

## Updated! Draw your 1<sup>st</sup> day back at school

Returning to school for some children might be a very exciting thought, seeing friends again, meeting their new teacher. For some children going back to school in March might make them feel worried as they are unsure what it will be like or look like.

Ask your child to draw their first day back to school:

- What might this look like?
- Who is there?
- What is your child doing? Feeling?

Download and print this [template](https://www.barnardos.ie/media/8671/draw-your-first-day-back-in-school.pdf), <https://www.barnardos.ie/media/8671/draw-your-first-day-back-in-school.pdf> or recreate it on your own paper.

Allowing your child the space to draw this will give you the opportunity to see what's happening in your child's mind.

What might they be worried about or excited about? This knowledge will support you to have an open conversation and reassure them that you will be there to support them.