



TRANSITION PACKAGE (COVID-19)

BOOKLET

OSSME

AUTISM INITIATIVES | PETERSFIELD, SEFTON HOUSE, L30 4UA

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1. 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. Socially, you may feel that you have lost 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

Other feeling: _____

2. THIS IS ME

PHOTO	Name: _____ Age: _____ School/College: _____ Date: _____ OSSME staff: _____
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3. WHAT WAS HAPPENING BEFORE LOCKDOWN?

4. WHY DID IT CHANGE?

5. HOW DID IT CHANGE

(relationships/doing what you wanted/learning was better/own space/eating while learning/going to bathroom when I wanted to/no break time noise/had more screen time/went to bed later/mum and dad where at home/parent was the teacher/did not or did speak to friends and family more/had exercise each day/started having dreams/ other)

6. WHAT DID CHANGE FEEL LIKE?

(Sensory/feelings/better/worse/low energy, eating more, less interaction with other people/what other people said that worried me, for example, talking about death, illness, having no money, not going to the hospital/dentist/police arrests/no food)

7. HOW WILL WE GET BACK TO WHAT IS WAS LIKE BEFORE LOCKDOWN

(What we can keep that works in lock down to transition back to school/will the virus still be there/ will I be able to stand next to someone again/ other)

8. WHAT IT WILL LOOK LIKE

(Same/different/different fears/attachment issues/ what will my mum and dad being doing when I go back to school/other)