



Getting Ready To Go Back To School



I have been staying home for a very long time to help keep everyone healthy.



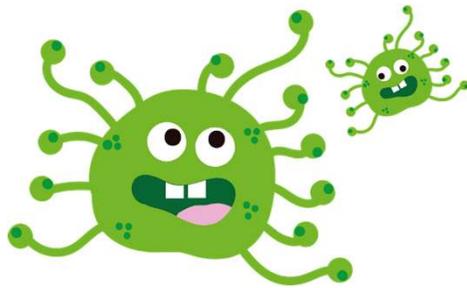
But soon, I will be going back to school!

I remember I used to see my friends and teachers.



We used to read, play games and sing songs.

When I go back to school, it may be a little different now because of a germ called Covid-19.



There will be new rules to help everyone at school stay healthy.

There may be fewer friends in my classroom.



I may not see my same friends or same teacher.

My teachers may have to wear masks.

I will have to wash my hands often so we don't spread germs.



I also may have to get my temperature taken so we know everyone is healthy.

I may want to hug or be close to my teachers and friends. But instead, I can wave, give thumbs up, or even an air hug or blow a kiss!



I will try my best to keep a distance so I don't spread germs.

I may have different feelings when I go back to school. It's okay to have different feelings.



Sometimes I may feel happy or excited, like when I get to see friends and play with new toys.

But sometimes I may feel worried or scared about germs.



I also may be sad. I may miss my old friends or teacher. I may also miss being at home with my family.

I know that I can always talk to my family or teachers about how I feel.



Everyone is following new rules to keep everyone healthy.

The End



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A note for families:



- You can adjust the story as needed depending on your child's age.
- When reading this story with your child, it will be helpful to pause and talk with your child about how they are feeling. It is okay to read the book in sections.
- You can ask your child what they remember school was like or what they think school might be like now.
- Let your child know it is okay to have big feelings, and that they could come to you for support with their big feelings.
- It may be helpful to start a bedtime and back to school routine before returning to school.
- If you have questions or would like to connect with an ECCP Consultant, please use the "find a consultant" feature on our website, www.eccpct.com