

# Toolkit Contents



## Social Stories

Social Stories are a good way to prepare your child for changes and new experiences. They can help to reduce anxiety and encourage a positive response to changes in structure and routine. Use these Social Stories on returning to School to begin discussions on what school may be like in September

## School Day Planner

Support structure, routine and reduce anxiety with this purpose made planner. You can add your own times to the planner and select from the appropriate activities to make a bespoke and personalised chart.

## Items I Need For School

Every child needs to be prepared for the return to school in September. This board allows you to cut out and utilise the relevant items as a reminder of what needs to be taken into school. The board can help support independence and generate a sense of self reliance and responsibility.

## Maths Mat

This handy symbol supported Maths Mat features a helpful number square, number-line, common shapes and times tables up to 12.

## Science Experiment

Help children to begin thinking cognitively again after the summer holiday, with this easy to set up and resource experiment. Challenge prediction and observation skills ready for September.

## Managing emotions

Managing emotions can be difficult. This chart helps children and young people acknowledge how they are feeling and suggests appropriate ways they can help manage these emotions.

## Reward Chart

Getting ready for any new term can be challenging for many children and young people. Setting targets and rewards for achieving them is a great way of motivating and rewarding positive behaviour.

## Core Vocab Board

A Core Vocabulary board is a set of highly useful single words that can be used alone or in combination to communicate for a range of purposes on countless topics with a wide variety of communication partners. Use the chart included in this set to communicate with your child about the changes that are due to happen over the coming weeks.



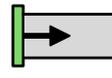
# Back to school



The summer holiday is nearly finished.



I had a fun time in the summer holiday.



But now it is time for school to begin again.



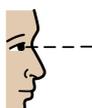
I will have less free time going back to school



Going to school is good for me.



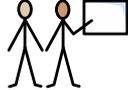
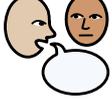
Going to school is important.



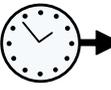
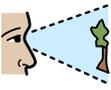
I will see my friends and teachers.

  
Back to school



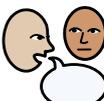
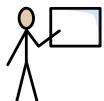
  +    
Teachers will help me and tell me where to sit.

     
Teachers will help me with my work.

      
My friends will be happy to see me.

    
I can be happy about returning to school.

     
It is ok to feel nervous or scared.

      
I can talk to a teacher or an adult who looks after me.

    
My friends will help me too.

    
It will be good to return to school.

Starting a new school



The summer holiday is nearly finished.

I had a fun time in the summer holiday.

But now it is time for school to begin again.

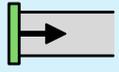
I will be going to a new school.

Going to school is good for me.

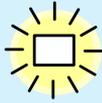
Going to school is important.

I will see my old friends and meet new ones.

I will meet new teachers and have different lessons.



Starting a



new



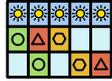
school



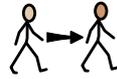
I will



have



a timetable



to follow.



Students

in



my



class

will help me.

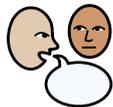


Teachers

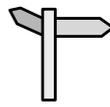
will help me



and



tell me



where



to go



and



where to sit.



Teachers

will help me

with



my



work.

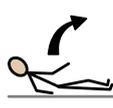


I will



need

to



get up



early



on school days.



I will

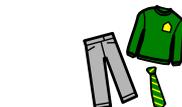


have

a



new



school uniform



to wear.



I will

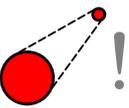


need

to



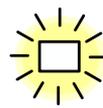
travel



further



to my



new



school.



I will

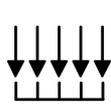


need

to



carry



all



my

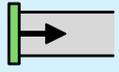


school equipment

with

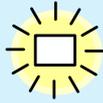


me.



Starting

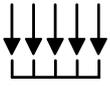
a



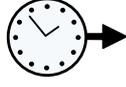
new



school



Everything



will

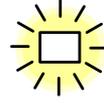


be different

at



my



new

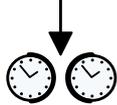


school.

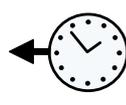


But

I will



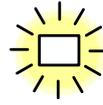
soon



get used to



my



new



school.



I will



probably

be



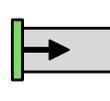
tired



when



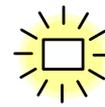
I



start



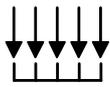
my



new



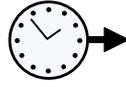
school.



All



my friends



will



feel



tired



too.



It is ok



to feel



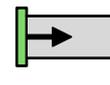
nervous

or



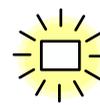
scared

about



starting

a



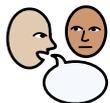
new



school.



