



Children & Young People's Resource Pack

Back to School Edition

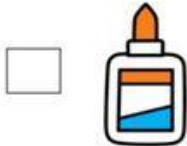
ACTIVITIES

Fun filled back to school colouring sheets & activities to get you excited for the new school year

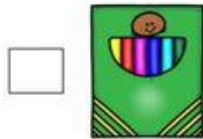


BACK TO SCHOOL

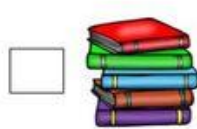
scavenger hunt



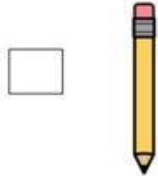
glue bottles



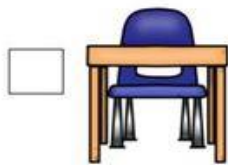
crayons



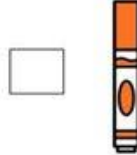
books



pencils



your desk



markers



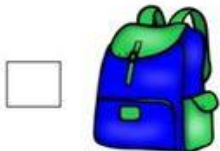
erasers



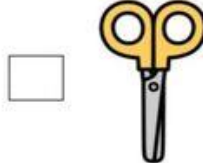
clock



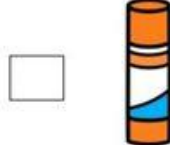
stapler



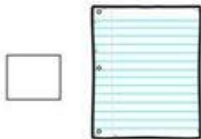
backpack



scissors



glue sticks



paper



white board



tape

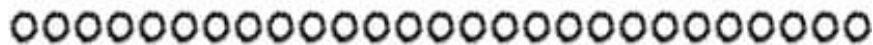
© teachingmama.org

Back to School

a c a t e a c h e r
v b p l a y o p q z
c o s q e a i d m s
d o d w b z u v a f
p k f c a q y z t v
e b g l g w t x h b
n n h a r e r n k q
c f j s s c h o o l
i u k s t y u i o p
l n l f r i e n d s

The Mum Educates

pencil	math	teacher	fun	school
bag	play	friends	class	book



★ I WANT TO BE A



.....
WHEN I GROW UP

MY TEACHER IS

TODAY'S DATE

..... / /



paint the world
**SUPER
COLORING**

CYPSP
Children & Young People's Strategic Partnership

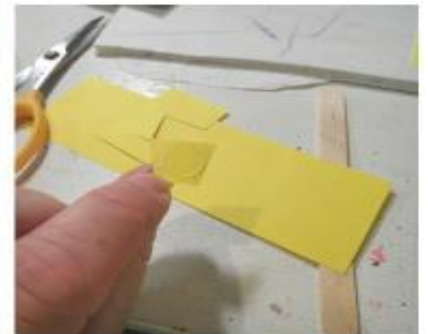
Back to School Pencil Holders



- Add a strip of glue / double sided tape to the tin.
- Line up a piece of coloured paper and wrap it around the tin, securing the end of the paper with more glue / double sided tape.
- Cut slits in the extra paper that is above the tin.
- Place glue / double sided tape on each slit and push down into the tin, pressing it against the side to secure.

Supplies:

- Empty food tin
- Coloured paper
- Scissors
- Glue or double sided tape
- Stickers (optional)



- Using glue / doubled sided tape, stick different widths of coloured paper to the tin to make stripes or cut different shapes of coloured paper and stick to the tin.
- Or you could decorate the pencil holder with stickers.

How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM

PAINT A STONE ANIMAL



How to do wildlife yoga



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.



