

TRANSITION PACKAGE (COVID-19)

BOOKLET (2nd ed.) - EARLY YEARS AND KS1

OSSME - Outreach for Mainstream Education, Early Help and Employment
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CONTENTS

Page	Tittle	Completed
3	About OSSME	☐
4	Introduction	☐
5	About me	☐
8	Questions we are going to help with	☐
9	Question 1. What was happening in school and home before school closed?	☐
9	Question 2. Why did school close and change?	☐
11	Question 3. How did your life change?	☐
14	Question 4. What did change feel like?	☐
16	Question 5. How will we get back to what is was like before coronavirus?	☐
20	Question 6. What will school look like when we return?	☐

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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 coexisting 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 on our website here www.autisminitiatives.org/ossme OSSME could also be contact on **ossme@autisminitiatives.org**

For more information and free resources, find OSSME on Facebook @OSSMEAI, Twitter @OSSME_AI and Instagram @ossme_ai

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INTRODUCTION

Why have we decided to launch a second edition of our popular OSSME Transition booklet back to school (coronavirus)? Following the successful release of our 1st edition aimed to Primary schools and the positive feedback we got about it, we decided to publish a 2nd edition focused on Early Years.

Find below some of the feedback we have received so far regarding our first edition:

Head Teacher	*Thank you so much! This will be brilliant to help support our children.*
Other professional	*Thank you so much for emailing me the transition pack - it is absolutely brilliant! I work for a very small autism charity, supporting families and schools in our local community and really appreciate your generosity in sharing such excellent resources.*
School Representative	*I love the transition booklet and think our KS2 children will find it a really useful resource. I also think parents and carers will find it really helpful and accessible.*
CAMHS	*This looks great.*
School Representative	*This is an excellent resource will certainly make use of it.*



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ABOUT ME

Before we begin, let's find out who is filling this booklet in:

Personal information

Name: _____

Age: _____

School: _____

Date: _____

You can draw a picture of yourself:

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Information for family/ School	Soon children will be going back to school after being at home for a while. Going back to school will be a big change so we wanted to help. Find some ***games to practice emotions*** here, an ***activity to improve emotional understanding*** here, an ***activity to work on basic emotions (happiness & sadness)*** here or a ***full booklet to colour in*** here For ***more resources about Mental Health and wellbeing*** check here.

When you couldn't go to school and had to stay at home, how did you feel? **Colour in your answer:**



HAPPY



SAD

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Draw any other feeling that you felt about not being able to go to school here:

MY TIMETABLE & MY FAMILY TIMETABLE

Information for family/ School	Sometimes it is easier to go back to school when you know what will be happening. It will help your teachers and family let you know what will change and what will stay the same. A timetable could also be done for the family so the children know what they will be doing too. Find a ***blank timetable*** and **family timetable** here or a ***visual timetable*** here. Find some times to use a visual timetable here.

INFORMATION PASSPORT

Information for family/ School	Also an ***Information Passport*** about you can be put together here or find another a ***basic version of our passport*** here. This **Information Passport** will tell people such as teachers and your family how you feel and what can make you feel better about going back to school. Remember, once you have completed this booklet, you can send it back to your OSSME staff member if you know her/his contact details or ossme@autisminitiatives.org if you don't know.

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 CORONAVIRUS

4. WHAT DID CHANGE FEEL LIKE FOR YOU?

5. HOW WILL WE GET BACK TO WHAT IT WAS LIKE BEFORE CORONAVIRUS

6. WHAT WILL SCHOOL LOOK LIKE WHEN WE RETURN?



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

Information for family/ School	
	Schools have been closed now for many weeks because of Coronavirus. This means that children have been spending a lot of time at home. This was called lockdown. Before schools closed because of Coronavirus, children went to school each day. This meant that children: • Went to school each day and grown-ups went to work. • Sat with their friends on the carpet while their teacher took the register. • Played outside with their friends. • Worked at a table and sat next to their friends while doing work. • Had lunch with their friends before playing outside some more. • Their grown-ups would pick them up when school had finished and take them home.



QUESTION 2. WHY DID SCHOOL CLOSE AND CHANGE?

Information for family/ School	
	School closed until scientists could find out more about coronavirus to keep us safe. Find a ***visual story*** about it here or this other basic one here. To keep us safe until scientists could find out more about coronavirus, they decided it was a good idea to close schools. This meant a lot of change would happen. Read ***Lucy's story*** here. Children may have heard adults or other children talk about places that have closed for a while such as: schools, some shops, beaches and parks and many other places. This was to keep us safe from coronavirus.

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Information for family/ School

coronavirus 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

A normal cough and cold can also give you these symptoms, so if you have these symptoms it doesn't mean you definitely have Coronavirus.

