

# GOING BACK TO SCHOOL

a story for  
separation anxiety



I really like being home with my family. I've been home with them for a while now.



But, now it is time for children  
to go back to school.



Going to school is important so  
I can learn and play with friends.



Sometimes I cry when it is time  
to go back to school.



Instead, I can try to give  
my parents a hug, kiss, high  
five or wave when I leave.

6



I can tell myself:  
When school is done, I can  
come back home!

7



I can take 5 deep breaths and  
I can hold my "I will come home  
after school" card.



8

When I get home from school, I can hug my parents, grandparents or other family members!



9

Going to school after I have been home for a long time might make me feel anxious. It will be okay! I will always come home after school

1  
2  
3  
4  
5



deep breaths

1  
2  
3  
4  
5



deep breaths



after school I can go home



after school I can go home

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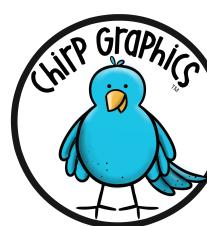
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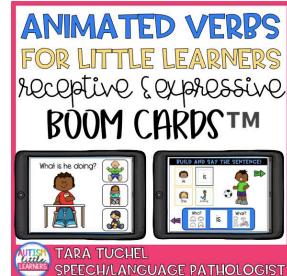
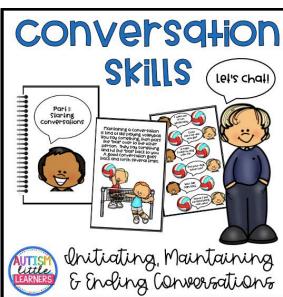
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**taraTUCHEL**  
Speech/Language Pathologist