

Leaving Mum and Dad

1



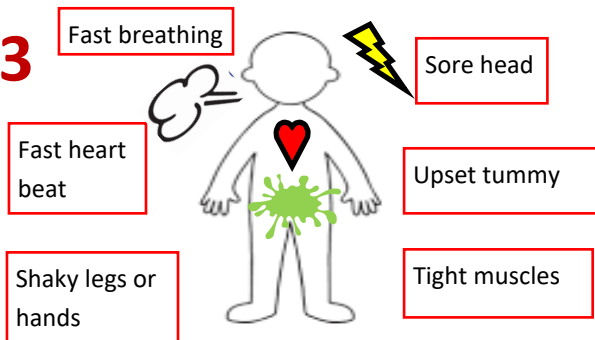
We have stayed at home for a long time to help fight COVID 19.

2



Lots of children feel worried about leaving their parents and going back to school after lockdown. That's OK.

3



My body might feel shaky, my tummy might feel sick or my heart might beat fast if I am worried.

4



I might think scary thoughts if I am worried about leaving Mum and Dad. They are just thoughts and might not be true!

5



If I feel worried, I will talk to Mum, Dad or another adult. They can help me to feel better.

6

Schedule Monday
School
Home—Mum and Dad
Picnic



My parents will let me know when I will see them again. I know I will see them again soon.