

I CAN

BE FLEXIBLE

AT SCHOOL



SmartmouthSLP



I appreciate your download of this product and support for my SmartmouthSLP products!



©SmartmouthSLP 2020: Heidi Britz

All rights reserved. Purchase of this unit entitles the purchaser the right to reproduce the pages in limited quantities for single classroom use only. Duplication for an entire school, an entire school system or commercial purposes is strictly forbidden without written permission from the publisher.

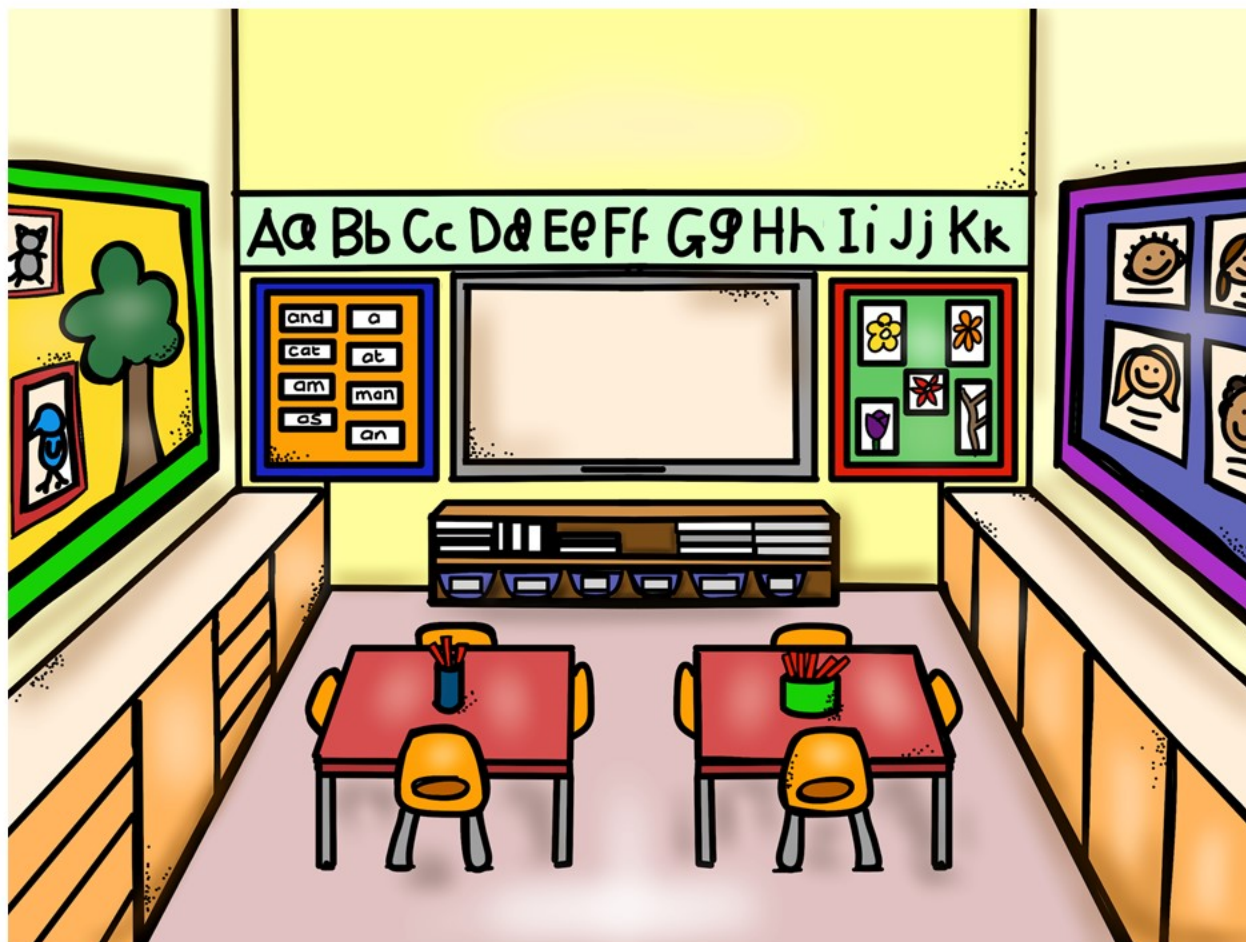
Copying **any** part of this product and placing it on the Internet in any form (even a personal/classroom website) is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). These items can be picked up in a google search and then shared worldwide for free.