www.wildlifewatch.org.uk

Let's play...spell your name



A Bend down and touch your toes 20 times

B Hop like a frog 8 times

C Jump up and down 5 times

D Pretend to ride a horse for a count of 15

E Do 10 star jumps

F Balance on your left foot for a count of 10

G Balance on your right foot for a count of 10

H March on the spot for a count of 20

I Walk sideways for 20 steps

J Try to touch the clouds for a count of 10

K Crawl like a crab for a count of 20

L Curl up like a hedgehog for a count of 10

M Walk like a bear for a count of 15

N Waddle like a penguin for a count of 20

O Spin around in a circle 5 times

P Walk backwards for 20 steps

Q Flap your arms like a bird 25 times

R Run to the nearest door and run back

S Stomp like an elephant for a count of 25

T Slither like a fish for a count of 15

U Dance for a count of 20

V Wave your hands above your head like a tree

W Run on the spot for a count of 20

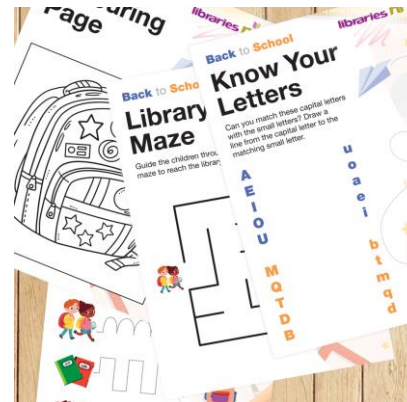
X Hop like a frog 8 times

Y Wobble like a jellyfish for a count of 10

Z Stretch like a scarecrow for a count of 15

STARTING SCHOOL

Starting school / nursery is a big adventure - for children and their grown-ups! These helpful resources are here to get everyone ready for the exciting first day



To help children starting school, Libraries NI have some fun activities which can be downloaded.

<https://www.librariesni.org.uk/starting-school/>



BBC

TINY HAPPY
PEOPLE

Preparing your child for starting school



Talk to your child about starting school

Bring the topic of starting school into daily conversations. Perhaps you could ask your little one what they expect from school or what they hope it'll be like.

New experiences can make us a bit nervous as well as excited, so if you or your little one have any worries about starting school do have a chat with their teacher.

1

Practise the basic skills they'll need for starting school

Spend some time with your little one each day chatting about what you are doing and listening to them, commenting on colours or counting their stuffed toys.

It can be as simple as talking about the colours of the flowers in the park or counting things.

2

Visit their new school

If possible, try to visit your little one's new school and ask for a tour. It'll help them feel at ease and get used to their new surroundings.

Some schools even offer 'settling in' days which are a great opportunity for your child to get used to their new learning environment.

3

Practise self-care

Being independent is a useful skill when a child starts school, so encourage your little one to do things like getting dressed themselves, blowing their own nose and going to the toilet alone.

Make sure you give them plenty of time to practise these important life skills and remember to praise all their efforts, no matter how small, as this will build their confidence.

4

Tips for Preparing Your Child for Their First Day of Primary School



Prepare them for their new surroundings

- ☐ **Visit the School:** Take a walk to the school building before the first day.
- ☐ **Visual aids:** Show them photos of their teacher and classroom from the school's prospectus or website.
- ☐ **Familiar objects:** Let them see and handle their school bag, lunch box, and any other school supplies to build familiarity.

Be positive

- ☐ **Stay upbeat:** Even if you feel sad or overwhelmed, stay positive. Your child will pick up on your emotions, so show excitement: "I'm so excited for you to start school & I can't wait for you to tell me all about it!"
- ☐ **Encouraging words:** Use positive language and highlight the fun aspects of school, like making new friends and learning interesting things.

Explain what a school day will be like

Talk about what is ahead

- ☐ **Open conversations:** In the run-up to their first day, discuss any concerns they have and reassure them that it's okay to feel nervous.
- ☐ **Daily chats:** Make it a habit to talk about school regularly, so they feel comfortable expressing their feelings and questions.
- ☐ **Talk to older siblings or friends:** they can help by sharing their experiences.

- ☐ **Daily routine:** Explain what typically happens during a school day, from morning registration to home time.
- ☐ **Breakdown of activities:** Describe different parts of the day such as lessons, playtime, lunch, and any extracurricular activities.
- ☐ **Role play:** Pretend to play 'school' at home to give them an idea of what to expect.

Starting School



Download Guide:

<https://www.ci-ni.org.uk/wp-content/uploads/Ready-to-go...-Starting-Primary-School.pdf>

First Day at School Resources from BBC Bitesize for any wee ones starting P1 in September



'Little Owl's First Day' Story



'My First Day At School' Game

Back to school tips for newly separated parents



Create a consistent routine

Try to reach an agreement before the new school term about your child's school routine. Who will be responsible for school drop offs and pick ups? How will you navigate parents' evenings and after school activities? Your children and both of you will benefit from consistency.



