



**“IF.....THEN....” An idea for simple solution focussed scripts for key worries that some children may have.**

**1. Environment – Worries about changes. Why is my class/adults different?**

- “IF your class is different THEN an adult will show you where you can find the things you need each day and where you can play. They might use a visual schedule/plan to help you to remember.”
- “IF your adults in school are different THEN that is OK. Adults like to learn too and will want to know what you like and don’t like so that they can help. We will get to know and learn about each other.”

**2. Worries about germs and social contact**

- “IF you are worried about germs and catching the coronavirus in school THEN the adults will help us all to keep as safe as we can. They will remind everyone to wash their hands a lot and show us how to have fun/learn in school 2 metres apart.
- IF other children in school get too close THEN the adults will remind them of the 2-metre rule to keep us all safe in school. We might need to be reminded a lot at first until we remember what to do.

**3. Social contact with peers – Worries about friends. Where are my friends and other children I know?**

- IF some of your friends are not in school THEN that is OK. They are safe and at home learning today. You can contact them later when you get home and share with them what is different in school.
- IF you are finding it hard not to hug your friends that you’ve missed, THEN perhaps you could try to have fun inventing games where you can see each other but are not allowed to touch. I wonder what you can invent? But even if we can’t hug - we can still share many creative activities together and talk to one another.



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#### **4. Worries about learning expectations and remembering prior work**

IF you have forgotten some of the things you learned in school THEN that is OK.  
Adults will spend time with talking about what has happened and helping everyone get back into routine first.  
We will then go over some of the things that we might have all forgotten together.

#### **5. Missing home when they return to school**

IF you miss Mummy/Daddy when you are back at school THEN you could make/draw something at school to share with them when you get home.  
What about a picture of how your classroom looks different and who is in your class?.  
You could share something at school that you have created at home to remind you of Mummy/Daddy.