

## Going Back to school - A 'Talking Mat' For Secondary Age Pupils

<b>Key to Categories:</b>
1. School Related- routines, work, and grades
2. Coronavirus related concerns
3. Sensory
4. New teachers and timetables
5. Any additional issues

<b>No Problem</b>	<b>Small Problem</b>	<b>Big Problem</b>	<b>Not Sure</b>
*Blank cards for additional headings			

**1. School Related – routines, work, grades**

<b>Worrying that I might not have my normal routine in school</b>	<b>Being in trouble if I have not done my work at home</b>	<b>Being worried about my attendance</b>	<b>Being able to speak to the same person at school about my worries</b>
<b>Knowing what my timetable will be</b>	<b>School start and finish times</b>	<b>Getting up for school in the morning</b>	<b>Lunch and break times</b>
<b>Travelling to school</b>	<b>Speaking to my TA/keyworker when I need to</b>	<b>Remembering the equipment I need for school</b>	<b>Going to bed at normal time on a school night</b>
<b>Using an early exit pass</b>	<b>Using the school toilets</b>	<b>Worried that I won't remember how to do my work</b>	<b>Seeing my friends</b>

<b>Catching up on work</b>	<b>Feeling behind with work</b>	<b>Having support to do my work</b>	<b>Having time to catch up work</b>
<b>Exam results based on mock exams</b>	<b>Being able to study my favourite subjects</b>	<b>Getting used to the school environment again</b>	

## 2. Coronavirus related concerns

<b>Remembering to stay 2 metres apart from others</b>	<b>Worried that I could catch the Coronavirus</b>	<b>Being close to other people</b>	<b>Remembering to wash my hands</b>
<b>Touching surfaces such as desks, door handles</b>	<b>Other people sneezing or coughing near me</b>	<b>Other people accidentally touching me</b>	<b>Sharing books or equipment</b>
<b>Queueing for lunch</b>	<b>Teachers wearing face masks</b>	<b>Not sure if I have to wear a mask</b>	<b>Not sure if I have to wear gloves</b>

<b>If someone I know at school becomes unwell</b>	<b>Not being able to hug or touch my friends</b>	<b>If a teacher is unwell</b>	<b>Lockdown happening again in future</b>
---	--	-------------------------------	---

### 3. Sensory

<b>Loud noises in school</b>	<b>The school bell</b>	<b>Background noise in the classroom</b>	<b>Using hand sanitiser</b>
<b>Being around lots of people</b>	<b>Wearing my school uniform</b>	<b>Corridors</b>	<b>Sitting close to another pupil</b>
<b>Being able to have time out in the SEN room</b>	<b>Washing my hands</b>	<b>Dining room</b>	<b>School toilets</b>

**4. New teachers and timetable**

<b>Knowing who my teachers will be</b>	<b>Having to stay in one room all day to do my work</b>	<b>Not knowing what my timetable will be</b>	<b>Having my lessons in different rooms</b>
<b>Having a new teacher</b>	<b>Meeting my new teachers</b>	<b>Being in a class with different pupils</b>	<b>Using my planner</b>
<b>Remembering the school rules</b>	<b>Knowing when my school day will start and finish</b>	<b>Knowing when I will have my lunch or break time</b>	<b>Being able to sit in my normal place in a lesson</b>
<b>The teacher knowing the support I need</b>			

**5. Any other issues- add them in these boxes**