Share information

It is important to communicate about important school activities, but also any specific needs your child has. If you can, co-ordinate calendars so everyone is up to date. Always put your child's interests and feelings first.



Support your child's emotions

Going back to school after a separation can be emotionally challenging for your child. Be attentive to their feelings, reassure them of your love and support, and encourage them to express their emotions. It can be a good idea to make the school aware of the separation and they can look out for any changes to your child's behaviour.



Plan for changes

Discuss plans for unexpected events, for example if your child is sick and cannot attend school or if they need to go home sick from school how will you handle this? Consider school closures and other changes to your routine.

Are you struggling to communicate with your child's other parent?

Consider Family Mediation – a process which empowers separated parents to communicate and agree a co-parenting plan that places their children's needs at the centre.

Find out more at www.familymediationni.org.uk



6 top tips for Separation Anxiety



1



Start with gradual Separation

Try short periods of separation & gradually increase the time apart. This helps your child build confidence in being away from you.

2



Create a transition routine

Develop a special transition routine – this could involve a hug or a high-five. Having a consistent routine can offer reassurance and make goodbyes easier for your child.

3



Positive goodbyes

Make goodbyes positive and reassuring. Offer words of encouragement and love before parting, and avoid lingering or sneaking away.

4



Develop a consistent routine

Establish a consistent daily routine to provide predictability and a sense of security for your child.

5



Communicate emotions

Validate your child's feelings and acknowledge their fears. Let them know it's okay to feel anxious, and talk about their emotions.

6



Encourage independence

Encourage your child to engage in independent play & activities. Gradually build their confidence in doing things on their own.

0808 8010 722



parentingfocus.org

BACK TO SCHOOL

A brand new school term is just around the corner - These resources are here to support children and their grown-ups as they head back to learning, playing, and making new memories



BACK-TO-SCHOOL ROUTINE CHECKLIST

Print out this list, laminate it or frame it & use it every day with dry erase markers!

NIGHTTIME ROUTINE

- ☐ SET OUT CLOTHES
- ☐ TAKE A BATH
- ☐ PUT ON PAJAMAS
- ☐ COMB YOUR HAIR
- ☐ BRUSH YOUR TEETH
- ☐ READ A BOOK
- ✦ TIME FOR BED - GET SOME SLEEP!

MORNING ROUTINE

- ☐ MAKE YOUR BED
- ☐ GET DRESSED
- ☐ WASH YOUR FACE & BRUSH YOUR TEETH
- ☐ COMB YOUR HAIR
- ☐ EAT BREAKFAST
- ☐ GRAB YOUR LUNCH & BACKPACK
- ✦ GO TO SCHOOL & HAVE A GREAT DAY!

MOMMY-DIARY.COM

Some primary and post-primary school pupils are eligible for:



- Grants to help buy their school uniform. Find out more:

<https://www.nidirect.gov.uk/articles/school-uniform-and-uniform-grants>



- Free lunches or milk at school. Find out more:

<https://www.nidirect.gov.uk/articles/nutrition-and-school-meals>



- Help with home to school transport. Find out more: <https://www.nidirect.gov.uk/articles/home-school-transport>

AFTER SCHOOL AFTERNOON CHECKLIST



Unpack school bag



Have a bath



Change out of my uniform



Put on my PJs



Do my homework



Brush my teeth



Play time



Read a bedtime story



Eat my dinner



Go to sleep



In preparation for the new academic year, the Education Authority has a range of information and support available to help parents/carers and children and young people get 'back to school'.

For full details visit:

<https://www.eani.org.uk/BacktoSchool>



This Back to School resource kit from Autism NI is aimed at preparing your child for going back to school, including a social story, weekly planner and visual boards.

To download for free, visit

www.autismni.org/education

A collection of colorful school supplies including pencils, pens, paper clips, and a ruler are scattered around the edges of a dark chalkboard background.

amh
everyBODY
taking action on eating disorders

action
mental
health

BACK TO SCHOOL

BE KIND AND LOOK OUT FOR OTHERS. BUT
DON'T FORGET TO BE KIND TO YOURSELF TOO.

IT'S OK TO HAVE MIXED
EMOTIONS ABOUT THINGS.

TALKING HELPS TO MAKE
SENSE OF IT ALL
WHETHER IT'S A PARENT,
SIBLING OR TEACHER.

YOU ARE WORTH MORE
THAN GRADES ON
PAPER.

IT'S OK NOT TO BE THE
BEST AT IT ALL. ALL
YOU HAVE TO DO IS
TRY YOUR BEST.

BE YOURSELF. WE ARE
NOT ALL MEANT TO BE
THE SAME.

DIFFERENCES MAKE US
UNIQUE AND SHOULD BE
CELEBRATED.

The new school year is the perfect opportunity to focus on road safety and make sure your children know how to cross the road safely.

At school drop-off and pick-up times, roads can be especially busy. Not only does this make crossing more difficult it can also be really distracting and children may not remember their road safety rules, especially if they're excited or spot a friend across the road.

Fortunately, there are plenty of things you can do to help keep them safe. Visit Child Accident Prevention Trust's road safety hub for tips and free activity sheets for children: <https://capt.org.uk/csw-road-safety/>

Staying safe on the school run



child accident
prevention trust

Is your child travelling to school without you?



Here are some tips from Child Accident Prevention Trust to help your child with the transition and keep them safe on their walk to and from school without you;

- Encourage them to sit down and plan their route, highlighting safe places to cross and any friends they might travel with.
- To build confidence you can practice the route together.
- Talk about the dangers your child might come across and ask questions to encourage them to think for themselves.
- Devices can be a major distraction, so encourage your child to put them away and take any headphones out while crossing the road.

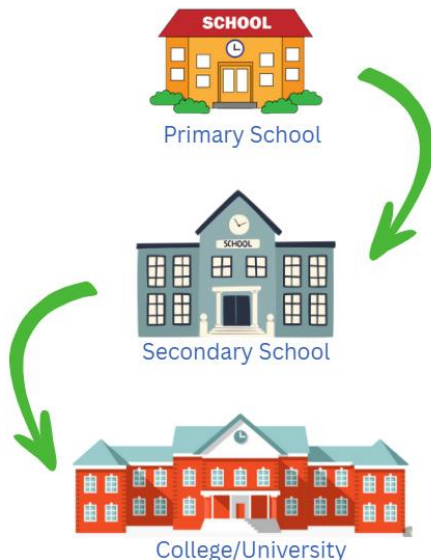
child accident
prevention trust

CYPSP
Children & Young People's Strategic Partnership

TRANSITION

Big changes can be exciting - and a little bit scary too! Whether you're moving up to secondary school or heading off to college or university, these helpful resources are here to guide you every step of the way.

Let's get ready for new adventures, new friends, and lots of learning!



Tips for Preparing for Transition

Every child will be different in their approach to transition from primary to secondary school. Some will cope and adapt automatically, some will need a little bit of help and some will need more help. These are some things which could be done in order to prepare children for the transition. This list is not exhaustive - there are more things you could do and every child will be different in what they need to help them.

Visit the new school

Drive past new school on a few occasions

Get a map of new school to familiarize with hallways etc

Make a list of what is needed in schoolbag everyday

Give timetable in advance - display in house

Books to introduce new subjects

Special needs communicated to new school

List special equipment needed for subjects

Pack schoolbag night before

Drive the school route to familiarise

Ask for class list for any people known from previous school/class

Keep a diary of homework towards end of primary school

Organize new uniform early

Lay out uniform night before

Any problems with new uniform - able to tie/wear new shoes?

Aware of times - start of day/assembly/break/lunch/home time

Transition

Ag bogadh ar aghaidh

Ig bug-oo air eye



Transition

Ag bogadh ar aghaidh

Ig bug-oo air eye

School uniform

Culaith scoile

Kul-ee skulla

School bag

Mála scoile

Mala skulla

Lunch bag/ box

Mála/ bosca lón

Mala/ bos-ka loan

Class room

Seomra ranga

Shomra ranga

Dinner hall

Halla dinnéir

Halla dinyir

Sports hall

Halla spóirt

Halla spore-ch

Yard



Clós

Close

Pencil case

Cás peann luaidhe

Caas pan lou-he

Pencil

Peann luaidhe

Pan lou-he

Rubber

Scríosán/cuimilteoir

Skrisan/kimeltor

Book

Leabhar

Lore

Marker

Marcóir

Markor

White board

Clár bán

Clar bwan



Supporting your child's transition to secondary school



Talk About the changes to expect

Discuss the changes in routine including timetables, new classes and subjects. Prepare your child for these adjustments, emphasising that it's a normal part of growing up and learning.



