

“SCHOOL’S OUT!”

There are many reasons that a school might need to close. It could be the end of the school year or there might be bad weather or other situations that make it unsafe for kids to come to school. When school’s out, it means that you’ll have to get used to a new routine and you’ll be spending more time at home with family. Use this worksheet to talk about how you’re feeling and what things might change for you with school being out.

Check how you are feeling about this change. Talk about why you checked each one!

- STRESSED DISAPPOINTED SURPRISED HAPPY BORED**
- ANGRY EXCITED ANXIOUS CONFUSED WORRIED**
- SAD SCARED LONELY FRUSTRATED RELAXED HOPEFUL**

What’s going to change? What will be different for you?

What are you afraid might happen? What are you worried about?

What are a few helpful things that you or others can do to help you better cope with the change?

1. _____
2. _____
3. _____

