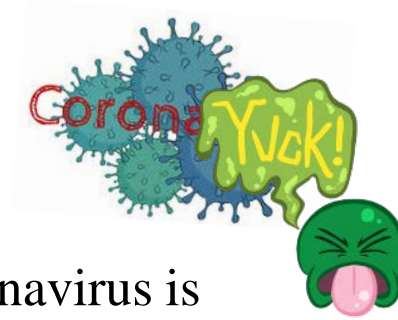


School is Different



A Social Skills Story by Ms. Debbie

School is starting in September.



School is different right now because coronavirus is making a lot of people sick.

Some days I will be learning at my school.



Other days I will participate in school from my house.



It can be hard for me to change my school routine.

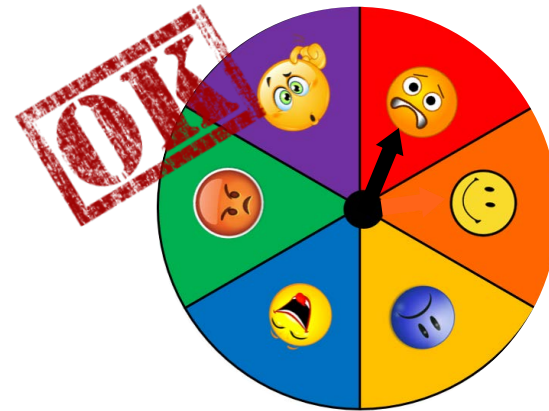
School is different right now.

It can be hard for me to feel calm when things are different.



I have many feelings about school being different.

It is okay to have many feelings.



I may feel sad that that I do not get to ride the bus everyday.



I may feel happy on days that I get to see my classmates.



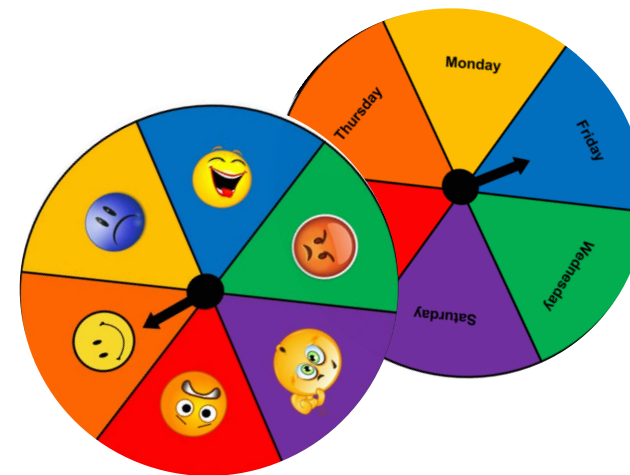
I may feel worried about changes in my routine.



I may feel angry that I have to do school work at home.



It is okay to feel any way on any day.



Sometimes I don't know how I feel, and that is okay too.

When I do not feel calm I can
ask for a break,
take some deep breaths,
count to ten,
or ask for help.

I use coping skills because they can help me feel better.



School is different right now.

Some days I go to school on the bus.

I have to wear a mask when I ride the bus, when I am at school, and when I am near other students.

My bus driver, teachers, and classmates will be wearing masks too!



Take A Break

I can ask my teacher if I need to take a break from wearing a mask.

School is different right now.

Some days I participate in school from my house.

I **do not** have to wear a mask when I am participating in school from my house.

Participating in school from my house can be hard.

I can ask a parent or teacher if I need help.



School is different right now because of coronavirus.

I do not know when school will return to normal.

Some days I will learn at my school and other days I will participate in school from my house.

I have a lot of feelings about school being different. It is okay to have a lot of feelings.

School is different right now so that everyone can stay safe and healthy.



THE END!