I can



talk to

a



teacher

or



an adult

who looks after me.



who looks after me.



My friends



will help me



too.



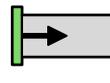
It will

be



good

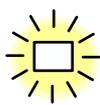
to



start



my



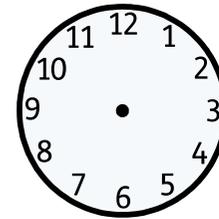
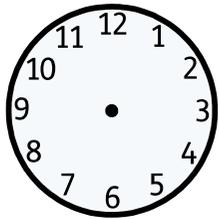
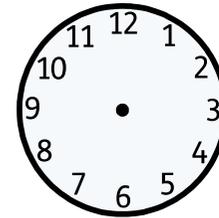
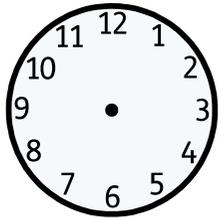
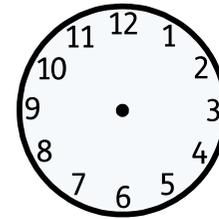
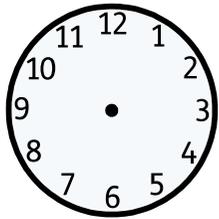
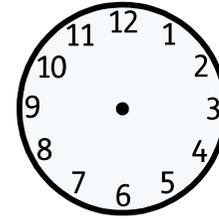
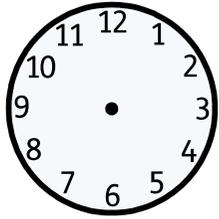
new



school.



School Day

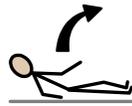




School Day



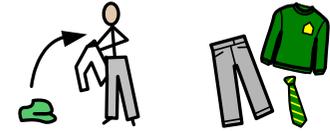
Wake up



Get up



Get washed



Put on uniform



Eat breakfast



Medicine



Brush teeth



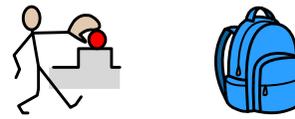
Brush hair



Put on shoes



Put on coat



Get School bag



Say goodbye



Remember to



take



bag



coat



keys



lunch box



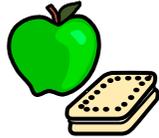
homework



PE kit



water bottle



snack



sun hat



books



book bag



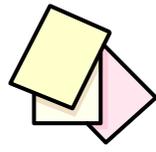
trainers



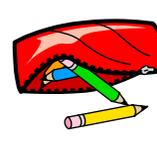
pens



pencils



paper



pencil case



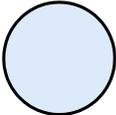
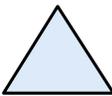
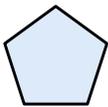
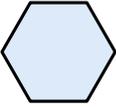
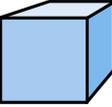
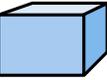
tissues



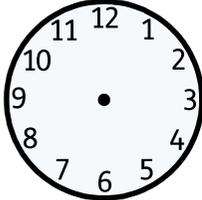
hand

gel

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1	2	3	4	5	6	7	8	9	10												
11	12	13	14	15	16	17	18	19	20												
21	22	23	24	25	26	27	28	29	30												
31	32	33	34	35	36	37	38	39	40												
41	42	43	44	45	46	47	48	49	50												
51	52	53	54	55	56	57	58	59	60												
61	62	63	64	65	66	67	68	69	70												
71	72	73	74	75	76	77	78	79	80												
81	82	83	84	85	86	87	88	89	90												
91	92	93	94	95	96	97	98	99	100												

 circle	 square	 triangle	 rectangle	 pentagon
 hexagon	 octagon	 cube	 cuboid	 sphere

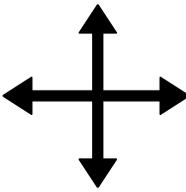
o'clock



quarter to      quarter past

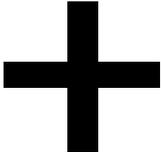
half past

up



left      right

down



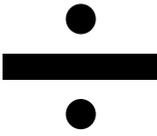
Add  
Altogether  
Total  
Plus



Take Away  
Minus  
Subtract  
Difference



Times By  
Multiply  
Lots Of  
Groups Of



Divided By  
Shared  
Between

**1**

$1 \times 0 = 0$   
 $1 \times 1 = 1$   
 $1 \times 2 = 2$   
 $1 \times 3 = 3$   
 $1 \times 4 = 4$   
 $1 \times 5 = 5$   
 $1 \times 6 = 6$   
 $1 \times 7 = 7$   
 $1 \times 8 = 8$   
 $1 \times 9 = 9$   
 $1 \times 10 = 10$   
 $1 \times 11 = 11$   
 $1 \times 12 = 12$

