

Returning to Middle or High School

For Independent Readers



VANDERBILT KENNEDY CENTER
TREATMENT & RESEARCH INSTITUTE FOR AUTISM SPECTRUM DISORDERS



IMAGE BY BDA BNEY FROM PIXABAY

The coronavirus is an illness that can make people sick. To help keep everyone healthy when school starts again some things will be the same. Some things might be different. This is okay.



IMAGE BY JEYARATNAM CANICEUS FROM PIXABAY

There are some everyday things that will be important to keep doing. These things help to keep people healthy. Washing my hands for about 20 seconds helps keeps people healthy. Covering coughs and sneezes with my elbow can help, too. Masks are another way to keep people healthy. I will try to wash my hands regularly and cover my mouth to keep people safe and healthy.



IMAGE BY CHRISTO ANESTEV FROM PIXABAY

Adults and students might be wearing masks. I might wear a mask. People might wear masks during class, in the hallway, or when we go to the restroom. We might wear masks at other times, too. I will try to keep my mask on when I need to. This will help keep everyone healthy.



IMAGE BY KASHARIMITCHELL FROM PIXABAY

I might have to sit with some space between other students and me. I can still wave and talk to my friends, even if I can't get close to them.



IMAGE BY ALEXANDRA_KOCH FROM PIXABAY

Some parts of my day might be different. I might eat in my classroom instead of the cafeteria. I might spend most of the day in one classroom instead of moving around the building. I might have to walk one direction when in the hallway. My school day might be shorter. I might not go to school every day of the week. My teachers will help me by telling me what my schedule will look like.



IMAGE ISTOCK.COM/IJEAB

I might have school online instead of in my classroom.
Some people might be in the classroom, or everyone
might be doing school on their computer.



IMAGE ISTOCK.COM/GERD ALTMANN

If people get sick they might have to stay home for a while. School might even be cancelled if some people get sick. I might have to stay home even if I am not sick. This is okay.



IMAGE ISTOCK.COM/MONKEYBUSINESSIMAGES

If I get anxious or upset when I am at school, or start to feel sick, I can ask my teacher for help.



IMAGE ISTOCK.COM/FEVERPITCHED

My family, friends, and teachers will be proud of me when I try to keep everyone safe and healthy at school.