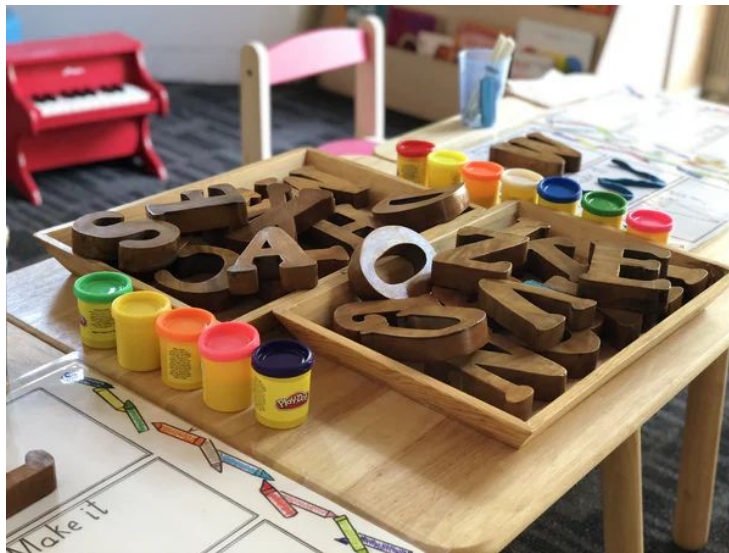


Back to School

A Simple Story to Support Children for When They Return to School



By: LJ Werner, MA-ECSE & Ashley Marotta, MS-ECE





It has been a while since you have been at school, so it may feel different at first. Just like the first day of school, there are new things to learn.

There are many things you already know how to do at school:



Like washing your hands, coughing in your elbow, being with your friends...



listening to stories and wearing masks.



When you go back to school and see your friends and teachers, there are some new things to learn...



Since it's has been a very long time since you have seen your friends and teachers, you might want to run up and give them a hug! But remember, now we are being extra careful to keep everyone's germs to themselves.



Here are some new ways to say hello and I love you when you come school:

If you are feeling excited you can;

- Throw hugs
- Jump up and down and say "I'm so excited to see you"
- Wave a big hello
- Say "Hi Friend"
- Give a big smile



Which idea do you like?

Since it has been a very long time since we have seen our friends and teachers, you might feel nervous, or shy to go back to school. That is OK!



If you are feeling shy or nervous you can;

- Think about some things you want to do when you get to school
- Draw a picture and give it to a friend
- Make a pet rock for a friend to show them you have been thinking about them
- Tell a friend "I like you shirt"
- Hold the hand of the person who brought you to school and wave hello



Which idea do you like?



Now that we talked about going back to school you may feel really excited or you may feel very nervous.



You can talk to adults about how you feel. Talking about how you feel and practicing the new ideas, will help you to be brave and feel safe. The adults that love you will help you too!



It's ok, when you get to school, to take your time, go slow, and be quiet.



Everyday you may have a different feeling or many feelings. That is OK too!

When you get to school, a teacher or adult will be there to greet you and make sure you feel healthy! Just like doctors do.



You got this!

You are going to have lots of feelings about seeing your friends and teachers.

That is OK!

You also have lots to learn about staying healthy.
You can try your best!



After a few weeks, it will get easier.
I believe in you!



Feel free to use these resources to talk about feelings.



Frustrated



Embarrassed



Sad



Mad

This
is
how
I
feel
today!



Nervous



Happy



Proud



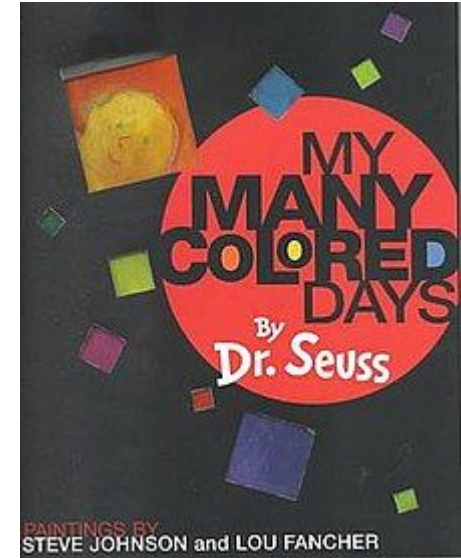
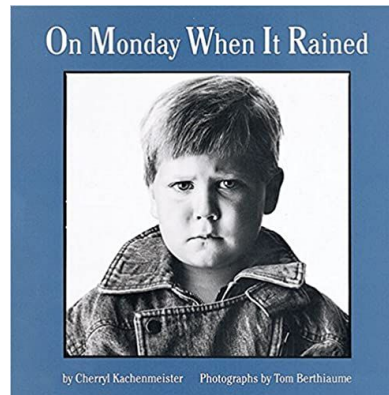
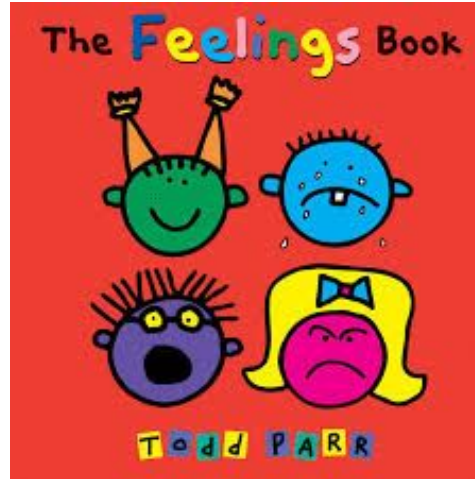
Scared



Loved



Lonely



Book List:

<https://challengingbehavior.cbcs.usf.edu/docs/booknook/ChildrensBookList.pdf>



Dear Families and Providers,

We hope this story provides simple language and ideas as we aim to protect our children through the different transitions of our world.

Created By:

LJ Werner, MA-ECSE

Early Childhood Specialists

CU Boulder/Speech Language Hearing & Sciences

Child Learning Center (CLC)



YouTube: "Teacher LJ" Enjoy Story Time at the farm, music, sign language, social skill lessons, dancing and more

Ashley Marotta , MS-ECE

Education Specialist

CU Denver, Retired Faculty

For more Early Childhood resources, coaching, training, and consulting contact:

With Ease, LLC

kidzwithease@gmail.com

303-330-8277



Thank you!



If you feel moved, we are raising money for a family that consists of a mother who has chronic health issues, while sewing masks for her daughter and other health care warriors on the frontlines, is homeschooling a preschool age child. Outside the home, she also has a young adult child with autism learning to live independently during the time of COVID. Our goal of this passion project is to gain resources that enable us to create materials that support the social emotional welfare of children, their families, and the Early Childhood Communities while providing to the family described above.

Suggested Donation: \$5

Venmo: LJ Werner

PayPal: kidzwithease@gmail.com

Memo: Book

