

End of the School Day

Follow these simple steps to help you wind down after school.

Take a moment to think about today in school.

Try and list three things that were difficult today. Celebrate the fact that you got through them.

Now, try and list three things that went well.

What can you do to signal the end of your school day (for example, change out of your school clothes)?

What can you do now to help you relax (for example, play a game)?

