

My name is Dylan and I love playing Minecraft.



This year things have been different because I have been doing a lot of my learning at home and my school has been closed.

My school is open again now.

I might feel a bit worried in my tummy in the morning when it is time to go to school because I'm not used to it.



I will look at my timetable to remind myself of what to expect when I get to school.

If I feel a bit worried, I will try to tell my mummy or my teacher that I am worried either by saying "I'm worried" or use my 'Today I feel...' card.



I will try to take deep breaths and fiddle with my Minecraft squishy when I walk into school.



This often makes me feel calmer.

When I have been back to school for a few weeks I will probably feel calmer because I will be used to it again.