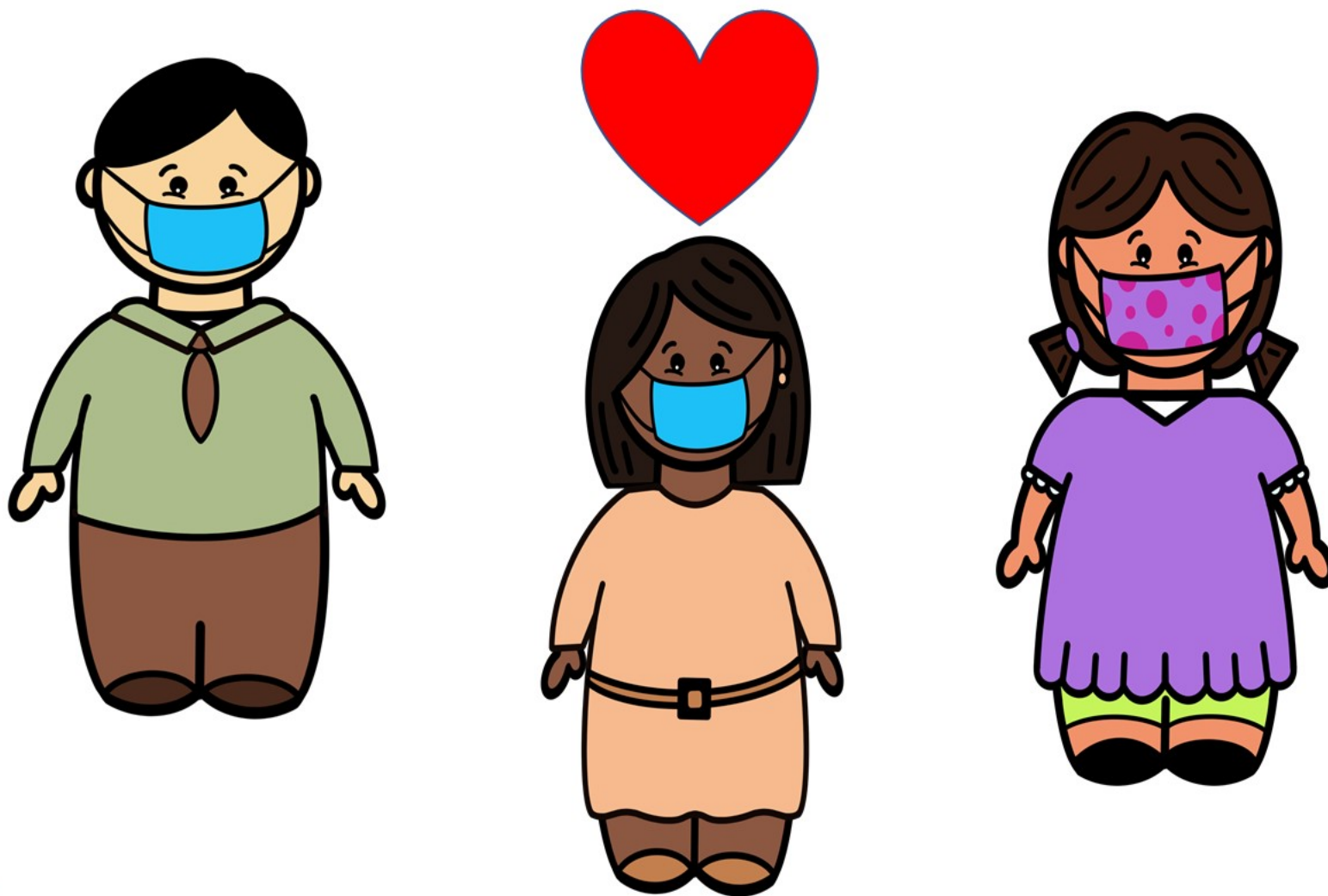
The amazing fonts and clip art used in this product can be found here:



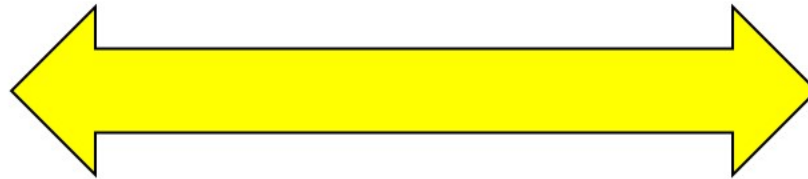
Coming back to school this year is exciting! You may have missed your friends and your teachers missed you!! This year is FULL of great things for us, but there are some changes too.



Change can be hard sometimes, but it will be okay! We need to remember to use our flexible brains, stay calm and remember that everyone at school cares for you!!



We need to stay apart from our friends and teachers (six feet away when we can). This is called social distancing.

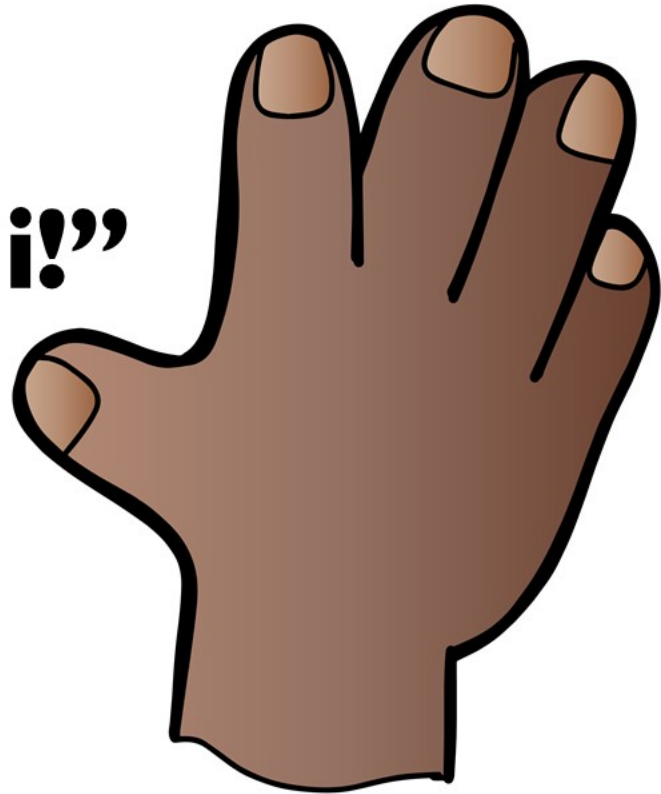


We can wave hello but not give hugs or high fives right now. This is hard, but it will help keep our friends well.

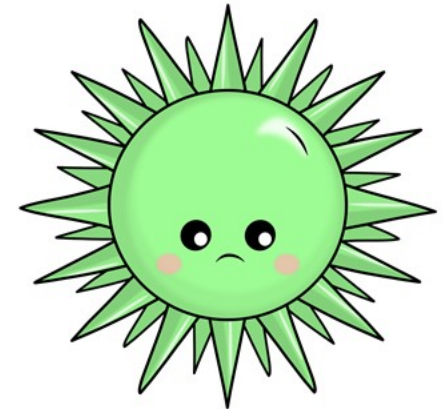
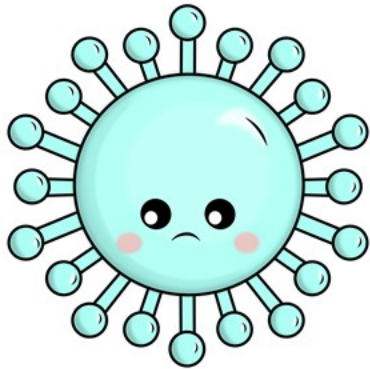
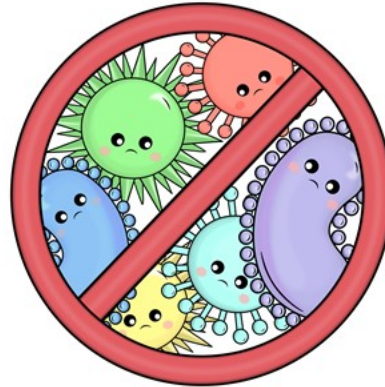
“Hey!”



“Hi!”



Because of germs, we need to do some things differently this year. This might include washing our hands more, wearing a mask or eating lunch in our classroom.



Some friends are coming back to school with you, other friends might be going to school online. Both are okay!



Stop and talk: How are you feeling about coming back to school?



What are some changes that we need to think about this year? Let's talk about staying healthy first!



Your mom, dad, teacher or school nurse might need to take your temperature. It doesn't hurt at all and only takes a little while.

An adult will
point the
thermometer at
your forehead.

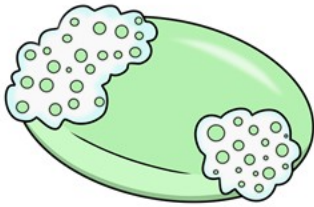
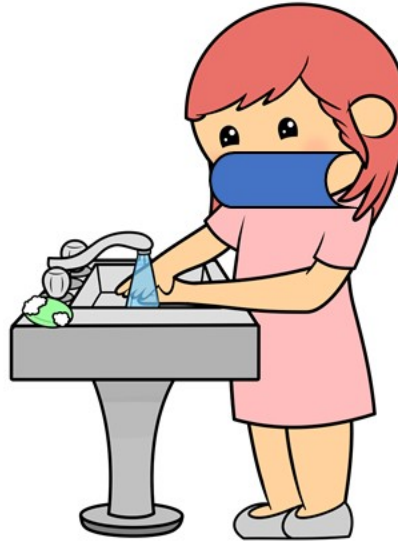


Stand still
(no wiggles)!



An adult will read your
temperature. If it is above 99
degrees, this means you have a
fever.

Wash your hands with soap and water for at least 20 seconds. This is about the amount of time to sing a birthday song!



Remember: Wet, Lather with soap, Scrub, Rinse, Dry



What if there isn't a sink? Use that flexible brain and find some hand sanitizer!



Remember: Try not to touch your mouth, nose or eyes.
If you do, wash your hands or use hand sanitizer.

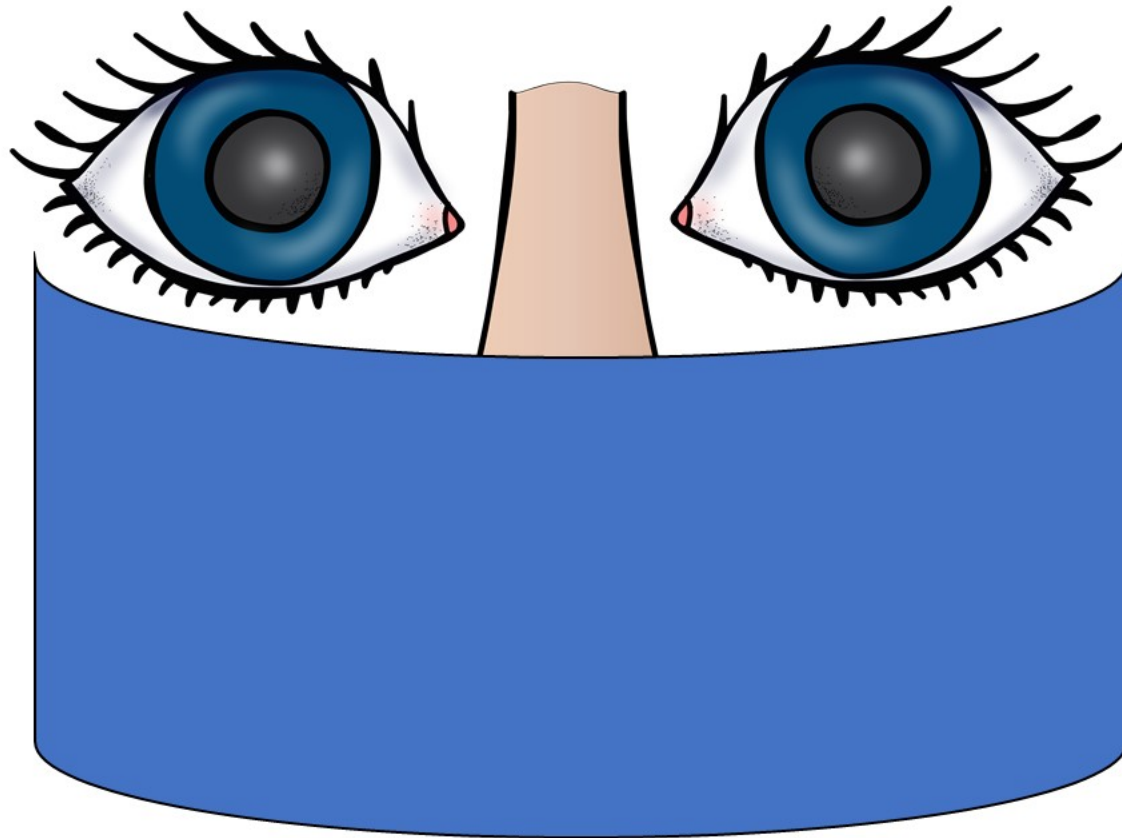
You will see your friends and teachers wearing masks. These help keep us safe and healthy! Practice at home to get comfortable wearing a mask. Pretend you are your favorite superhero!



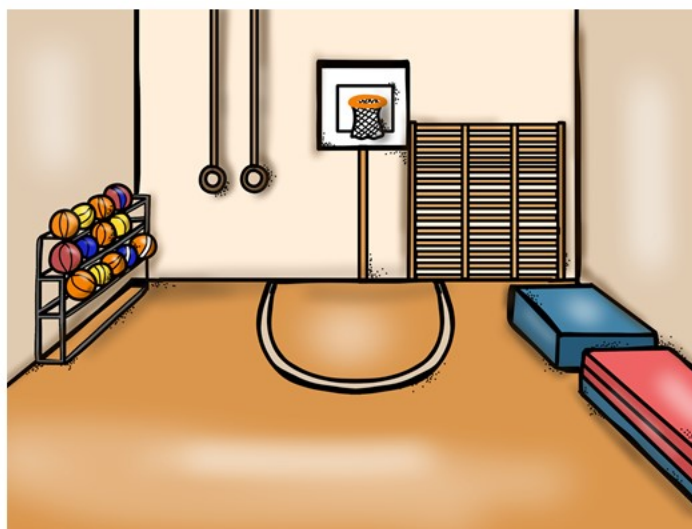
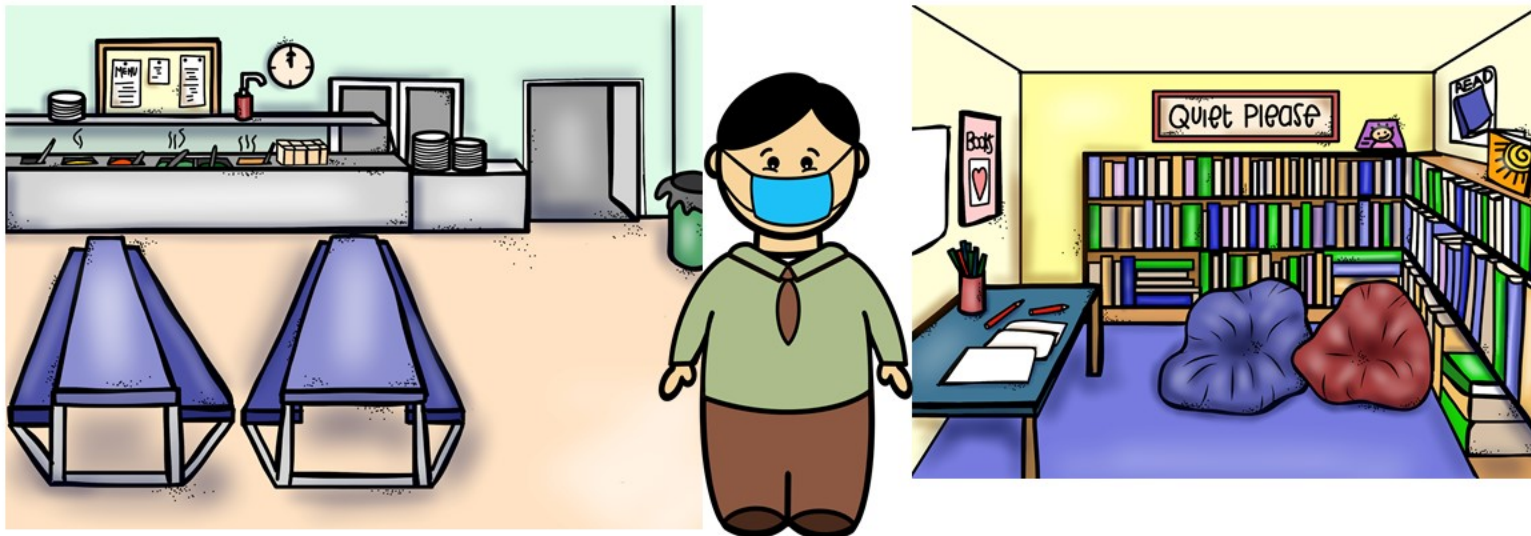
Stop and talk: How do you feel about wearing a mask at school?



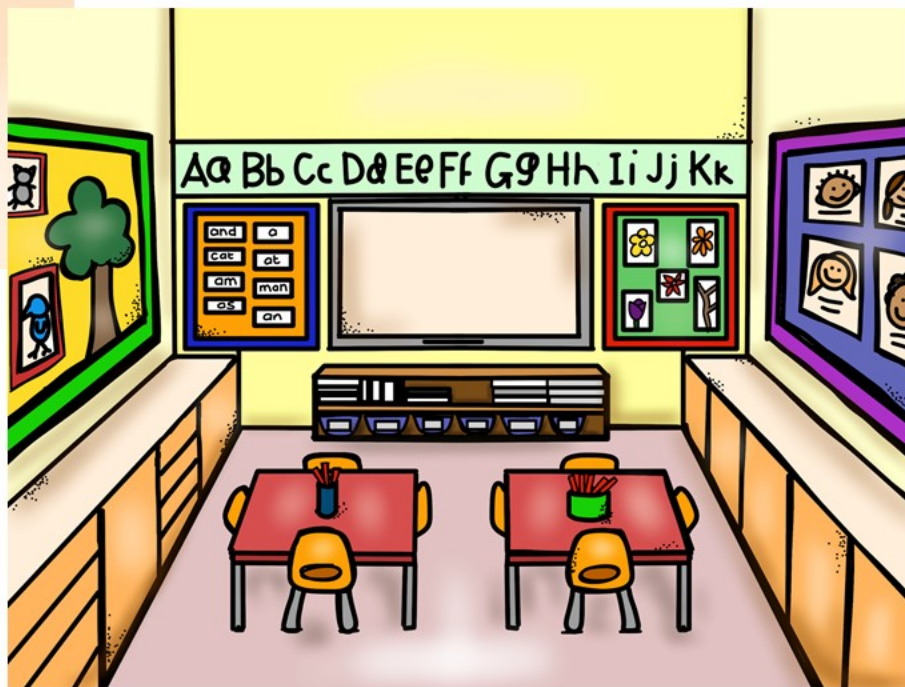
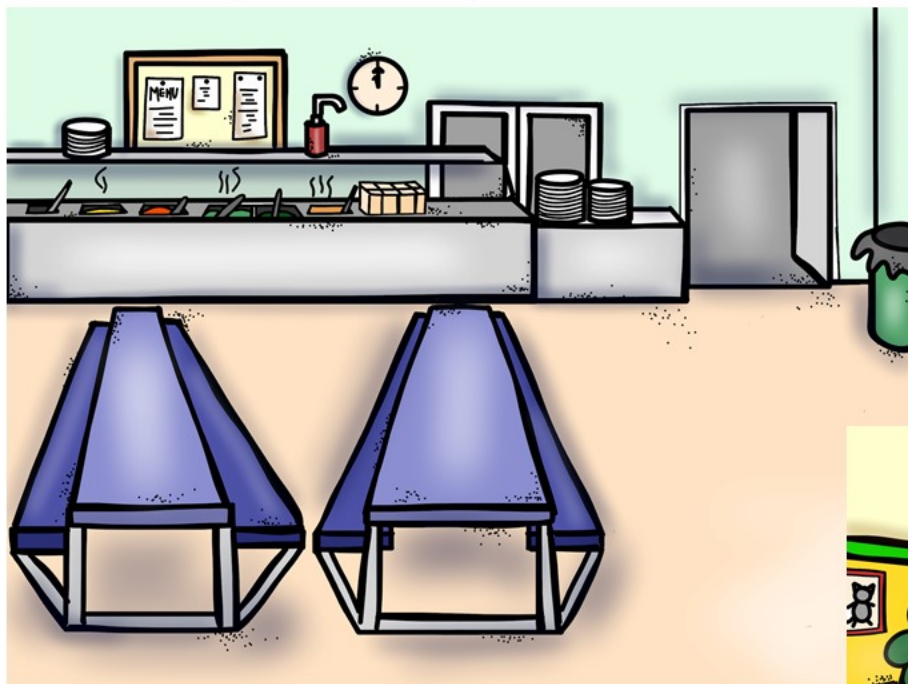
Your teachers, bus drivers, cafeteria workers and therapists might look different. They will be wearing masks too because we want everyone to stay well! You might not see their mouth, so listen carefully, and look at their eyes and body language to help you understand. Remember, they are the same people who love and care for you, even if they look a little different this year!!



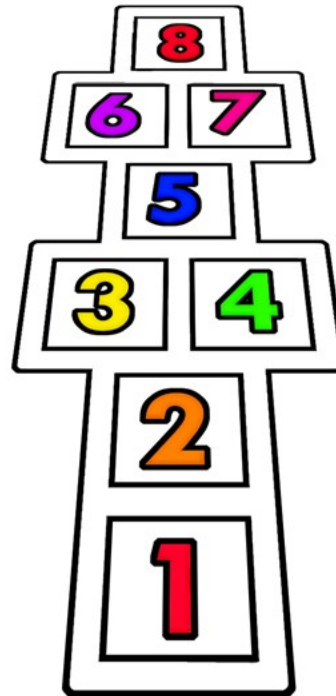
Each school is different, but your school will have its own rules about masks. You may have to wear a mask on the bus, in the halls, the classroom, at recess, or in the cafeteria.



You might eat lunch in the cafeteria, or you might eat lunch in your classroom.
It's okay in either place! Don't worry, you can take your mask off to eat!



You may have to wear a mask on the playground with your friends and stay apart (remember, we call this social distancing). We can still have fun together; we just need to think about other people right now!



You may be staying in your classroom more often this year. Art, music and PE might be in your classroom, on the computer or smartboard, or somewhere different.

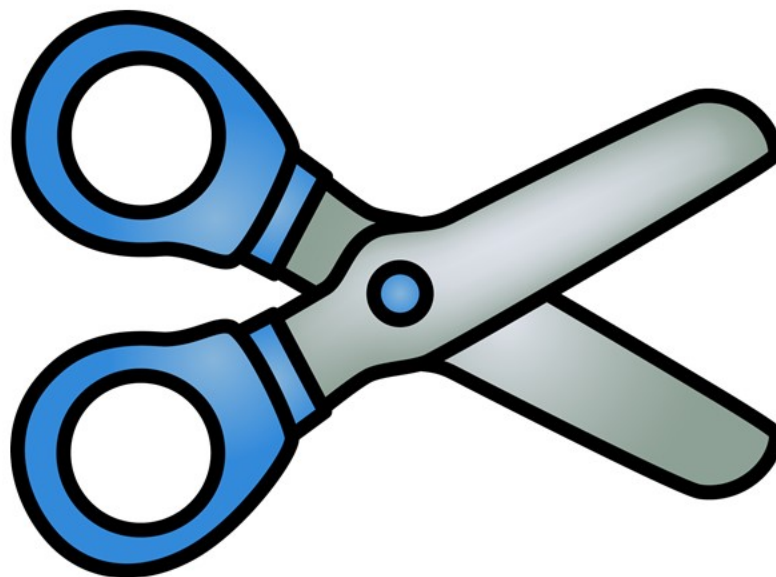
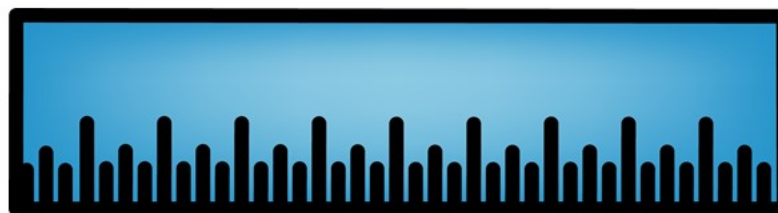
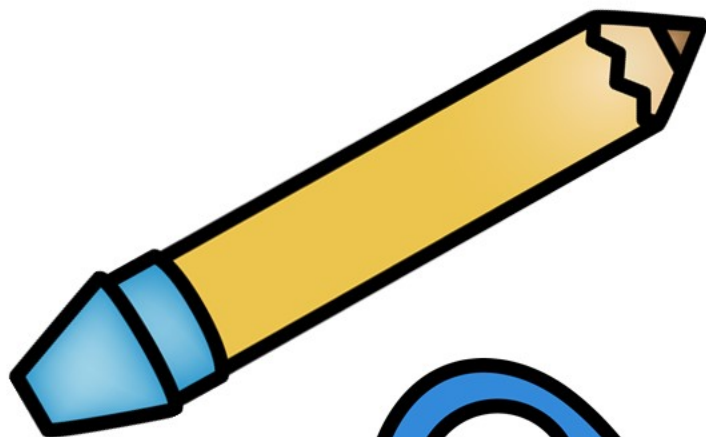


Singing out loud or playing instruments together might not be possible. We don't want to spread germs through the air.

Stop and talk: How do you feel about some of the changes in school this year?



We will need to have our own supplies for school. While we want to share with others, having our own supplies keeps everyone well. We can even bring our own water bottle to school in case the water fountains are not working.



We need to use our flexible brains when things change this year! Fire drills might be different, parents might not be able to visit at lunchtime and afterschool clubs and activities might not happen for a while. It is okay to feel sad, worried or even mad about these things. It's important to talk about these feelings with your parents, teachers or counselors. All feelings are okay!



Yes, there are going to be changes this year. Changes like wearing a mask, not hugging friends hello, and washing our hands often! But lots of things are going to stay the same. The adults at school are SO happy to see you, you will learn and grow so much, and it's going to be a different but FANTASTIC year!



Stop and talk: How do you feel about using your flexible brain in school this year?



I have a question(s) about going back to school:

My helpers that can answer questions about going back to school are: