

10 Day Countdown to School

The aim of this resource is to support students and families to prepare to return to school after the summer break.

Talking about school, using visuals and objects from school, playing games around new routines e.g. school bags and reading social stories about returning to school can help students with additional needs to understand the change and transition and reduce anxieties around returning to school.

A visual countdown of daily activities can be helpful for students and families to prepare to return to school. This resource can be printed on one back to back sheet to put on a noticeboard or fridge at home or else each page can be printed separately for the ten days in the lead up to school opening.

For more information on creating resources for any of the steps involved follow the below links

Communication Books and Communicating with people with profound and multiple learning disabilities	https://www.ipaget.nhs.uk/media/186401/Communicating_with_people_with_PMLD_a_guide_1_.pdf
LÁMH	https://www.lamhsigns.org
Make your own Snap activity	https://www.ehow.com/how_5530780_make-own-snap-cards.html
Make a mask	https://unric.org/en/covid-19-transparent-masks-made-for-the-deaf-and-hard-of-hearing-in-belgium/
First-Then Cards	https://www.thewatsoninstitute.org/watson-life-resources/situation/firstthen-cards/
How to make a friendship bracelet	https://www.instructables.com/id/how-to-make-a-friendship-bracelet-1/

10 days until school begins	<ol style="list-style-type: none"> <u>Find my school bag</u> <ol style="list-style-type: none"> Open it up What is in it? <u>Read my Communication Book</u> <ol style="list-style-type: none"> Read some nice messages Who wrote them? What can you remember about school? <u>Practice my Lamh signs</u> <ol style="list-style-type: none"> What are the signs we use at school? <ol style="list-style-type: none"> School? Friend? Bus? Work?
9 days until school begins	<ol style="list-style-type: none"> <u>Read my Communication Book</u> <ol style="list-style-type: none"> What did you do that day? What did you eat? Who else was in that day? <u>Play School Snap</u> <ol style="list-style-type: none"> Print 2 pictures of your favourite school activities – e.g. Art; Music; Computer Play a game of SNAP – name each card as it is placed down <u>Play –‘What’s in my school bag?’</u> <ol style="list-style-type: none"> Fill school bag with usual items – lunchbox; communication book; toy; passport
8 days until school begins	<ol style="list-style-type: none"> <u>Read my Communication Book</u> <ol style="list-style-type: none"> What are you favourite activities at school? What do you do <ol style="list-style-type: none"> On your own? With other friends? Outdoors? <u>Play School Snap – people</u> <ol style="list-style-type: none"> Print 2 pictures of people you meet at school – e.g. your bus driver and escort; teacher and SNA; friends; the secretary; the Principal Play a game of SNAP – name each person as the card is placed down <u>Gather items for school bag</u> <ol style="list-style-type: none"> Make a list of what you need for school Do we need anything new? Pack the bag with everything you need, one by one
7 days until school begins	<ol style="list-style-type: none"> <u>Play school snap – places</u> <ol style="list-style-type: none"> Print 2 pictures of the different rooms and areas in school, e.g. your classroom; your workstation; the bathroom; the school yard; the corridor; the play hall; the sensory room etc. Play a game of SNAP – name each area as it is placed down <u>Make a see through mask</u> <u>Look at my FIRST/THEN card</u> <ol style="list-style-type: none"> Start to use this at home First socks- then shoes; first sandwich- then drink; first shower- then TV

6 days until school begins	<ol style="list-style-type: none"> 1. <u>Use my FIRST/THEN card</u> <ol style="list-style-type: none"> a. E.g. first breakfast – then shops; first lunch – the walk 2. <u>Together look at video/photos of school buildings</u> <ol style="list-style-type: none"> a. Pause and name all the familiar places b. Can you spot anything new/different? 3. <u>Read my communication book</u> <ol style="list-style-type: none"> a. Talk about the parts of a day at school? Eg circle time; work station; snack; play; lunch; work; sensory play; bus etc
5 days until school begins	<ol style="list-style-type: none"> 1. <u>Drive to school in car</u> <ol style="list-style-type: none"> a. Follow the usual route to school b. What landmarks do we pass? 2. <u>Take a look through the gates</u> <ol style="list-style-type: none"> a. Can we walk around? b. Who can we meet? 3. <u>Get some goodies on the way home</u>
4 days until school begins	<ol style="list-style-type: none"> 1. <u>Make a friendship bracelet for a school friend</u> 2. <u>Find my lunchbox and beaker for school</u> 3. <u>Practise using my Communication device (if applicable)</u> <ol style="list-style-type: none"> a. Where is it? Does it need a new battery? b. Practise using it again
3 days until school begins	<ol style="list-style-type: none"> 1. <u>Make 'I missed you' cards for teacher/SNA/Bus helpers</u> <ol style="list-style-type: none"> a. What did you miss most? b. How will you decorate the cards? 2. <u>Play school snap-people</u> 3. <u>Read social narrative – 'GOING BACK TO SCHOOL'</u>
2 days until school begins	<ol style="list-style-type: none"> 1. <u>Gather all the work you have done at home</u> <ol style="list-style-type: none"> a. Where is it? Find each piece b. Gather all into one place 2. <u>Put your name and date on each one</u> <ol style="list-style-type: none"> a. Your name and who helped you with it b. The day you worked on it 3. <u>Pack them all nicely</u> 4. <u>Read Your Social narrative – 'GOING BACK TO SCHOOL'</u>
1 day until school begins	<ol style="list-style-type: none"> 1. <u>Pack up your school bag</u> <ol style="list-style-type: none"> a. Everything you need for school tomorrow b. The cards you made c. The friendship bracelets you made d. Your passport 2. <u>Write in your communication book</u> <ol style="list-style-type: none"> a. how you feel about going to school, and what you have been doing during the break 3. <u>Read Your Social Narrative – 'GOING BACK TO SCHOOL'</u> 4. <u>Have some goodies, a nice walk and go to bed nice and early</u>