



# Back to school nerves



- what you will need to go back to school
- making a routine
- how to handle your nerves
- how can you become more confident
- how to prepare yourself for school!



# Making a routine!

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).

Make sure you have enough time in the morning for breakfast, hygiene, getting dressed, and getting to school on time! Because you packed your bag and got your clothing ready the night before, there will be no rush.



# What will you need?

- writing pens (blue, black or red ink depending on your preference and/or your school requirements)
- HB pencils
- highlighters
- pencil sharpener
- rubber
- Colored pencils and pens
- a reasonable-sized pencil case
- a ruler (15cm or 30cm)
- a geometry set (if needed)
- a water bottle
- a large enough bag to fit all of your books and other items in.



# Preparing yourself for school

Be true to yourself.

Haters will hate, therefore  
don't let them bother you.

Try your hardest because  
your best will always  
be enough.

Continue to make progress.

Keep in mind that you are  
wonderful.



# How to gain more confidence

- 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.



# How to handle your nerves

## 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
- take care of yourself - if you need a break, tell a trusted adult.

Try some breathing techniques, mindfulness exercises, and 54321 grounding activities ( 5 things u can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste)

