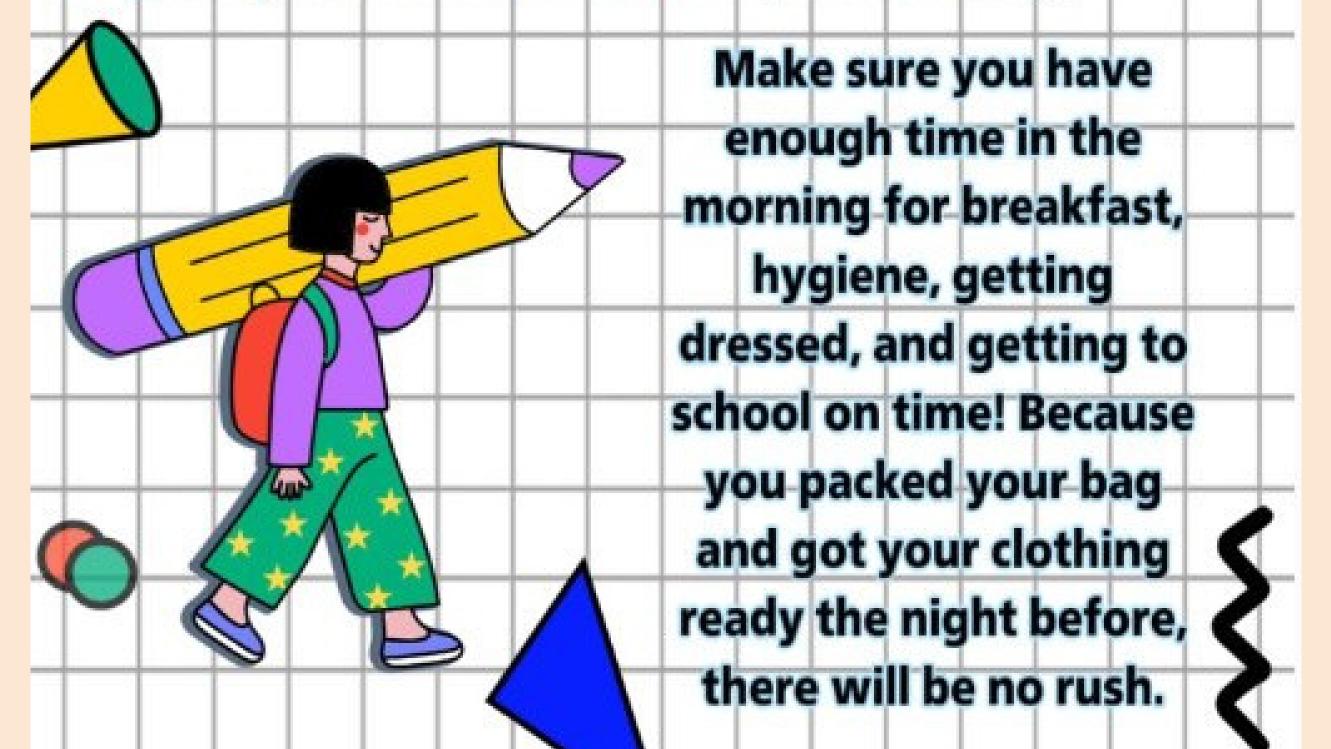


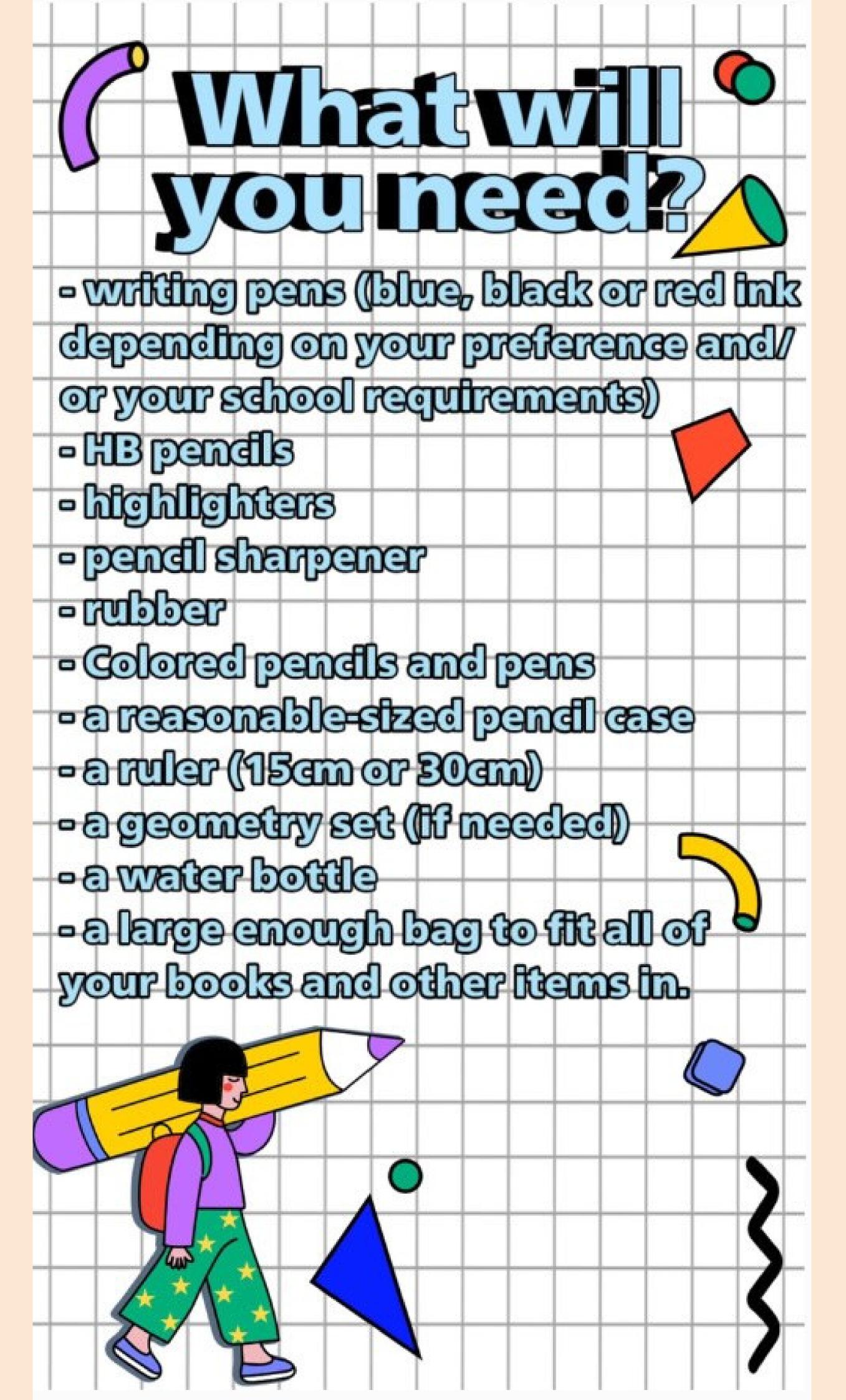


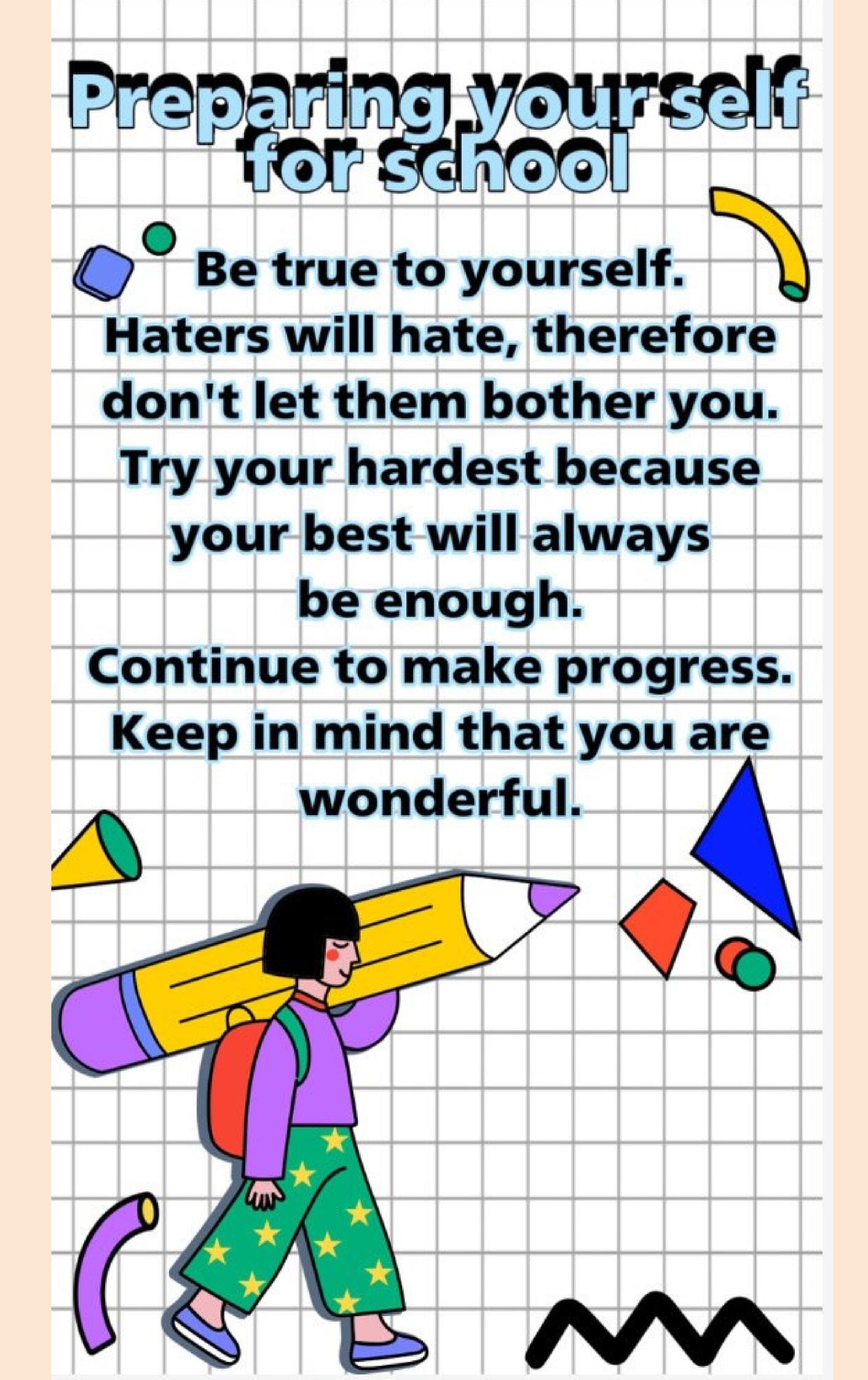
Even if you don't thrive on a regular schedule, having one can be beneficial in times of unpredictability, uncertainty, and stress, which is why having a school routine is a smart idea. Here's what you should incorporate into your daily routine.