Scientists tell us that Coronavirus jumps from one person to another when they are standing close to each other. The virus is so small we cannot see it!

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 Coronavirus 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, this ***other social story*** here or ***Dave the dog social story*** here.



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QUESTION 3. HOW DID YOUR LIFE CHANGE?



Information for family/ school

Before schools closed because of Coronavirus, most people already heard about coronavirus on TV, radio or internet. This could have made children feel either confused, worried, not bothered, OK… It is different for everyone. Some children did not listen to the news and so might not have been as worried about Coronavirus.

Some children are even finding it harder to fall asleep. Find a ***visual bed time story*** routine here or watch this other ***video with some tips which might help you to sleep better*** here.

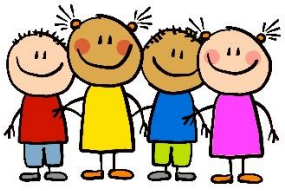
CHANGE ABOUT STAYING AT HOME

Information for family/ school

When we were told to stay home as much as possible because of Coronavirus, children might have had to cancel some things they were looking forward to. Some of the things they might have had to cancel were:



Birthday Parties



Playing with your friends



Going to the park

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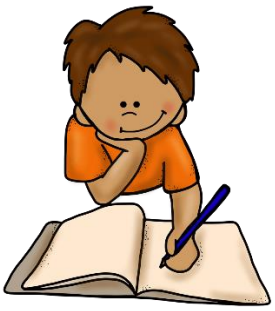
Can you think of anything else you were looking forward to doing that you had to cancel before schools closed? You can write or draw it below.

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Can you put a circle around all the different ways you used during lockdown to talk to your family and friends?



Video Call



Write a letter



Phone call



Video call on laptop



Email



Face to Face

Which was your favourite way to communicate during lockdown?

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CHANGES IN LEARNING – WE HAD TO LEARN AT HOME

Information for family/ School	To help children go back to school, they can start to have snacks the same time they would do at school. So when they are not working/playing, they will have a snack. It would be beneficial to provide the space to children to ask for breaks. Positive feedback should be provided when they ask for breaks or they show their visual card if they have one.

QUESTION 4. WHAT DID CHANGE FEEL LIKE?

Information for family/ School	When things change it can feel a little scary. Change can also make us feel like we are unsure of what to do. Changes happen every day without us knowing. Some examples of change are:  **Change in the weather**  **Change in routine**  **Change in teacher** Some changes happen and we know they are different than before. This can make us feel different. Some children feel good, others do not feel so good. Some people don't mind change but it can make some people feel worried or scared.

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Use the feelings thermometer and key below to tell us how change makes you feel:

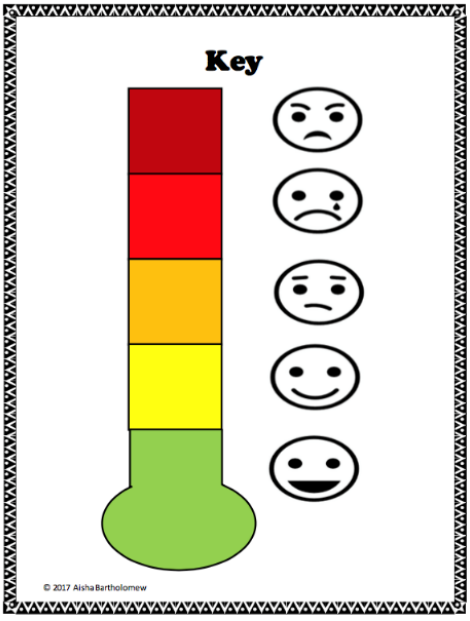
I feel very scared ☐

I feel worried and anxious ☐

I feel nervous ☐

I feel ok about change ☐

I feel happy about change ☐



Information for family/ School

Everybody has different feelings and that's ok. Teachers and grown-ups can help children when they are feeling scared or worried. It is important to encourage children to tell their teachers and grown-ups how they feel about all the changes. When teachers and grown-ups know how children feel, they can talk to them and answer any questions they may have.

Once they have told an adult, children could be encouraged to play with their favourite games. If they like to colour, find ***Colour by numbers rainbow*** here.

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

Information for family/ School

The Prime Minister is a person who leads our country. Once the Prime Minister and doctors tell us lockdown is over this could mean we may be able to go back to school. It may feel for our children like a long time ago they were in school, it is important we look back and explore the things that will stay the same or things we may have to change when we go back to school.

Find a ***social story about going out*** here.

Some things children might be thinking of are:

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

There will be many key people to support children at school. At home children will have their family members they live with who will answer any questions they may have.

When their school reopens the teachers will help them to understand the changes and what to do in school.

Find a ***blank chart to support your transition back into school*** here which could be useful.

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 they live in and the people that live there. Children will be able to continue to do the activities they enjoy at home.