**2**

$2 \times 0 = 0$   
 $2 \times 1 = 2$   
 $2 \times 2 = 4$   
 $2 \times 3 = 6$   
 $2 \times 4 = 8$   
 $2 \times 5 = 10$   
 $2 \times 6 = 12$   
 $2 \times 7 = 14$   
 $2 \times 8 = 16$   
 $2 \times 9 = 18$   
 $2 \times 10 = 20$   
 $2 \times 11 = 22$   
 $2 \times 12 = 24$

**3**

$3 \times 0 = 0$   
 $3 \times 1 = 3$   
 $3 \times 2 = 6$   
 $3 \times 3 = 9$   
 $3 \times 4 = 12$   
 $3 \times 5 = 15$   
 $3 \times 6 = 18$   
 $3 \times 7 = 21$   
 $3 \times 8 = 24$   
 $3 \times 9 = 27$   
 $3 \times 10 = 30$   
 $3 \times 11 = 33$   
 $3 \times 12 = 36$

**4**

$4 \times 0 = 0$   
 $4 \times 1 = 4$   
 $4 \times 2 = 8$   
 $4 \times 3 = 12$   
 $4 \times 4 = 16$   
 $4 \times 5 = 20$   
 $4 \times 6 = 24$   
 $4 \times 7 = 28$   
 $4 \times 8 = 32$   
 $4 \times 9 = 36$   
 $4 \times 10 = 40$   
 $4 \times 11 = 44$   
 $4 \times 12 = 48$

**5**

$5 \times 0 = 0$   
 $5 \times 1 = 5$   
 $5 \times 2 = 10$   
 $5 \times 3 = 15$   
 $5 \times 4 = 20$   
 $5 \times 5 = 25$   
 $5 \times 6 = 30$   
 $5 \times 7 = 35$   
 $5 \times 8 = 40$   
 $5 \times 9 = 45$   
 $5 \times 10 = 50$   
 $5 \times 11 = 55$   
 $5 \times 12 = 60$

**6**

$6 \times 0 = 0$   
 $6 \times 1 = 6$   
 $6 \times 2 = 12$   
 $6 \times 3 = 18$   
 $6 \times 4 = 24$   
 $6 \times 5 = 30$   
 $6 \times 6 = 36$   
 $6 \times 7 = 42$   
 $6 \times 8 = 48$   
 $6 \times 9 = 54$   
 $6 \times 10 = 60$   
 $6 \times 11 = 66$   
 $6 \times 12 = 72$

**7**

$7 \times 0 = 0$   
 $7 \times 1 = 7$   
 $7 \times 2 = 14$   
 $7 \times 3 = 21$   
 $7 \times 4 = 28$   
 $7 \times 5 = 35$   
 $7 \times 6 = 42$   
 $7 \times 7 = 49$   
 $7 \times 8 = 56$   
 $7 \times 9 = 63$   
 $7 \times 10 = 70$   
 $7 \times 11 = 77$   
 $7 \times 12 = 84$

**8**

$8 \times 0 = 0$   
 $8 \times 1 = 8$   
 $8 \times 2 = 16$   
 $8 \times 3 = 24$   
 $8 \times 4 = 32$   
 $8 \times 5 = 40$   
 $8 \times 6 = 48$   
 $8 \times 7 = 56$   
 $8 \times 8 = 64$   
 $8 \times 9 = 72$   
 $8 \times 10 = 80$   
 $8 \times 11 = 88$   
 $8 \times 12 = 96$

**9**

$9 \times 0 = 0$   
 $9 \times 1 = 9$   
 $9 \times 2 = 18$   
 $9 \times 3 = 27$   
 $9 \times 4 = 36$   
 $9 \times 5 = 45$   
 $9 \times 6 = 54$   
 $9 \times 7 = 63$   
 $9 \times 8 = 72$   
 $9 \times 9 = 81$   
 $9 \times 10 = 90$   
 $9 \times 11 = 99$   
 $9 \times 12 = 108$

**10**

$10 \times 0 = 0$   
 $10 \times 1 = 10$   
 $10 \times 2 = 20$   
 $10 \times 3 = 30$   
 $10 \times 4 = 40$   
 $10 \times 5 = 50$   
 $10 \times 6 = 60$   
 $10 \times 7 = 70$   
 $10 \times 8 = 80$   
 $10 \times 9 = 90$   
 $10 \times 10 = 100$   
 $10 \times 11 = 110$   
 $10 \times 12 = 120$