Help them develop their organisational Skills

Help your child develop organisational skills, such as managing a timetable, keeping track of homework, and packing their own school bag. Try giving them more responsibilities around home in the run up to starting school.



Be patient and understanding

Understand that the transition to secondary school might be challenging for your child, and they may experience a range of emotions. Be patient and offer understanding during this adjustment period.



Empower Independence

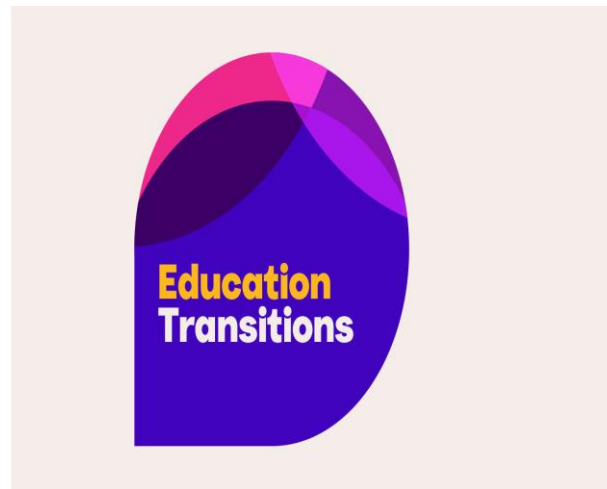


Gradually encourage your child to take on more responsibilities, such as organising their school materials and managing their timetable. Secondary school may also be the first time that they have to make their own way to school, help them prepare for this by exploring the journey to and from school by bus, train, bicycle or walking.



Be their emotional support

The greatest support you can provide to your child is to encourage them to explore their thoughts and express their feelings openly, both positive and negative. Engaging in conversations with your child enables them to discuss their emotions as they prepare for their new school.



Many autistic children and young people find the change of starting or moving to a new school challenging. If you're the parent or carer of an autistic child, it can be difficult to know how to help.

Check out this guide from National Autistic Society for information and strategies:
<https://www.autism.org.uk/advice-and-guidance/topics/transitions/northern-ireland>



Improving
children's mental
health



Starting secondary or high school can feel like a huge leap for children and their families. Check out our advice on how to help your child, and family, manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

BBC Bitesize

Preparing your child emotionally for starting secondary school

- Don't let your worries become their worries
- Increase their independence over the summer holidays
- Don't let them feel unsafe because you are constantly talking about safety
- Prepare them for all of the new opportunities that they'll have at a bigger school



Moving On From Primary School Resource

This booklet can help you to look at what your new school will be like and some of the changes that might happen - [Download](#)



As students start to think about what their life in college or university will be like, it can feel very exciting but also overwhelming.

This resource from Middletown Centre of Autism provides top tips to support young people preparing to commence college or university in the coming weeks.

https://www.middletownautism.com/files/shares/Resources/Thurs_25_Aug_Top_Tips_-_For_Starting_College_or_University.pdf

**Your Future, Your Choice:
Bridging the Gap**

Supporting your transition
from school to college,
university and work

RNIB
Northern
Ireland
See differently



This guide from RNIB Northern Ireland is aimed at young people with vision impairment, to help prepare for their future after school.

https://media.rnib.org.uk/documents/Your_Future_Your_Choice_Bridging_the_Gap_NI.pdf

LUNCH BOX & SNACK IDEAS

Yummy lunches and tasty snacks
make school days even better!

Check out these easy ideas to help you
pack delicious, healthy treats that give
you energy to learn, play, and grow



Pack lunch ideas

Main

Wrap
Sandwich
Roll
Pasta
Crackers
tacos/pitta
Cracker breads
Bagel
Boiled egg
Egg muffins

Filling ideas...

