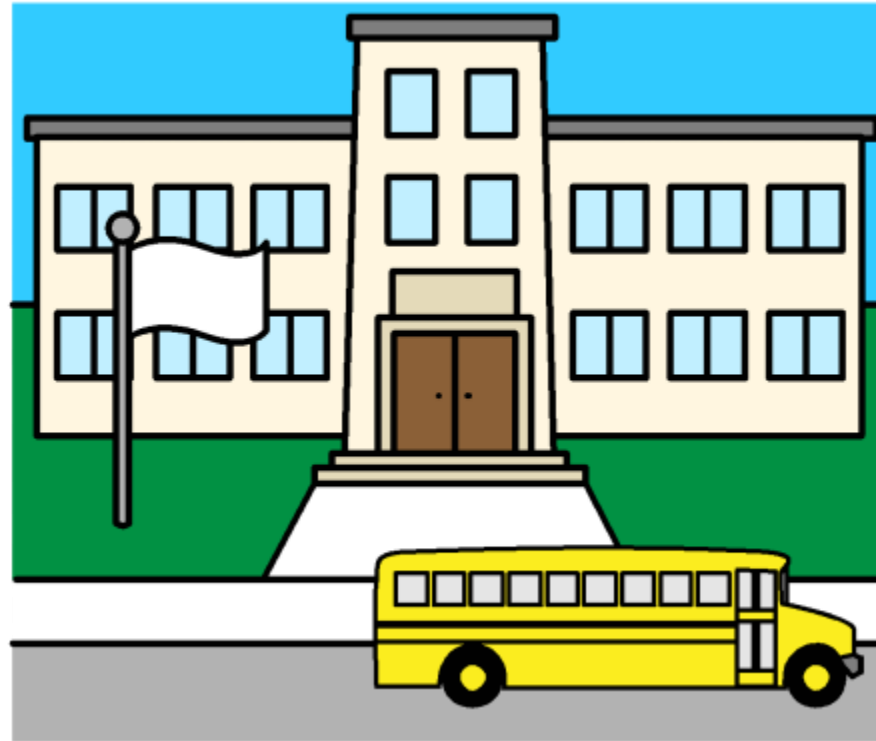
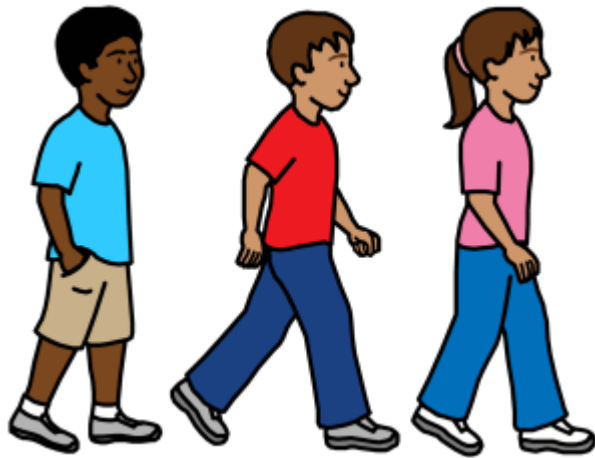


# I Am Going Back to School



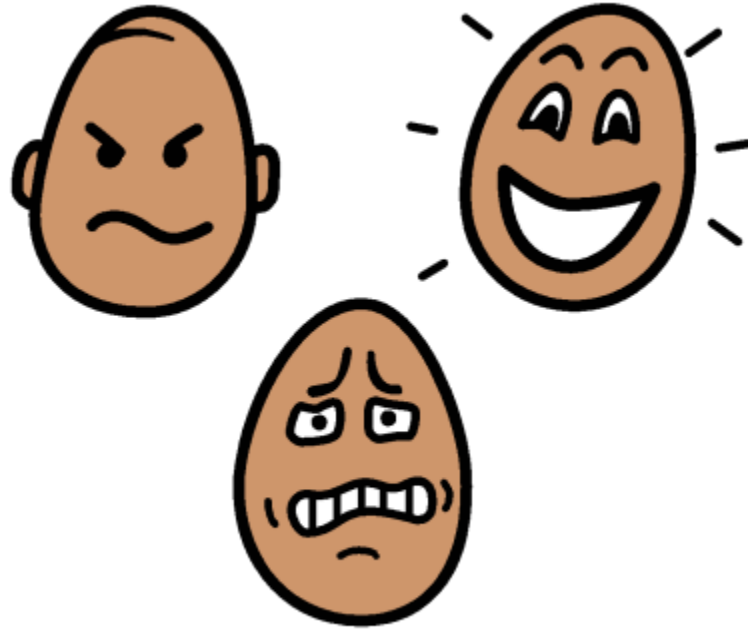
**Down Syndrome  
Resource Foundation**

Together. Hand in Hand.



My family told me that I am going back to school soon.

I feel excited but also a little nervous.



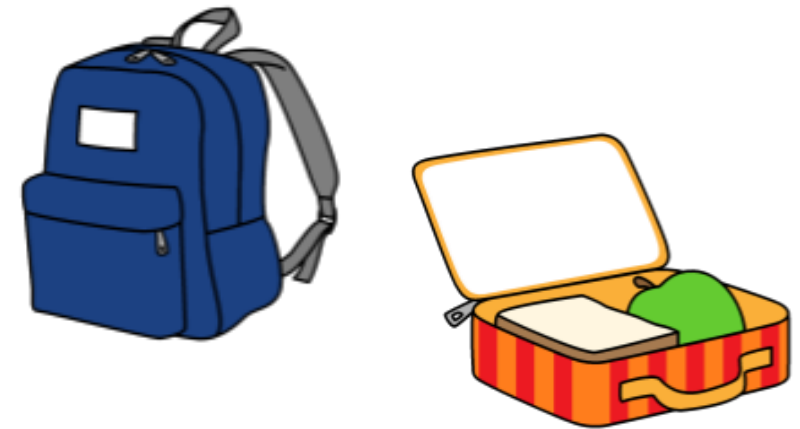
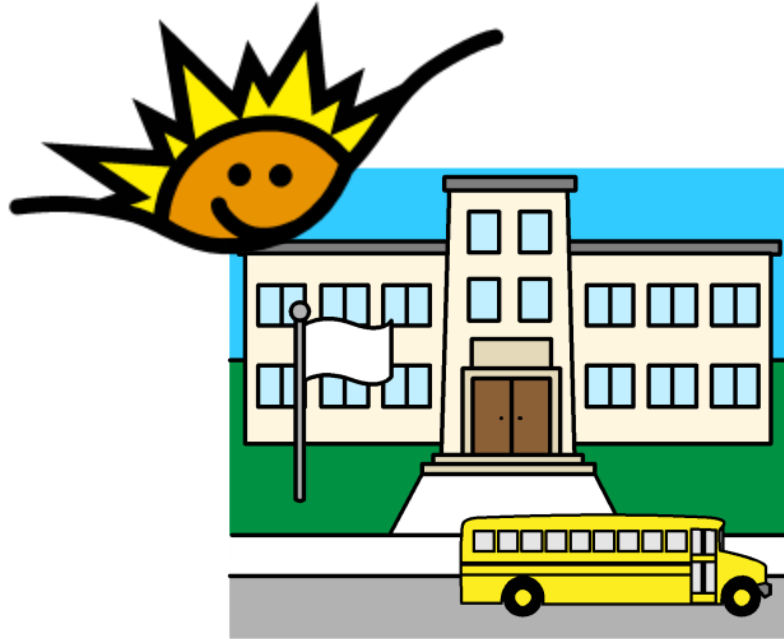
I have a lot of different feelings right now. This is ok.

It was fun being at home with my family!



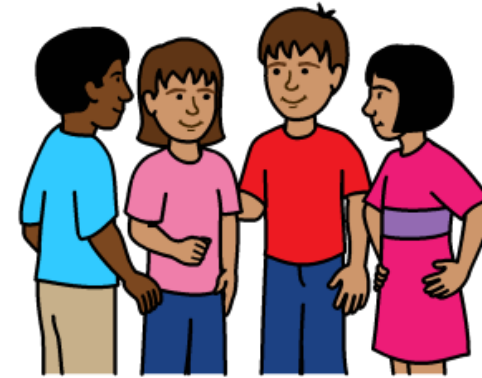
I will miss them when I have to go back to school.

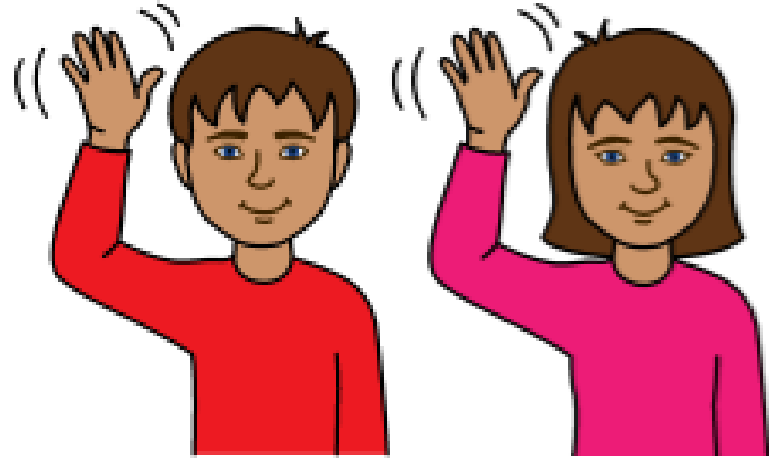
I will go to school in the morning.



I will use my backpack  
and lunchbox again.

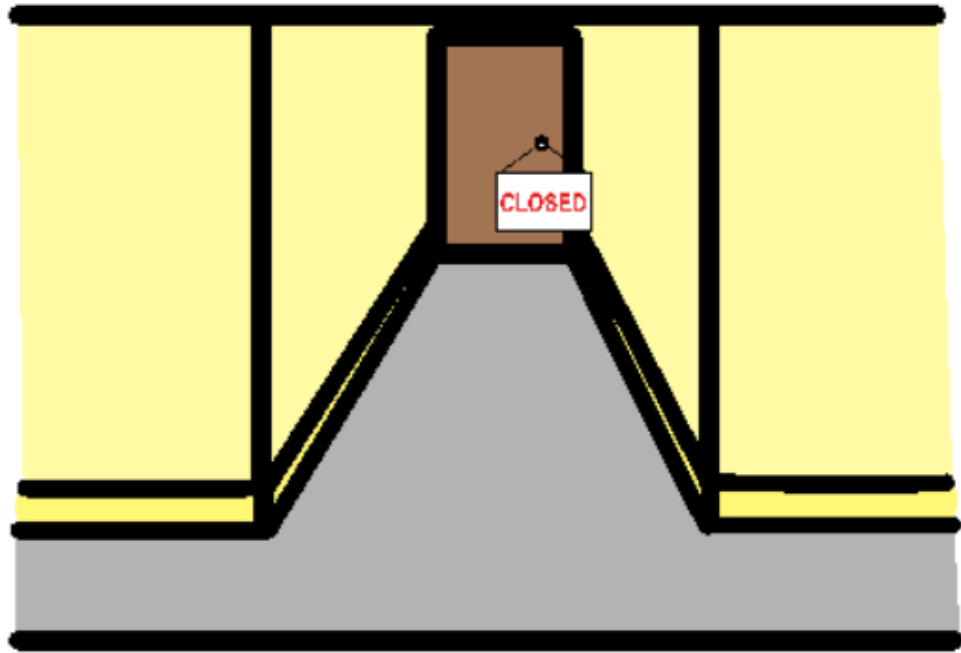
I will see some of my teachers and friends.





I can't hug or hold hands with my friends or teachers.

I can wave and say hi!



Some parts of my school will be closed.



Some toys, games and books will be put away.



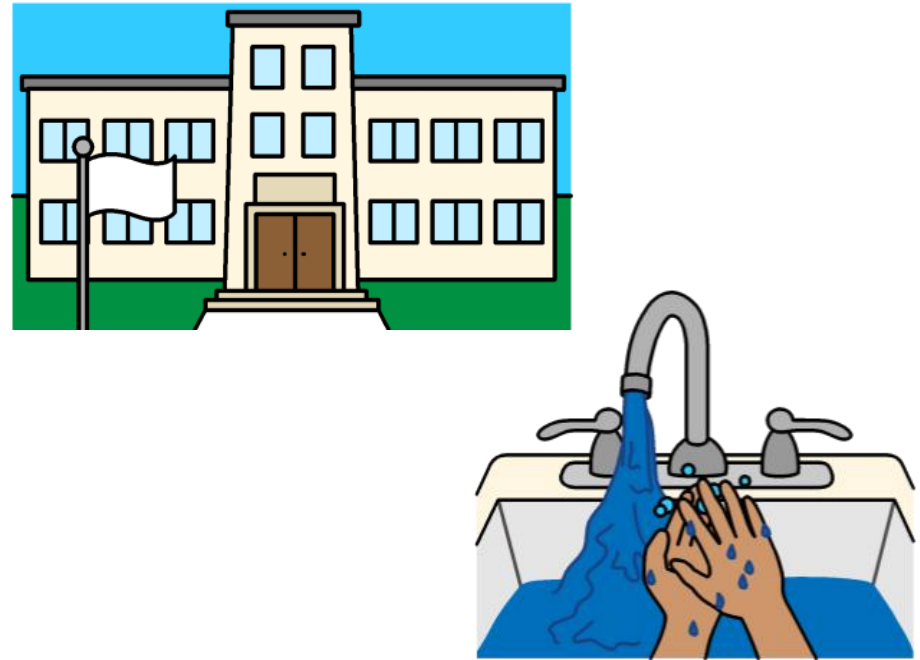


The playground will be closed. This is ok.

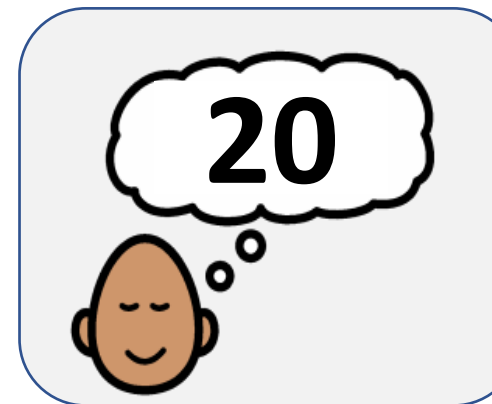


I have to be careful so I don't spread germs at school.

Just like at home I will need to wash my hands at school.



I can count to **20** or sing **Happy Birthday** two times when I wash my hands.



If I need to cough I  
will cough into my arm.



I will get tissues  
when I need them.



I will wash my hands  
after coughing or  
sneezing.



My teachers will wear masks. The masks cover their mouths and noses, but I can still see their eyes!



They wear the masks to keep everyone at school healthy and safe.

I can wear a mask.



My friends can wear a mask too.



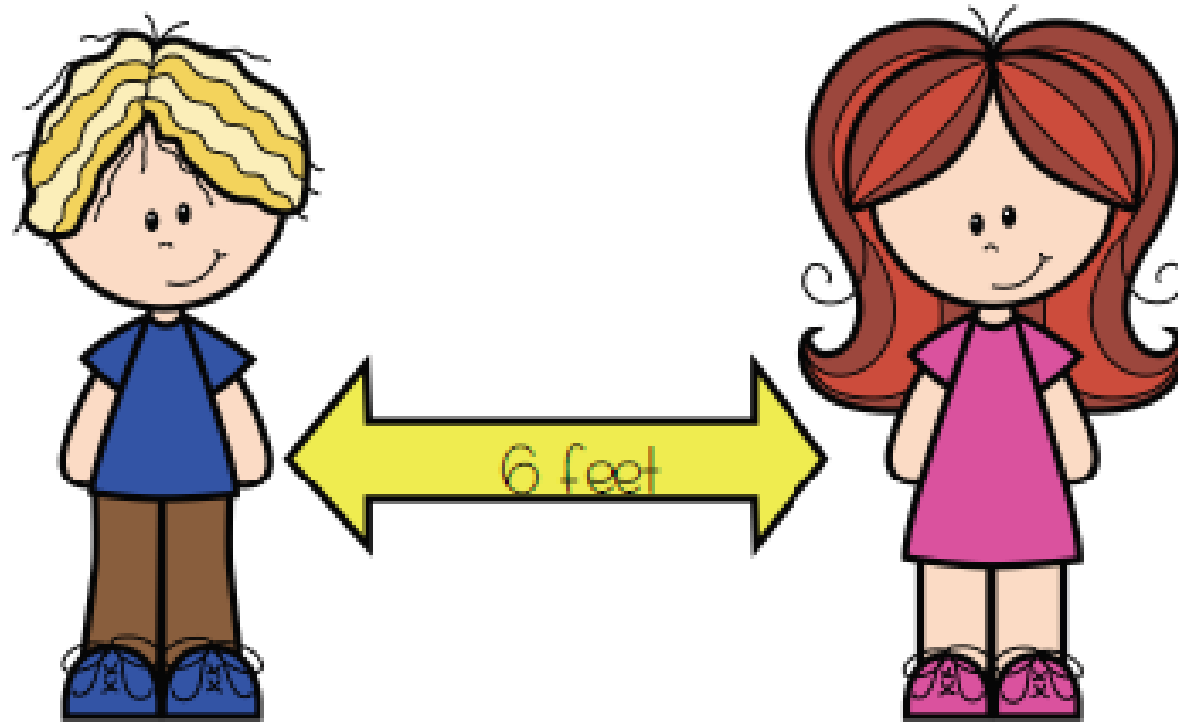


My school will look different when I go back. This is ok.

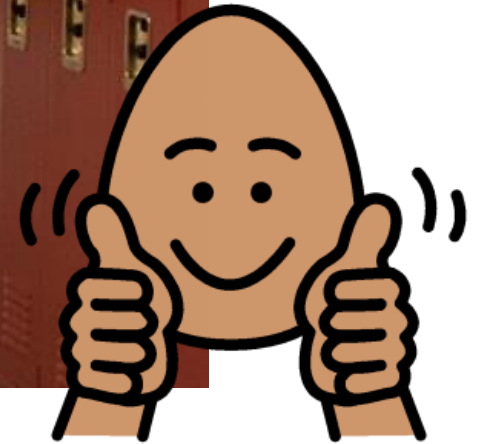




There will be signs asking me to stand 6 feet apart from my friends or teachers.



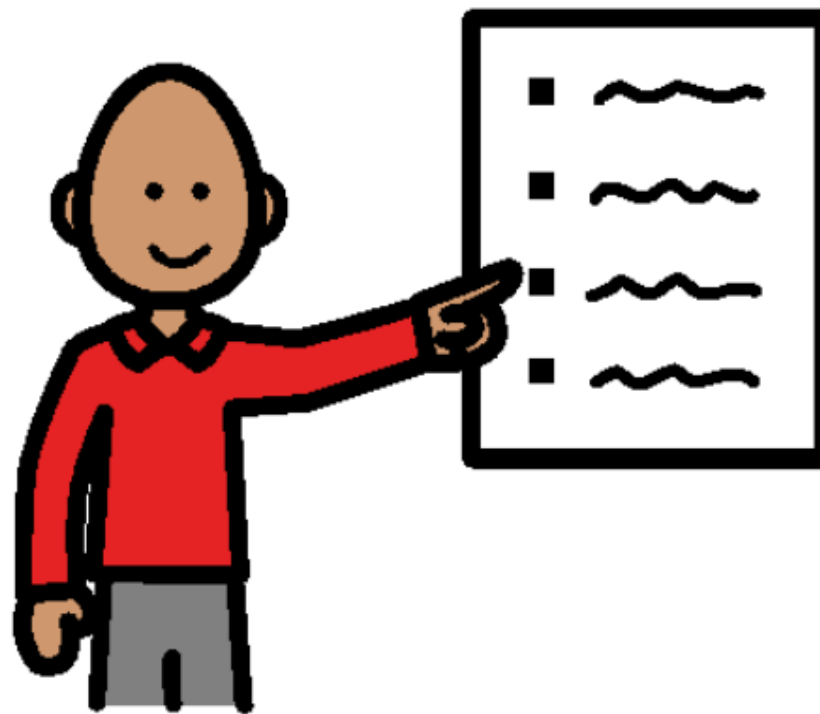
This is to keep everyone safe and healthy.



There will be tape on the floor telling me where to stand or walk. This is ok.



My classroom will look different. This is ok.  
I will sit at a different desk. This is ok.



When I am at school I will follow the rules.

It will be fun to go back to school.

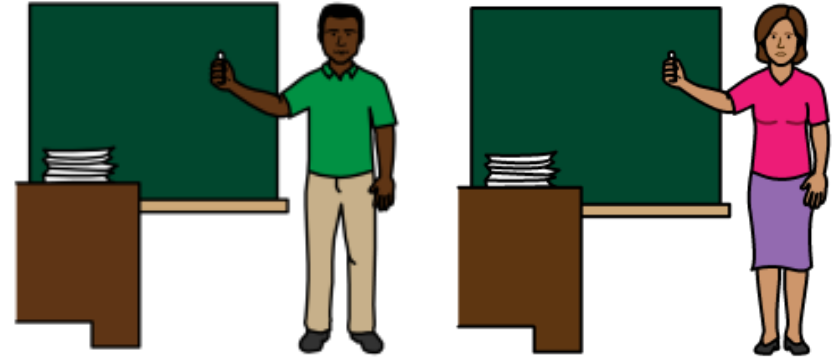
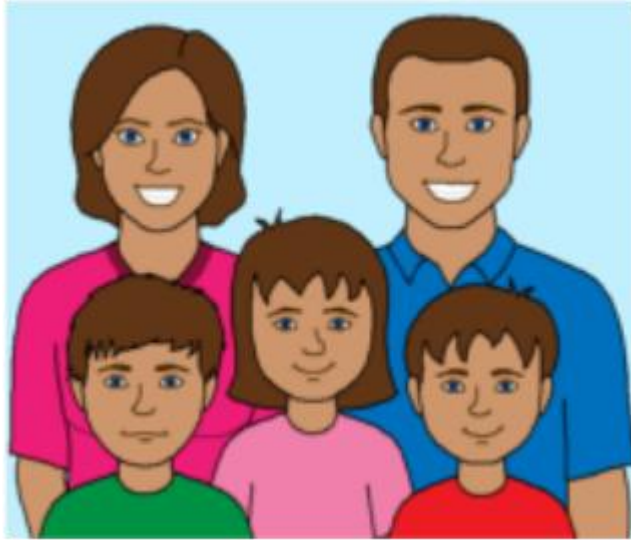


It will feel good to learn at school.



When I go back to school things will be different. This is ok.

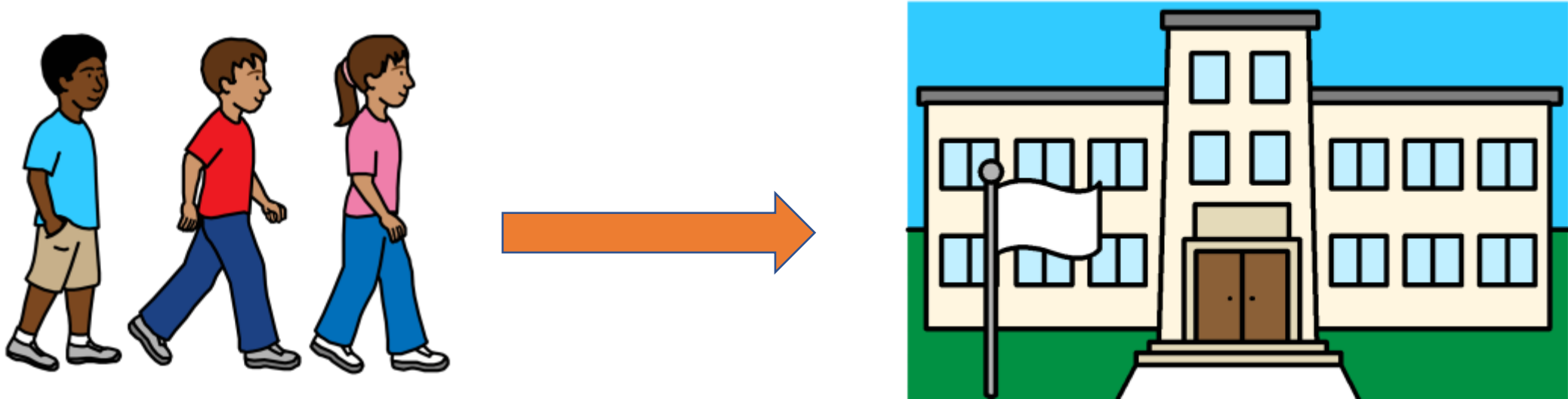




If I feel nervous I can talk to my family. They will help me.

I can talk to my teachers. They will help me.

Soon I will be going back to school.



School will be different and that is ok!

I will be happy to see my teachers and my friends.