**11**

$11 \times 0 = 0$   
 $11 \times 1 = 11$   
 $11 \times 2 = 22$   
 $11 \times 3 = 33$   
 $11 \times 4 = 44$   
 $11 \times 5 = 55$   
 $11 \times 6 = 66$   
 $11 \times 7 = 77$   
 $11 \times 8 = 88$   
 $11 \times 9 = 99$   
 $11 \times 10 = 110$   
 $11 \times 11 = 121$   
 $11 \times 12 = 132$

**12**

$12 \times 0 = 0$   
 $12 \times 1 = 12$   
 $12 \times 2 = 24$   
 $12 \times 3 = 36$   
 $12 \times 4 = 48$   
 $12 \times 5 = 60$   
 $12 \times 6 = 72$   
 $12 \times 7 = 84$   
 $12 \times 8 = 96$   
 $12 \times 9 = 108$   
 $12 \times 10 = 120$   
 $12 \times 11 = 132$   
 $12 \times 12 = 144$

# Science Experiment: Apple Decay



30  
Thirty minutes



6 → 12  
Six to twelve years



Equipment

1

 +   
Apple and lemon juice

2

4   
Four jars

3

  +   
Vinegar, salt-water and lemon juice

# Science Experiment: Apple Decay



## Method

1



Cut

an apple

into

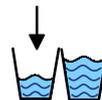
4



4

pieces

2



Half fill



jar

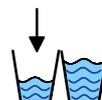
1

one



with salt-water

3



Half fill



jar

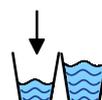
2

two



with vinegar

4



Half fill



jar

3

three



with lemon juice

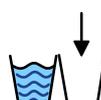
5



Jar

4

four



is empty

6



Jar

4

four

=



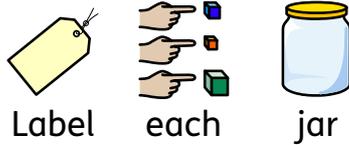
is a control

# Science Experiment: Apple Decay



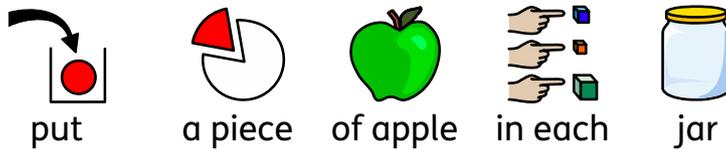
## Method

7



Label each jar

8



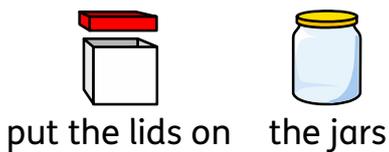
put a piece of apple in each jar

9



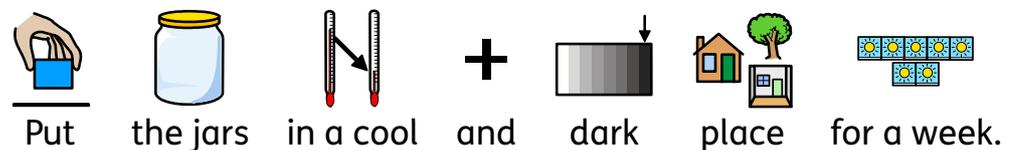
Apple pieces should be submerged

10



put the lids on the jars

11



Put the jars in a cool and dark place for a week.

12



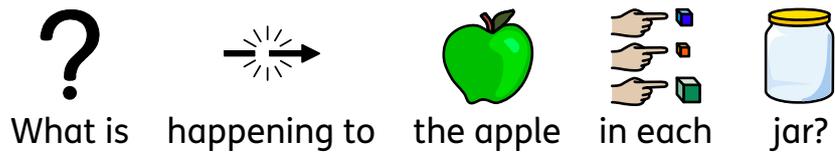
Look at the jars everyday.

# Science Experiment: Apple Decay



## Method

13



What is happening to the apple in each jar?

14



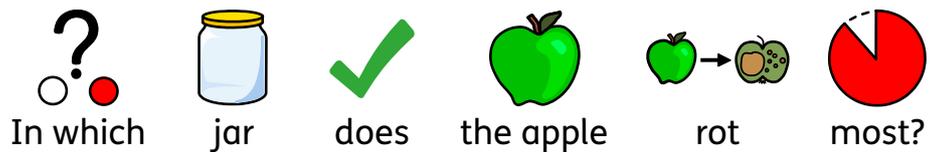
Note down the changes you see

15



Take pictures.

16



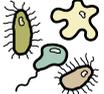
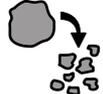
In which jar does the apple rot most?

# Science Experiment: Apple Decay



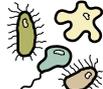
## Conclusion

    feed on  the apple  pieces

 They  grow  and the  apple  breaks down  and  decays.

 The rate of  decay  is affected by  the different  fluids.

 Salt  sucks  moisture  out of  the apple  and  slows down  decay.

 The sugar  in  lemon juice  feeds  microbes  and  speeds up  decay.

# Science Experiment: Apple Decay



Safety



warnings

1



Supervise



young children

2



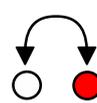
Do not eat



vinegar,



lemon juice



or



salt-water





# Managing emotions



Sometimes I feel sad.

Sometimes I feel angry.

It's OK to feel different emotions.

I can try and feel better.

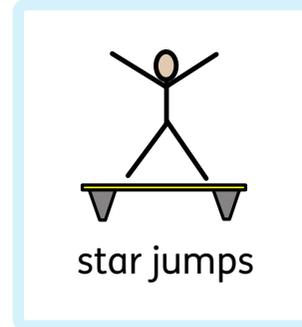
Activities can help me feel better



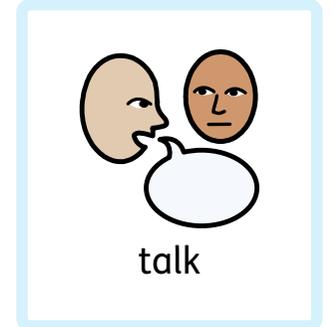
rest



squeeze



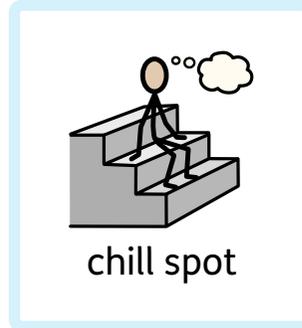
star jumps



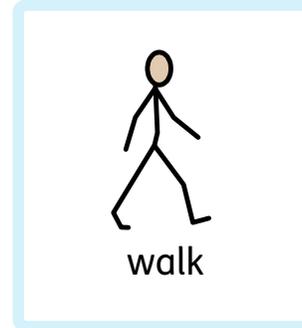
talk



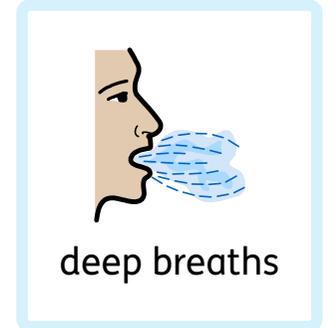
stretch



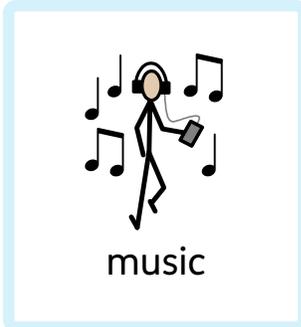
chill spot



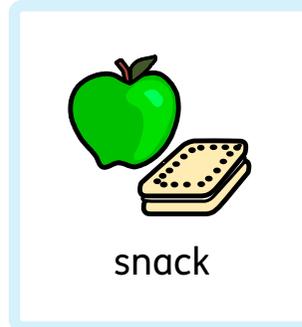
walk



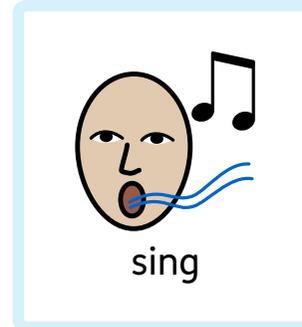
deep breaths



music



snack



sing



drink water



# My Reward Chart



Task

1

2

3

4

5



Reward

	1	2	3	4	5	



# Core Vocabulary

who	what	why	where	when	again	finish
I / me / mine		want	see	now	that	open
it	go	stop	good	in	on	put
you /  your	help	like	more	not	here	choose
he /  she	hurt	think	different	play	turn	

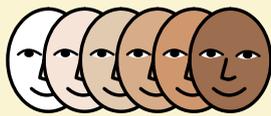


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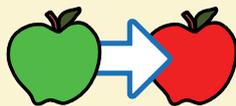
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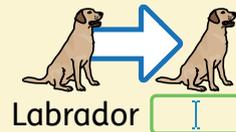
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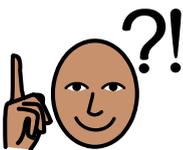
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