Ham,
Tuna(sweetcorn)
Cheese, egg,
cream cheese,
chicken, turkey

Side

Carrot sticks
Pepper slices
Sliced
cucumber
Pepperoni
Cheese
portion
Hummus and
veg sticks
Cheese and
fruit sticks
Sausages
Tomatoes
Bread sticks

Snack

Rice cakes/oat
cakes
Berries
Raisins
Yoghurt
Banana bread
Apple slices
Popcorn
Pancakes
Smoothie
Jelly
Fruit

After-school snacks



- Fresh fruit - fruit in season is often cheaper
- Tinned fruit in natural juice
- Small sticks of hard cheese
- Bagel or English muffin with a thin spread of jam
- Toast with mashed banana or peanut butter
- Popcorn (without sugar or salt)
- Rice cakes (unsalted)
- Small sticks of celery, cucumber, carrot or pepper with a dip such as hummus or cream cheese
- Strips of pitta bread, pancakes or chapatti



Tooth-friendly snacks and drinks



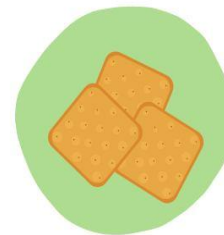
breadsticks, bread,
pitta, toast, crumpets



raw/cooked
vegetables



fresh fruit



crackers/oatcakes



unsweetened
yoghurt



milk/water



This easy chicken wrap recipe was inspired by the TikTok sensation. Simply fill each quarter with a different filling and fold up for instant layers.

[Chicken TikTok wraps recipe - BBC Food](#)



A wrap is a great alternative to the standard packed lunch sandwich.

[Lunchbox roll-ups recipe - BBC Food](#)



Strawberry Banana Peanut Butter Smoothie

1 cup of frozen strawberries
1 banana
1/2 cup of peanut butter
1 cup of milk

RESULTS DAY

Results day can bring a mix of emotions. Whether you're feeling excited, nervous, or unsure, the resources in this section are aimed at helping you prepare for the day

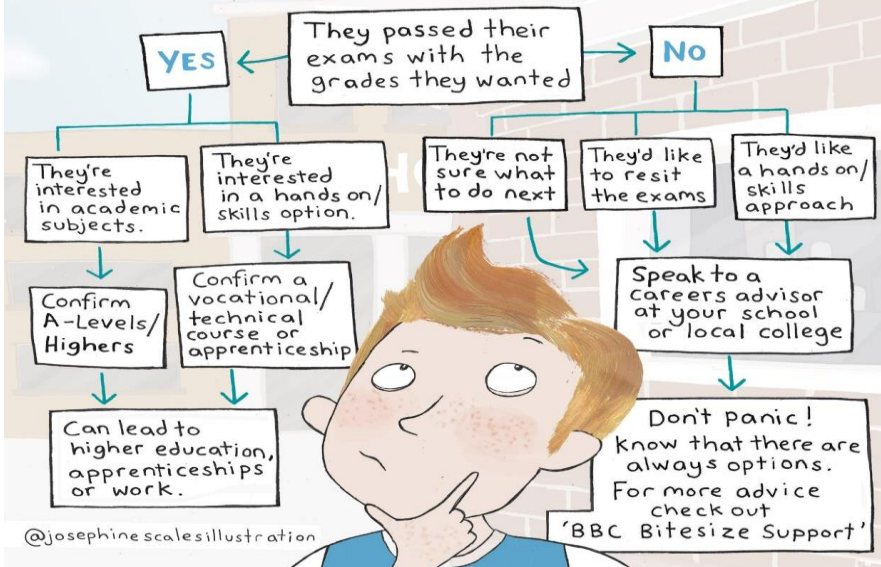
Grades do not define what you can go on to achieve.

BBC
BITESIZE



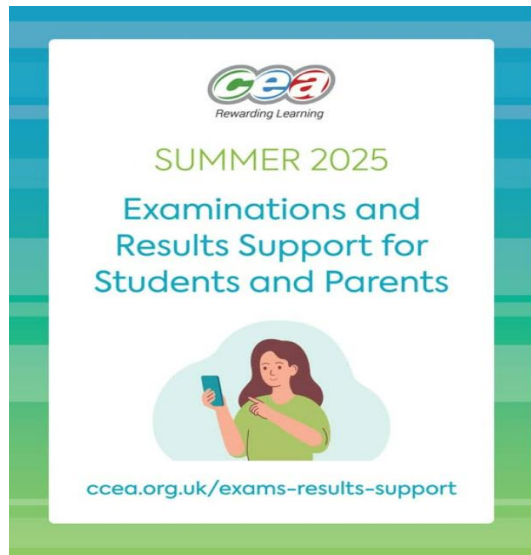
BBC
BITESIZE

What Next?



