

How to use this resource pack

This resource pack is to help children transition back into school after the coronavirus pandemic. It is particularly helpful for children suffering from Separation anxiety.

The story can be used on an IWB as a PowerPoint or a computer. The PDF could be transferred to an IPAD to read through on that or the PDF can just be printed out as a story.

There are lots of questions that could be asked in response to watching the story

There are supporting worksheets that can be used for certain parts of the story and this is indicated on the following sheets.

Please note there are not questions for EVERY slide but most slides.

Please use the anxiety scale before starting work with the child and then afterwards to see if there is a difference in anxiety levels.

♡Debbie♡

George doesn't want to go to school questions

Page 2

What sort of things had George done at home?

What sort of things did you do at home?

Did you have fun doing those things?

Did you get up early whilst you were at home or did you get to sleep in?

Worksheet 1- what I did at home

Page 3

What weird things started happening to George?

How did you feel when you were told you had to come back to school?

What happened to your body? Did you have weird things happen to you?

What sort of things?

Can you point to the parts of your body where weird things were happening?

Worksheet 2 - What weird things happened to me when I had to come back to school?

Page 4

Why did George think he had Coronavirus?

Can you remember what the symptoms are for Coronavirus?

Are George's symptoms similar?

Can you remember what the rules were for when you were at home?

Is it different now? How is it different?

Page 5

Do you think George has Coronavirus?

Why do you think that?

Did mum think that George had Coronavirus?

What did she say was wrong with him?

Page 6

Is George feeling better?

Why doesn't he want to go to school?

What does he say he wants to do instead?

Why has George burst into tears?

Have you ever burst into tears when you have been told it is time for school?

Are there any other reasons why you might burst into tears?

What is the feeling called when you burst into tears?

What does George say he wants to do?

How could you make George feel better?

Fill in worksheet 3 – A time I felt upset and cried

How is George feeling now?

Why do you think he is so angry?

Have you ever felt angry when you had to come to school?

Were you really angry or was it just because you didn't want to come to school?

How could you make George feel better?

Worksheet 4 – A time I felt angry

What is George feeling now?

Why do you think he is so scared?

Have you ever felt scared when you had to come to school?

Do you know why you felt scared?

How could you make George feel better?

Worksheet 5 – A time I felt scared

Why do you think George was doing things slowly?

Why did he keep doing things again or running away to hide?

Have you ever used delaying tactics to try and avoid doing something?

How do you think mum would feel about George being so slow?

Did it work? Did his mum decide it was ok to stay at home?

Worksheet 6 – Delaying tactics

Page 12

Why has George got lots of 'What if monsters?'

Do you think those things are true that he is worrying about?

Do you get 'What if monsters?' when you are worried about coming to school?

What sort of 'What ifs' do you get?

Worksheet 7 - What if Monster

Worksheet 8 - What if bubbles

Page 14

Why do you think 'What if monsters' get bigger, the more you think about them?

Have you ever noticed if you think about something a LOT you just can't stop thinking about it?

Page 15

Why do you think George didn't want his mind full of 'What if monsters?'

How do you feel when your mind is full of 'What if monsters?'

Would you rather NOT think about them?

Page 16

What did George need to do instead of thinking about the monsters?

Have you ever tried to fill your mind with something else?

Do you have a nice memory that you could use to push out those monsters?

Page 17

Have you tried calming breaths? Try it now. Breathe in for the count of 7 and out for the count of 11. Do this a few times and you will start to feel calmer.

Do you think George is feeling calmer now?

What was George's special memory? Have you ever been to the seaside?

Worksheet 9 - A special memory

Page 18

What had George missed doing?

What have you missed doing whilst being at home?

Worksheet 10 - What have I missed?

Page 19

What else did George start to think about?

Have you thought about the fun times you have at school?

What is the most fun thing you have done at school?

Worksheet 11 – Fun times at school

Page 20

What sort of games do you like to play at school?

Page 21

What do you like about your teacher?

Page 22

What do you like about your head teacher?

Page 23

What is your favourite school dinner?

Page 24

What is your favourite subject at school?

Page 25

What made George decide that it was a good idea to go to school today?

Page 26

What problem/issue did George admit to himself?

Do you think it was a good thing he admitted there was a problem/issue?

Page 27

What do you think a plan is?

Have you ever had to plan something?

What have you planned?

Page 28

Do you like the sound of George's plan?

Could you make a plan like George's?

Think of 5 things you could do when saying goodbye to one of your parents.

Worksheet 12 My Separation Plan

Page 35

What did mum give George to look after?

How do you think that made George feel?

Have you looked after something your mum or dad have given you?

Did you take good care of it?

Page 36

Why did all of George's aches, pains, butterflies and 'What if monsters' disappear?

How is he feeling now?

How do you feel about coming to school now?