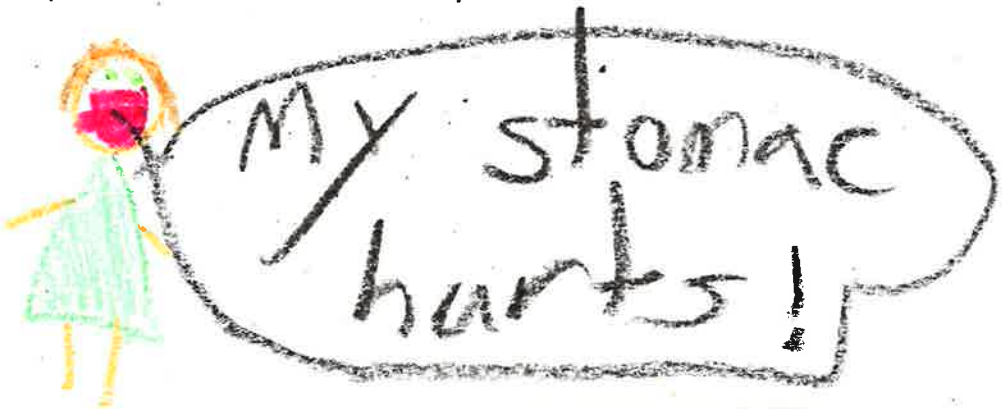
I tell family I will miss them so much when I am at school. My family says it is okay to miss them and tells me _____always picks me up at the end of the day. They remind me of the things I used to enjoy doing at school. Here is a picture of my favorite thing at school.

My family says that I may feel different since COVID-19 came. They remind me to tell an adult if I have…

Trouble sleeping…

Am angry or sad…

or if I have aches and pains that I do not normally have.



And when I get upset, I can…

let my teacher know…

take a big deep breath…

look at a book…

or tell myself "I can do it!"

Going back to school is a big change and my family says I am brave!

They are right!