



# THE RETURN TO SCHOOL



First, we'll think about your worries about going back to school, next we can think about the good things at school, and last, we can focus on how you feel after going back to school.

How much time  
I had off:

How I feel about going back:

My worries:



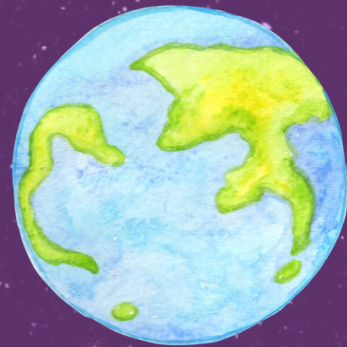


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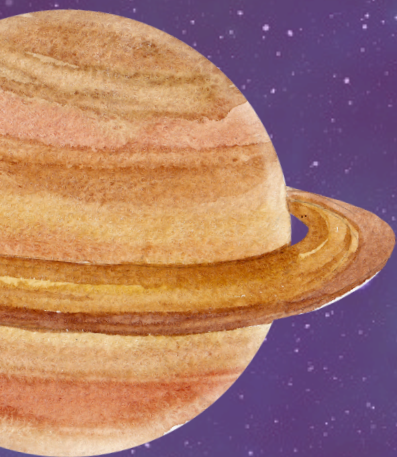


Who I'm looking forward to seeing:

What I'm looking forward to:



What I need to do to prepare:





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What was good about going back to school:

What felt difficult:

What other people did to help me:

How I feel now:

