



# TRANSITION PACKAGE (COVID-19)

## BOOKLET

**OSSME** - Outreach for Mainstream Education, Early Help and Employment  
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## ABOUT OSSME

As part of Autism Initiatives (1972), OSSME first started as Outreach Services Supporting Mainstream Education, hence its name, however it has developed to provide a range of services around children, education and support for parents.

OSSME provides specialist training and advice in all educational settings (Early Years, Primary, Secondary, Colleges, Universities and Businesses) for staff, families and professionals across the North West, with the aim of promoting and enabling inclusion for children and young people who have autism and co-existing conditions.

We work with those who have a diagnosis of Autism Spectrum Condition, are waiting for an assessment following referral to the Autism Spectrum Pathway, or are experiencing social and communication difficulties.

OSSME believes in a person-centred approach; working collaboratively with families, school staff and other involved agencies to ensure a cohesive and proactive service.

OSSME offers a wide range of services such as therapeutic and teaching sessions, initial needs assessment, training packages (school inset training, professional conferences, initial teacher training, community organisations...) family, workplace and community support (workshops, coffee evening, 1:1 sessions...). Most of our services could be provided remotely. Find more information about us here <https://autisminitiatives.org/ossme> OSSME could also be contact on [ossme@autisminitaitves.org](mailto:ossme@autisminitaitves.org)

For more information and free resources, find OSSME on Facebook @OSSMEAI, Twitter @OSSME\_AI and Instagram @ossme\_ai

## INTRODUCTION

You will be going back to school at some point in the future. So that you are prepared to go back to school and do not find it too hard, we wanted to help you.

Academically, you may or may not be doing great. It is ok if you are not, your teacher will understand. Socially, you may feel that you have lost touch with your friends. This book will help you.

We are going to discuss some questions together. The questions are in this booklet.

Firstly, tell me what lockdown feels for you right now. **Pick a picture:**



Not sure ☐



Worried ☐



Happy ☐



Sad ☐

You could find some *games to practice emotions* [here](#) or a *full booklet to colour in* [here](#)

**You can write down / draw any other feeling here:**

## ADDITIONAL SUPPORT

### MY TIMETABLE & MY FAMILY TIMETABLE

To help you organise what will happen when you come out of lock down because of COVID-19, the person that looks after you at home, teacher (and the OSSME person if they have been helping you) will fill in a **timetable** so you know what every day will look like for you. Find a **blank timetable** [here](#).

A timetable will also be done for your family so you know what they will be doing too. Find a **family timetable** [here](#).

### INFORMATION PASSPORT

Also an **Information Passport** about you can be put together [here](#). This **Information Passport** will tell people such as teachers and your family how you currently feel and what can make you feel better about going back to school. It will also help to make sure we can tell others how you feel about going back to school.

Remember, once you have completed this booklet, you can send it back to your OSSME staff if you know her/his contact details or [ossme@autisminitiatives.org](mailto:ossme@autisminitiatives.org) if you don't know.

However, if you are not currently being supported by OSSME yet, you could speak to the person who has been helping you to fill this booklet in.

Together we can help you to put your **Information Passport** together and a **Timetable** for you.



## ABOUT ME

Before we begin, let's find out who you are and what you like doing:

PERSONAL INFORMATION	
<b>Name:</b> _____ <b>Age:</b> _____ <b>School:</b> _____ <b>Date:</b> _____ <b>OSSME staff who supports you:</b> _____	<b>Who do you live with:</b> _____ <b>Who takes you to school:</b> _____ <b>How do you travel to school:</b> _____
<b>What you like doing (hobbies):</b> ➤ _____ ➤ _____	_____ _____

YOU CAN DRAW /DOWNLOAD A PHOTO OF YOURSELF

## QUESTIONS WE ARE GOING TO HELP YOU WITH ARE

1. WHAT WAS HAPPENING IN SCHOOL AND HOME BEFORE SCHOOL CLOSED?
2. WHY DID SCHOOL CLOSE AND CHANGE?
3. HOW DID YOUR LIFE CHANGE BECAUSE OF COVID-19?
4. WHAT DID CHANGE FEEL LIKE FOR YOU?
5. HOW WILL WE GET BACK TO WHAT IT WAS LIKE BEFORE COVID-19?
6. WHAT WILL SCHOOL LOOK LIKE WHEN WE RETURN?





## QUESTION 1. WHAT WAS HAPPENING IN SCHOOL AND HOME BEFORE LOCKDOWN?



Schools have been closed now for many weeks because of COVID-19. This means you have been learning in a different way and doing many things in a different way such as not going to school and doing your schoolwork at home instead or only going to school on certain days. You may have forgotten what you did do before school closed because of COVID-19.

Before your school closed because of COVID-19, you went to school each day. This meant that you:

- Got up at the same time each day and went to bed the same time each night.
- Had a routine at home.
- The people who looked after you at home, went to work each day.
- Your brother or sister, or both, went to school too.
- Had your breakfast each morning at the same time.
- Cleaned your teeth.
- Washed and got dressed in your school uniform.
- May have gone to breakfast club.
- Took your packed lunch to school or had school dinners.



- Travelled to school in the car/bus/taxi or walked, then said goodbye to the person who took you to school then they went to work or went back home.
- Met the children in your class. Sat next to some of the children in your class too. Sometimes you may have sat alone.
- Said hello to your teacher.
- Were able to play out in the open with your friends at break and lunch time.
- Came home after school and had snacks, went to clubs such as swimming club, youth club, visited grandparents, the park or did something else you enjoyed.

**Other things I did before COVID-19 were:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Before my school closed because of COVID-19, there were some things I may have been looking forward to or not looking forward to:**

- |                     |   |
|---------------------|---|
| ➤ School trip       | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |
| ➤ School fair       | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |
| ➤ Easter parade     | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |
| ➤ School disco      | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |
| ➤ Afterschool clubs | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |
| ➤ Other: _____      | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> <i>(Which one are you?)</i> |

**What was I looking forward to?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Before your school closed because of COVID-19, you could go and speak to your teacher if you didn't understand your work or if you had any worries.



Before your school closed because of COVID-19, you heard people talking about Coronavirus. Coronavirus and COVID-19 are the same thing.

**When I heard people talk about COVID-19 before school closed I felt:**

- Scared? ☺ ☐ - ☹ ☐ (Which one are you?)
- Frightened? ☺ ☐ - ☹ ☐ (Which one are you?)
- Did not understand? ☺ ☐ - ☹ ☐ (Which one are you?)
- Did not care? ☺ ☐ - ☹ ☐ (Which one are you?)
- Other? \_\_\_\_\_

If you felt scared or frightened, lots of people felt this too so you were not alone in how you felt. This was because we did not know what COVID-19 would be like or how sick it could make us. So the government decided to close schools until we had more answers about what COVID-19 looked like, so we could be safe and not so scared or frightened.

## QUESTION 2. WHY DID SCHOOL CLOSE AND CHANGE?

School closed until scientists could find out more about COVID-19 to keep us safe. Find a **visual story** about it [here](#). To keep us safe until scientists could find out more about COVID-19, the government thought it was a good idea to close schools. This meant a lot of change would happen. The things that you did before schools closed because of COVID-19 may have changed a lot and it can be confusing. Others might have felt similar to you. Read more about **Lucy's story** [here](#).



You may have heard adults or other children, or if you have listened to the news, talk about places that have closed for a while such as: schools, some shops, beaches and parks and many other places. This is to keep us safe from COVID-19.

COVID-19 is a virus that can make you feel unwell, a bit like having a cold or the flu. Coronavirus can give you:



A fever



A cough



Feel tired

If you do have a fever, a cough or feel tired, it does not mean you definitely have COVID-19. It can mean that you have a common cold that we can get every year. Only the doctor can tell you if you have had or have COVID-19. They can tell you if you have had or have COVID-19 by giving you a test. If you have a

temperature, a cough or are tired for more than 7 days and it is getting worse, you can ask someone to call the hospital and the doctor may test you. If you do have COVID-19, the doctor will tell you how to look after yourself so that you can get better.



Scientists tell us that COVID-19 jump from one person to another when they are standing close to each other.

In order to keep everybody safe, very clever scientists have decided that we should keep a distance from other people for a little while so that COVID-19 can't spread from one person to another and to let the people who are unwell to get better.

Scientists and doctors will make sure it is safe for you before you go back to school. When the scientist tell you that it is safe to go back to school, they will give us rules to follow to keep us safe. Once back in school you will be able to see all the teachers and your friends again and there may be other rules to follow that the teacher will tell you about.



See our [social story here](#) or [Dave the dog social story here](#).



Do you need a break? Yes ☐ - No ☐

Short breaks can help you focus better on your work here.

You could always rest now, come back and carry on later 😊

## QUESTION 3. HOW DID YOUR LIFE CHANGE?



Before schools closed because of COVID-19, most people already heard about coronavirus on TV, radio or internet. This could have made you feel either confused, worried, not bothered, OK... It is different for everyone.

Maybe your sleeping pattern changed and you are finding it harder to sleep now. Find a **visual bed time story** ritual [here](#) or watch this other **video with some tips which might help you to sleep better** [here](#).

### CHANGE ABOUT STAYING AT HOME

Since we had to stay at home, the house got noisier and most of the family were at home all together because they could not go to work or school either. This was because of COVID-19. Maybe you were not able to go out to the shops as much as you used to.



#### Some of the things I missed were:

- Shopping with my family ☐
- Going to the park ☐
- Going to the playground ☐
- Visiting friends ☐
- Other: \_\_\_\_\_

Sometimes you might miss them or maybe you have got used to not going to the places now!

If you miss some things you used to do, it can mean that you are looking forward to do the things you used to enjoy doing 😊

However, there may be other things you do not look forward to doing again. ☹️

Some of the things you are not looking forward to doing again means that you will probably need help with those things.

**Some of the things I may not be looking forward to doing again are:**

- Playtime ☐
- Seeing friends again ☐
- Doing school work ☐
- Leaving the house ☐
- Travelling to school ☐
- Leaving mum and dad ☐
- Getting in my uniform again – washing etc. ☐
- Eating lunch in school ☐
- Using the bathroom in school ☐
- The noise in school ☐
- The smells in school ☐
- Other \_\_\_\_\_

**CHANGE ABOUT COMMUNICATING TO FAMILY AND FRIENDS**

Since the lockdown began, you were not able to visit your family or friends, however, you could still contact them.

**I contacted them via:**

- Video-call ☐
- Phone-call ☐
- Text ☐
- Writing letters ☐
- Drawing ☐
- Other: \_\_\_\_\_



This form of communication was different and a change. When you go back to school you can still use some of the communication tools you used to talk to your family and friends.

**I would like to keep communicating with my family and friends when we go back to school through:**

- |                   |  |
|-------------------|--|
| ➤ WhatsApp        | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Video-call      | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Skype           | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Phone call      | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Text            | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Writing letters | Yes <input type="checkbox"/> - No <input type="checkbox"/> |
| ➤ Drawings        | Yes <input type="checkbox"/> - No <input type="checkbox"/> |

## CHANGES IN LEARNING – WE HAD TO LEARN AT HOME



Since schools were closed because of COVID-19, **my teachers have:**

- Emailed my homework ☐
- Posted my homework ☐
- Given work to the person who looks after me so that they can help me. ☐

Some people find it easy to complete work sent to them, others don't.

**I found the homework my teacher sent to me:**

- Easy to do and I sent my work back to the teacher when it was completed ☐
- Not easy to do and I did not send my work back to the teacher because it was not completed ☐
- I did not want to do my work at home ☐

## ANSWERS.....

If you found your school work easy to do and you sent your work back to the teacher when it was completed then it is ok.



If you did not find the homework easy to do and you did not send your work back to the teacher because it was not completed, that is ok too. The teachers understand how hard it can be to do work at home.



If you did not want to do your work at home that is ok too. We can tell the teacher that you found it hard to do your work at home and we can find ways to catch up without you having to do homework to catch when you go back to school.

If you did do your work at home, you may have had snacks to eat, more toilet and rest breaks in between and someone helping you with your work. This may be a big change for you when you go back to school.



If you begin to have the same rest breaks you did at school when you are home, eat only when you are not working and ask others for help with your school work only when you need it, this can prepare you for going back to school.



Do you need a break? Yes ☐ - No ☐

Short breaks can help you focus better on your work here.

You could always rest now, come back and carry on later 😊

## QUESTION 4. WHAT DID CHANGE FEEL LIKE?

The new COVID-19 that was going around might have caused you to be worried, sad, and afraid or you may have felt ok or happy. *You could read about **Living with Worry & Anxiety amidst global uncertainty** more by clicking [here](#) or read about our OSSME resource called **Self-Anxiety talk** [here](#).*



It may have changed how you think and feel about what you used to do.

### LET'S THINK ABOUT THIS MORE...

When a scary thing happens, our body is clever and makes us ready to cope with what is going on - this is called the survival response. Survival means we try and keep on going.

Survival response can make us react in lots of ways. **During lockdown, I felt...**

- Sad ☐
- Worried ☐
- Angry ☐
- Scared about the future ☐

*For example:*

- *Going to school*
- *Visiting friends*
- *Going out*
- *Mum and dad going back to work*
- Like I wanted to hide away like it isn't really happening ☐
- Like I wanted to protect people by telling them not to go out ☐
- Like it was funny and made jokes about it ☐
- I ignored it because I did not care about it ☐

You may feel things that are not on this list and that is okay too, we all react in our own way and there is no right or wrong way to react when we think about, read or hear of COVID-19.

You might have felt one or more of these things above. The more you have heard, read or thought about COVID-19, may have meant you keep changing your mind about what you think that is making you confused. Lots of other people feel the same. So they decide to stop thinking about it for a bit and do something they enjoy doing such as watch their favourite film, listen to their favourite song, play on their favourite computer game or toy. Doing something you like when you get confused or worried can stop you worrying for a little bit. Then you can tell the person who looks after you or teacher that you feel confused and ask them to help you work things out so you are less confused or worried.

Find [here](#) our activity called *Things to do while at home self-isolating*.

## **DURING THE TIME OF COVID-19 WE HAVE HAD TO DO CERTAIN THINGS SUCH AS:**

### **WASHING HANDS**



This is helpful so that you don't spread the virus to anyone else but washing your hands too much may hurt your hands. So you only wash your hands when you need to such as when you have been outside and come back inside the house, when you have been to the toilet, if you touch something that lots of other people touch such as the shopping, parcels, etc. However, it is ok to touch the same things as your family as you are all living the same house and sharing many different items. As you live with your family, you know that you are all washing your hands.

While outdoors, you don't know if everyone else is washing their hands as much as you so instead of being afraid of this you can use hand gel when you are out or try not to touch your face with your hands until you can wash them. This can keep you safe.



## WATCHING OR READING THE NEWS

It's good to know what is happening in the news but watching or reading the news too much can make you feel worse. This is because you hear the same things over and over again and it can be negative. When we hear the same things over and over again and it is negative information, it can make us feel sad. There are lots of positives but sometimes news readers miss out the positive information. So, it is best only to watch the news once a day and maybe every other day. Or, you can decide not to listen to the news and ask your mum or dad to tell you what is going on instead.



## STAYING INDOORS

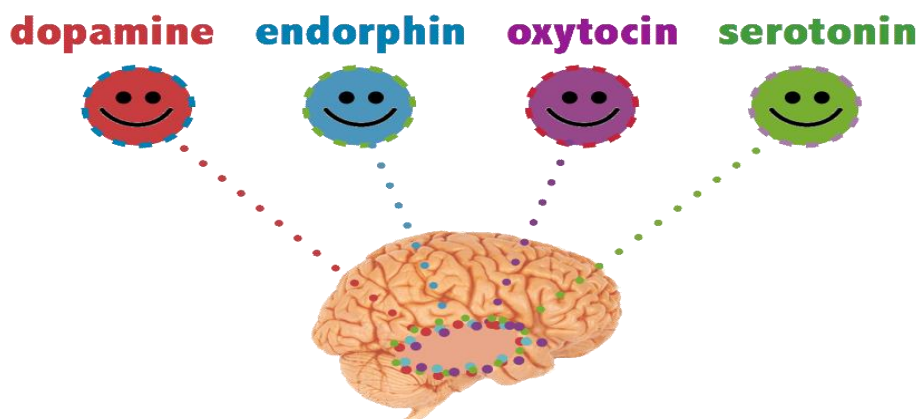
To slow down the COVID-19 virus, you might have had to stay at home a lot more which is helpful but it might have been hard if you could not go out at all. So, you may have thought it was a good idea to go in the garden or for a short walk with your family or person who looks after you. This might have made you feel a bit better. Input to the muscles and joints is regulating: it can be both calming and alerting. Find more information about *Sensory Proprioceptive input* [here](#).

It is important to realise that when we move our body it sends happy signals to the brain. This is because hormones such as dopamine, endorphin, oxytocin and serotonin increase in our brain and those hormones make us happier.

To slow down the COVID-19 virus, you might have had to stay at home a lot more which is helpful but it might have been easy for you. So, you may have thought it was a good idea not to go out. Your body needs movement to help you concentrate. See our resource [\*Exercising at home during lockdown\*](#) [here](#).

If we have no movements such as going for walk or riding a bike, our concentration changes and we do not learn as well as we did before the COVID-19 virus. This is not a good thing to do.

It is important to realise that when we move our body it sends happy signals to the brain so going for a walk outside of the home is a good thing to do. Going to school, the shops, or the park for example and following the COVID-19 rules is a good thing to do.



## TALKING ABOUT IT

It is good to talk about things with others (family, teachers, friends, OSSME...); it helps you learn what is happening in the home, family/friends, community and school. Some people do not like to talk, do not know what to say or do not know how to ask. If you don't talk about things that worry you or things you want to know, it could make you feel much worse.

If you do not know what or how to ask for information, you can say some of the sentences below:

- I would like to know lots of things about going back to school.
- I would like to know information about the rules of going outside now
- I would like to know information about what scientists are saying about the COVID-19

➤ Add here any other thing you would like to know information about:

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Read [here](#) more information about *Do you worry about going back to school?*

## QUESTION 5. HOW WILL WE GET BACK TO WHAT IT WAS LIKE BEFORE LOCKDOWN?

Once the Prime Minister and doctors tell us lockdown is over this could mean we have to go back to the way life was before. But this may feel like it was a long time ago. Therefore, it is important we look back and explore the things that will stay the same or things we may have to change.



Many questions begin to fill our heads.

### HOW WILL I KNOW WHEN LOCKDOWN IS OVER?

The Prime minister will announce when he has been advised by doctors it is safe for restrictions to be lifted. However, this will be a gradual journey which means we will all have time to communicate with others to understand how this will affect us. Read more about this [here](#).

### WHO WILL SUPPORT ME WHEN LOCKDOWN IS OVER TO GET BACK TO WHERE WE WERE BEFORE?

There will be many key people to support us. At home you will have your family members you live with who will guide you through any questions you may have. You may discuss the changes with your friends. When your school reopens the teachers will support you in class and throughout, OSSME is here to discuss any concerns you may have as well. Find a *blank chart to support your transition back into school* [here](#) which could be useful.

**Who do I talk to about lockdown with now?** \_\_\_\_\_

This person/people will be able to support you throughout this journey.

### WHAT WILL STAY THE SAME?

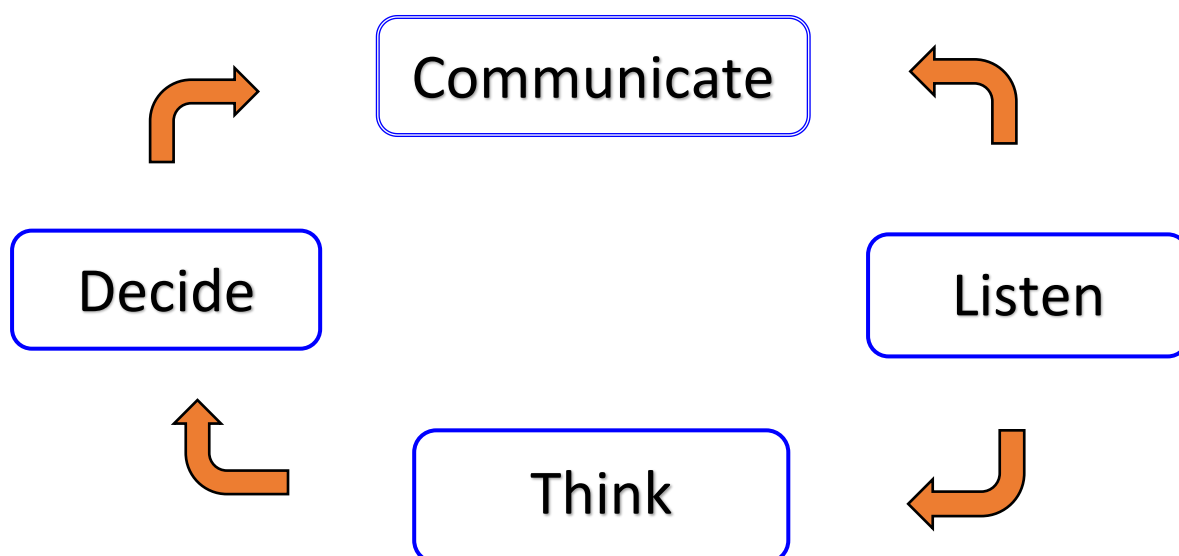
Although there have been a lot of changes since lockdown there are lots of things that have stayed the same. For example, the house you live in and the people that live there. You will be able to continue to do the activities you enjoy at home.

**What are the things I like doing at home and would like to continue to do?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### HOW DO WE GO BACK TO THE WAY IT WAS BEFORE?

This is a tricky question as this may look different for everyone. When exploring the changes you can use the following four steps to help you.





1. **COMMUNICATE** – if you are unsure ask someone you trust, family members, teachers or friends. This can be through telephone, email or drawing.
2. **LISTEN** – listen when you are ready
3. **THINK** - think about the information.
4. **DECIDE** – think about what is being asked, decide whether you would feel comfortable in doing this if you don't start the cycle again communicate your feelings!

Let's think about what we want to keep afterwards that may have already been there before or during lockdown?

### HOW DID SCHOOL LOOK BEFORE AND HOW WILL WE GET IT BACK?



Before lockdown school was where you would go every day to learn new things. You would see teachers, dinner ladies, other children and many more people. You would attend lessons and have break times.

### What did I like/dislike about school before lockdown?

- |                |  |
|----------------|--|
| ➤ My classroom | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| ➤ My friends   | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| ➤ My teacher   | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |

During lockdown, you have been completing schoolwork at home. You may have not been following a routine like you do in school. Your lessons may have been taught differently. You may not have been completing school work.



## What did I like/dislike about being at home?

- Own space                      😊 ☐ - 😞 ☐ (Which one are you?)
- Choice of routine            😊 ☐ - 😞 ☐ (Which one are you?)
- Choice activities            😊 ☐ - 😞 ☐ (Which one are you?)

As you have discussed what you have liked or disliked, you are beginning to build an image of what is the best way for you to learn!

Although, this is not the only thing you may have developed during lockdown. You may have built new skills through being in your new environment.

## You may have learnt to:

- Communicate with your family and friends through texting, FaceTime or writing.
- Create your own routine.
- Learnt to do something you didn't know before such as ride a bike, read a book and bake a cake



## What things have I learnt?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

It is important to continue using your skills when transitioning back to school. Use our four step cycle to discuss how we can take the skills we have learnt and take them forward to after lockdown!



Do you need a break? Yes ☐ - No ☐

Short breaks can help you focus better on your work here.

You could always come back later to carry on 😊

## QUESTION 6. WHAT WILL SCHOOL LOOK LIKE WHEN WE RETURN?

When we can return back to school after the COVID-19 lockdown, we can begin to do more activities such as going back to school, the shops, parks and cafes for example. We may be able to see more people, family members, teachers and friends too. This can mean we may see some of our family and friends that we have not seen for some time. We may have spoken to some of them on the phone or seen them on video, but not physically. Seeing them physically for the first time again may feel scary. It may feel scary because you can see the body as well as their face. They may have a higher tone voice because they are excited to see you. They may want to hug you or smile more than they used to because they are so happy to see you in person. Some people may cry because they are so happy to see you. Some people may say they are scared when they see you because they have been in lockdown because of the COVID-19 for many weeks it feels strange to see you. Others may say they are scared because they do not know if the COVID-19 has really gone.

### What would I be scared about?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

It is very important to know that when we come out of COVID-19 lockdown, the scientist will think it is safe to do so. When we come out of COVID-19 lockdown, the scientist will give us some rules to follow to keep us safe.

## RULES MAY INCLUDE:

### **RULE: KEEPING OUR DISTANCE**

We still might have to keep our distance. This means staying 2 metres apart as it is recommended now for social distancing. However, this may change and the scientists will tell us when it does. When the scientists tell us what distance we need to keep from someone else, your parents and teachers will tell you and show you.

At the moment the distance we need to keep from each other is:



The advice on social distancing measures applies to everyone. You may not be able to hug or touch other people.

People should be reminded to wash their hands for 20 seconds and more frequently than normal.

## RULE: KEEP WASHING YOUR HANDS

### Using Soap and Water:

- Put your hands under warm water.
- Using soap, rub into your hands and massage for 20 seconds.
- Before and after eating, wash hands.
- Try not to touch your face too often.

## RULE: HYGIENE

- If you blow your nose, do it in a tissue and put the tissue in the bin. Then, wash your hand or use hand gel.
- If you cough, do it into a tissue or your sleeve.



## OTHER THINGS THAT MAY HAPPEN

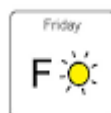
- Your school week may be split into different days, so you might not be in school every day like before. So you may go into school on:



MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

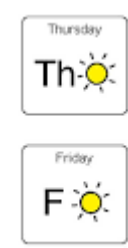
Your teacher will tell you which days you will be in school if you cannot go to school every day.

Others (siblings, friends, cousins...) may be in school on different days to you:

**I might be in school**



**My siblings, friends or cousins may be in school**



Or, you may be in school at the same time:



Or, you may go to school on a phased return. Meaning you (or siblings/friends who are normally in my class) may go to school in the first few weeks then your brothers and sisters will go to school a few weeks after for example.

Your teachers will let you know.

**Other things might change as well, for example:**

- I will have to get up earlier than I have been on the days I am in school so I may have to go to bed earlier the night before

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- School times may change; I could be in school in the morning and not the afternoon or the other way round and have lunch at home. My teachers will explain everything to me so I'm ready to go back into school.

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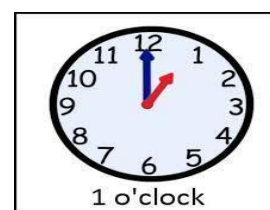
- I may not have my lunch in school and will go home to eat my lunch or I may have my lunch in school. The teachers will let me know.

- 
- I may have to travel differently to school. If I got the bus or taxi to school, I may have to walk or go in a family car. My parents will let me know when they know.



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- My family may be going to work on the same days or on different days that they normally do. My family will let me know. My family can write down on a [timetable](#) what they will be doing so that I know what they are doing too.

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- Someone other than Mum/Dad or whoever took me to school before it closed may now take me or pick me up. This may be because everyone may be working differently until we get back to normal.



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- Breakfast club and after school clubs may be closed. If they are closed I could have breakfast at home.
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- I may not be able to sit next to the person I sat with before school closed. Instead I may sit a little bit away from my friends. The teacher will tell/show me what to do and where to sit.



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- I may have to be at a desk on my own. The teacher will tell/show me what to do and where to sit

- 
- Play/break time may change. It may be that we play at different times so that there are not too many children on the playground all together at one time. My teacher will tell/show me what to do and where to sit.

- 
- I may have to stay indoors when its break time and play with something I enjoy. This may be because there would be too many people on the playground if we all went out together. My teacher will tell/show me what to do and where to sit.

**Things that I enjoy doing or playing with are:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 
- I may not be able to visit my grandparents or other people who are considered as *vulnerable* if they are told by the scientist that they need to stay in lockdown a little bit longer to keep them safe. Sometimes older people need a little more protection from the COVID-19. The scientists will tell us when we can visit our grandparents.

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- If I did visit friends' homes, I may not be able to go to my friend's house after school because some things we used to do are not the same yet. One day we will be the same and can visit friends' houses like we used to do. The scientist will tell us when we can visit friends again in their home or when they can come to our home.
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To help you organise what will happen when we come out of lock down because of COVID-19, a [timetable](#) and an [information passport](#) about you could also be filled in by your teacher, person that looks after you at home or OSSME if you are currently being supported by us.

Remember, once you have filled in this booklet, you can send it back to your OSSME staff if you know her/his contact details or [ossme@autisminitiatives.org](mailto:ossme@autisminitiatives.org) if you don't know.

You have now just completed this OSSME transition booklet. Well done for your hard work! 😊 You can now get your certificate [here](#). Don't forget to sign it!

**CONGRATULATIONS!**



For more information and resources, find OSSME on Facebook [@OSSMEAI](#), Twitter [@OSSME\\_AI](#) and Instagram [@ossme\\_ai](#)

Finally, we would like to say **THANK YOU** to everyone. Special recognition to OSSME staff, who have worked tirelessly during the pandemic achieving many different projects such as the creation of this Transition Support booklet, Information Passport and many other resources.

Resources aiming to support our current students and their families as well as supporting professionals in the field and other members of our community during this situation of uncertainty.

