

Back To School

My Thoughts & Feelings

We are friends
 We are safe
 We can talk
 We listen to one another

This is a simple therapeutic activity for you to use with your KS2 pupils, to help them talk or write about their feelings as they adjust to being back at school.

Perhaps do this activity right at the beginning of the day, and then repeat again at the end. This will help you track your pupil's emotional response to the school day, identify issues and track well-being.

HOW DO I FEEL TODAY?

What am I looking forward to
THE MOST

The **BEST** bits The **WORST** bits

Things I'd like to
SHARE

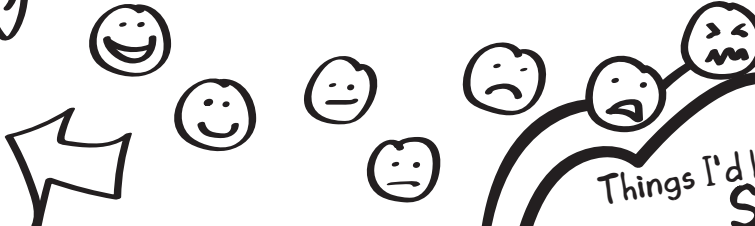
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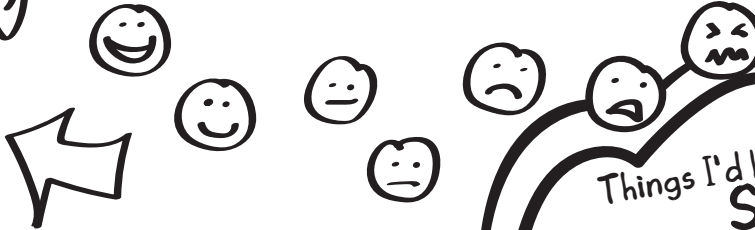
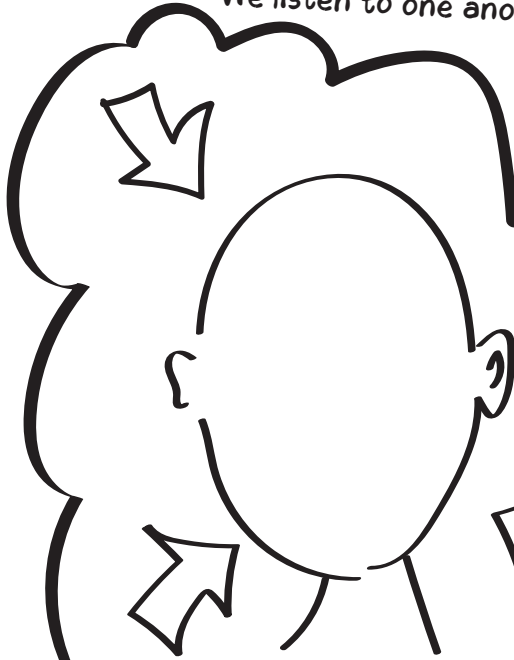
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