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

- _____
- _____
- _____

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

Information for family/ School	Before lockdown school was where children would go every day to learn new things and play. Children would see teachers, dinner ladies, other pupils and many more people. They would listen to the teacher and have playtimes.

What did I like/dislike about school before lockdown?

- My classroom ☺ ☐ - ☹ ☐ *(Which one are you?)*
- My friends ☺ ☐ - ☹ ☐ *(Which one are you?)*
- My teacher ☺ ☐ - ☹ ☐ *(Which one are you?)*

Information for family/ School	During lockdown, children might have been completing schoolwork at home. However, they may have not been following a routine like they do in school. Some might have been practicing numbers and letters at home, however, other children may not have been completing school work.

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What did I like/dislike about being at home?

➢ Being able to play with my toys	☺ ☐ - ☹ ☐
➢ Having more breaks	☺ ☐ - ☹ ☐
➢ Being able to choose dinner	☺ ☐ - ☹ ☐
➢	☺ ☐ - ☹ ☐
➢	☺ ☐ - ☹ ☐

Information for family/ School

During the time children have been at home, they may have found new ways to learn, such as reading, listening, colouring, playing

Although, this is not the only thing children may have developed during lockdown. They may have built new skills through being in their new learning environment.

Children may have learnt to:

- Talk and send messages to with their family and friends through texting, FaceTime or writing.
- Create their own routine at home.
- Learnt to do something they didn't know before such as ride a bike, read a book and bake a cake

What things have I learnt while being at home?

- _____
- _____
- _____

It is important to keep using your skills when transitioning back to school ☺

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Can you draw something new that you have been doing at home?

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

Information for family/ School	When we go back to school children might be happy to see their teachers and friends. They may not be thinking about the changes in school or they may be a little worried in case there are any changes in school. There might also be some new rules they have to follow to make sure everybody stays safe. . **If they are worried about anything in particular their teacher and families can write them here:** ➢ _____ ➢ _____ ➢ _____ ➢ _____ ➢ _____ ➢ _____



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Information for family/ School

We said earlier that the scientist and doctors will tell us if it is safe to go back to school. They will also give us rules when we go back to school to keep us safe.

RULES MAY INCLUDE:

RULE: KEEPING OUR DISTANCE

We still have to keep our distance. This means staying 2 metres away from friends. When the scientists tell us what distance we need to keep from someone else, parents and teachers will tell children and show them how to follow rules.

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







Everyone will have to follow the rules, this means that children may not be able to hug or touch other people in school.

Find a ***social story about social distance*** here.

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Information for family/ School

RULE: KEEP WASHING YOUR HANDS

Washing our hands is helpful so that we don't spread the virus to anyone else but washing your hands too much may make children's hands feel dry.

It might be beneficial to remind them that they should only wash their hands when they need to such as when they have been outside and come back inside the house or school, when they have been to the toilet, if they touch something that lots of other people touch such as the pencils, rulers etc.

When they wash their hands, they should do so for about 20 seconds. They can either count to 20 or sing happy birthday in their head while washing, this is the same as 20 seconds.



You can also find the ***Germbusters poster*** here or ***step by step guide to washing your hands*** here

RULE: HYGIENE

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

SOME MORE THINGS THAT MIGHT LOOK DIFFERENT WHEN WE GO BACK TO SCHOOL

Information for family/ School

- Breakfast club and after school clubs may be closed. If they are closed children could have breakfast at home.
- Children may not be able to sit next to the person they sat with before school closed. Instead they may play a little bit away from their friends.
- Children may have to be at a desk on their own or in their own space.
- Play/break time may change. It may be that they play at different times so that there are not too many children on the playground all together at one time.
- Children may have to stay indoors when it's break time and play with something they enjoy. This may be because there would be too many people on the playground if they all went out together.

Their teachers will tell/show them what to do and where to play.

To help children organise what will happen when we come out of lock down because of Coronavirus an information passport about them could also be filled in by their teacher, person that looks after you at home or OSSME if they are currently being supported by us.

Remember, once they have filled in this booklet, it can be sent back to ossme@autisminitiatives.org or to the person they are currently being supported by. Staff/home can ask for the personal email address if this is preferred.



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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!



Colour me in too!



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For more information and resources, find OSSME on Facebook @OSSMEAI, Twitter @OSSME_AI and Instagram @ossme_ai

Finally, a huge **THANK YOU** to everyone who has taken part on this project. Special recognition to OSSME staff from Autism Initiatives who have worked tirelessly during the pandemic in order to achieve many different projects such as the creation of this second edition part of our **Transition Support Package**. OSSME resources aim to support students, families and other professionals independently if they are contracted to us. Our priority is to support other members of our community during this time of uncertainty.



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