**My Lockdown Experience**



This booklet belongs to:

During the last few months, everyone was told by the government that we should stay at home to protect ourselves and the people who are important to us. Everyone had different experiences and it’s important that we let the people who teach us and care about us know what that was like. When answering the following questions, please answer them from your child’s perspective.

Did you stay at your own house? Yes No If no, where did you stay and who did you stay with?

Are your parents /carers keyworkers? Yes No

What therapy or Dr appointments or reviews have you had? Have any appointments been missed or rearranged during lockdown? Please list what appointments you had, when they were and who with. Also list any appointments that have been cancelled or rearranged.

Please see contact log for details.

What links or resources have helped you during lockdown?

Did you enjoy home learning? If so, why? If not, what were the barriers?

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Is there anything sad or upsetting you want school to know about that happened during lockdown?

Did your family have anything to celebrate whilst in Lockdown?

What skills have you learnt whilst being at home?

**Going Back To School - Worksheet**

What has it been like at home?

What was ok at school before?

What feelings do you have about going back to school?

Key things to focus on

What might help?

What might be different at school?

What have I achieved in Lockdown?

|  |  |  |
| --- | --- | --- |
| **When?** | **What?** | **How?** |
| ExampleMarch 2020 | Learnt how to zoom my friends | My mum helped and my friends told me how on the phone |
| ExampleMarch 2020 | Learnt how to log on to Microsoft Teams | School told me how |
| ExampleMarch 2020 | Learnt how to make a toasted Sandwich on my own | My mum showed me then wrote the steps down for to follow.  |
| ExampleApril 2020 | Learnt how to make my bed  | My mum showed me and helped me at first, now I do it on my own. |
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*You may like to write a letter here to yourself with all the things that you have done during lockdown. This will be something to look back on when you are feeling sad or upset or even just to show your teacher.*

*Some children might like to draw a picture instead or ask an adult to write it here for them.*

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| **Contacts with people involved with my family**(Name of child) …………………………………………………………. |
| **Date** | **Person contacted** | **About what** | **Letter/Visit****/Phone****/email** |
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| **A Parents Getting Ready for Return 2 School plan** |
| **Targets:**1.2.3. |
| **Strategies** 1.2.3. | **Resources**1.

2.3.  |
| **Support and input from others** |
| **Successful Outcome** |

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| 30 | 23 | 16 | 9 | 2 | **August 2020** | Sunday  |
| 31 | 24 | 17 | 10 | 3 | Monday |
|  | 25 | 18 | 11 | 4 | Tuesday |
| 26 | 19 | 12 | 5 | Wednesday |
| 27 | 20 | 13 | 6 | Thursday |
| 28 | 21 | 14 | 7 | Friday |
| 29 | 22 | 15 | 8 | 1 | Saturday |

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| 27 | 20 | 13 | 6 |  | **September 2020** | Sunday  |
| 28 | 21 | 14 | 7 |  | Monday |
| 29 | 22 | 15 | 8 | 1 | Tuesday |
| 30 | 23 | 16 | 9 | 2 | Wednesday |
|  | 24 | 17 | 10 | 3 | Thursday |
| 25 | 18 | 11 | 4 | Friday |
| 26 | 19 | 12 | 5 |  | Saturday |

**Things to include on your calendar:**

* The Return 2 School Autumn catch up date.
* Any virtual support groups you may want to attend to get support for yourself and your family.
* Date when your child/ren are expected to go back to school
* Think about how long it will take them to get into a reasonable sleep routine to be ready for school runs again.
* Don’t forget school uniform shopping including school shoes. If you need to get their feet measured, contact the shoe shop and ask for a usual quiet time if you need that.
* If you need to get them used to a new/old journey to school again, build up to it if they need that.
* If your child usually has school dinners, check the school website for the lunch menu or get them ready for packed lunches again. You might want to introduce packed lunch foods before they go back.
* Ask your child to complete pages 5 & 6 before they go back. Sharing the positives with a teacher will hopefully help them feel excited about sharing something new.
* Check whether your school would like to have the Lockdown Booklet before they go back, arrange to post to school/email it to a keyworker or teacher.
* **Put something in for YOU!!** If you can, arrange something for you to do. It’s important to look after yourself.

**Resources**

Lancashire County Council Local Offer

[www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND)

North Lancashire Directions Group [www.northlancsdirectionsgroup.com](http://www.northlancsdirectionsgroup.com)

COVID -19 Resources on NLDG website

<https://bit.ly/3ek2vXZ>

Books for children & young people and COVID Anxiety

<https://bit.ly/3ek2vXZ>

**Social Stories**

Going Back to School Sometime – Reachout ASC <https://bit.ly/3gXnkdP>

Safe in school – Reachout ASC

<https://bit.ly/3fnBcxu>

How to say hello to my friends safely - Autism Little Learners

<https://bit.ly/306yHt7>

How to sneeze and cough safely – Autism Little Learners

<https://bit.ly/38NYtpO>

Getting a haircut during COVID-19 – Autism Little Learners

<https://bit.ly/2Oeedci>

Teenagers guide to going back to school – Reachout ASC

<https://bit.ly/3gOkSpR>