The night before

The night before the start of the school year...
Prepare your belongings (books, pencil case etc)
Pack your lunchbox and store it in the fridge if you
bring your own lunch to school (if needed)
Prepare your school uniform (or clothing).



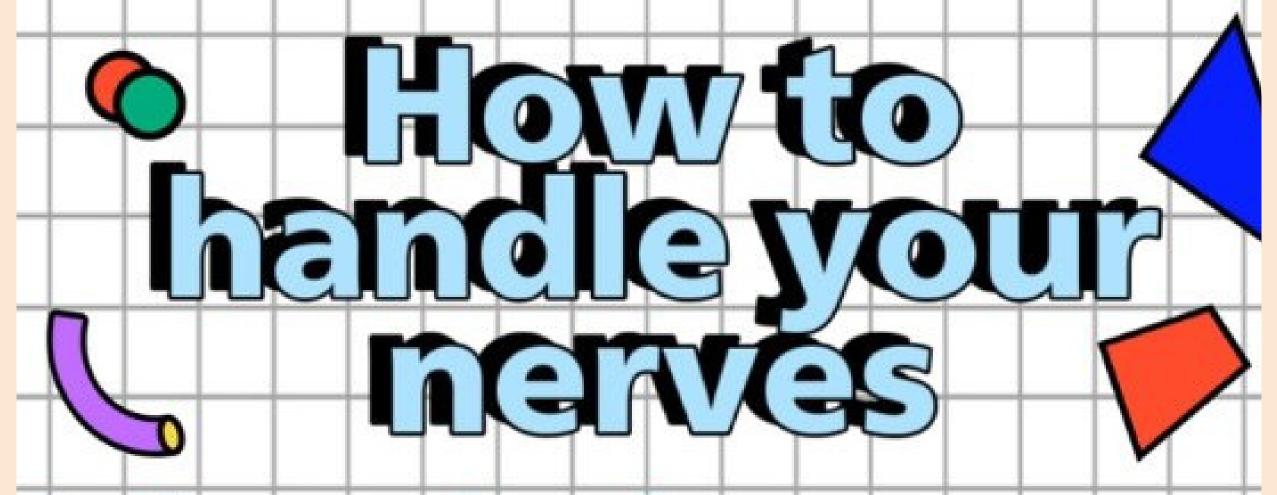






- It doesn't matter what others think of you if you are yourself.
- Smile, and you'll come across as friendly.
- Today is a fresh day, therefore let go of your mistakes.
- Do not be afraid to inquire.
- Make new friendships
- It's a learning experience to turn negatives into positives.





Before school

- Seek assistance and support. Speak with your mother, father, or siblings.
- Be optimistic. Fill your mind with positivity and love, and it will always believe what you tell it!
- Look after yourself. (Take a pause before school, have breakfast, etc.)
- Concentrate on the positive aspects

At school



- Seek assistance and support. Talk to a teacher, a school councillor, friends, etc.
- Try to concentrate on your work
- share your issues and anxieties to your teacher(s)
 prior to your class
- trusted adult.

 Try some breathing



Try some breathing techniques, mindfulness exercises, and 54321 grounding activities (5 things u can see, 4 things you can hear, 2 things you can smell and 1 thing you can