Dear Student,

We have missed seeing you at school and I am writing to reach out to you and let you know we are here to support you achieve your goal to be back at school.

We know how hard it can be doing things that make us anxious. The more you think about it, the more you avoid it, the harder it can feel. This is known as the snowball effect.



To help you get started we are going to start with small steps to help you to feel more comfortable in your school environment. The steps may seem a little hard at first – but they should get a little easier each time you try the same activity. The more you practice, the stronger you get.



Have a look at the tasks on the next page and pick the task you find easiest first and have a go. Rate how you felt about. Repeat the same task and rate you feelings again. What do you notcie? When you are ready, work up towards the next task. The order is up to you.

We are all looking forward to having you at school when you are ready to take that step.

From your teacher/coordinator/wellbeing support,

Staff name

**Getting Started: Slow and steady wins the race!**



* *Keep to a routine* *at home* - try to wake up at the same time each day, get dressed and leave your bedroom

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()



* *Staying regularly connected with school* via phone, email or video meeting- at least 3 times a week - 5 times a week is a big bonus!

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()



* In the comfort of your bedroom *put on and wear your school uniorm for 30 mins or more* – even if it’s just part of the uniform!

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()

* *Have a go at some school work* each day at home. Send it back to school!

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()

**Building Stamina: The more you do it, the easier it gets!**

**Step 1:**

Drive to school, park nearby and get out of the car and *walk towards school gate* before getting back in the car to drive home. You can do this when no one is around- during the school day or after school.

How did you feel?

![MC900423165[1]]()

**Step 2:**

Drive to school, park nearby school and get out of the car and *walk to the front office of the school*, say hello before getting back in the car to drive home. You can do this when no one is around - during the school day or after school.

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()

 **Step 3:**

Drive to school, park nearby school and get out of the car and *meet with your key support person at school.*

How did you feel?

![MC900423165[1]]() ![MC900423171[1]]()