Results Dates

- Thursday 14 August 2025 – AS/A Level & CoPE results
- Thursday 21 August 2025 – GCSE, Occupational Studies, OLA, & Vocational Qualifications



Head to CCEA's Summer25 support page for everything you need:

- ✓ Key dates & what to expect
- ✓ Wellbeing support
- ✓ Post-results & appeals info

... and more!

<https://ccea.org.uk/students-parents/exams-results-support>



Results Day and Wellbeing Support Guide 2025

Getting your results can be an exciting but sometimes overwhelming experience. CCEA have created this [Results Day and Wellbeing Support Guide 2025](#) to help you feel more prepared and supported, every step of the way.

Navigating exam season

Place
2Be

Student guide to results day

Exams results day, and the lead up to it, can be a stressful time – especially if you're worried that your exams didn't go as well as you had hoped, or are disappointed with your results.

We've shared some advice on how to look after yourself in the lead up to results day, and on the day.

Waiting for your results

The period of time from when you break up to when the exam results come out can seem endless and intense. Here are some top tips to cope with the interminable wait:



Make plans

Make plans with your friends and interact with people. Avoid sitting home and worrying. Even if exams went badly, focus on what you can change, not what you can't. It will help to regulate your mood and give you a lift if you see other people.



Get yourself into a routine

As much as we love the idea of a lie-in for 6 weeks, being out of routine can actually lead to more anxiety. Try to get up at a similar time each day, get some sunshine, eat healthily and get yourself organised.



Decide how you want to get your results

In a group? With your parents or friends? What would make things easiest on the day?



Be kind to yourself

Accept it's normal to feel worried and strange, and immerse yourself in something you love. Watch your favourite movie, go for a walk, have a relaxing bath and take yourself away from it all for a while.



Don't dwell on it

Be strict with how much time you spend discussing and thinking about exam results. It's likely you and your friends, and family, will want to discuss and debate what could, might, or has happened. Set aside time (say half an hour a day) where you think and talk about it – some people call this 'worry time'. The rest of the time, get on with your life!



Map out the scenarios

Facing the worst case scenario head on can take away its power. Make a plan of what you could do if you don't get the grades you need. Nothing is unsolvable, things will get better, and there are a tonne of alternatives to every situation.



Make a list of all the things you enjoy

Find the time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed.

Navigating exam season

Place
2Be

Student guide to results day

Results day - coping with the stress

It's finally here, the results are in. Whatever happens, the most important thing to remember is nothing is insurmountable.



Recognise the emotional rollercoaster everyone is on

The school will be a cauldron of emotions – from frustrated, angry, and upset students, to those celebrating and totally ecstatic. Prepare yourself as best you can for the range of emotion, remember people are likely to react differently to normal.



Be there for your friends, but also take care of yourself

It's tempting to put others' first, particularly if they haven't got the grades they wanted, but take time to also look after yourself.



Another route?

If things don't go as planned, look at all the options you have available to you and plot a new course. It could be to the same goal (for example doing re-sits so you can go onto further education) or it could be to a completely new goal.



Make a list

Make a list of all the things you want to do in life which don't involve exams. You will soon see that exams are only a small part of the picture.



Don't compare yourself

We are all different. Not better or worse, but with our own gifts and skills. If the results aren't what you imagined, don't beat yourself up. Academic success is just one of many attributes to be celebrated. Remember who you are and what you're good at.



Get inspired!

With a spot of Googling you can find endless stories of inspirational people who have chartered their own course - from Steven Bartlett to Victoria Beckham. Whatever happens, life is far from over!



Ask for help and advice

There are so many people around you who can offer insight, such as teachers, career advisers, parents and family members. Try to get a range of opinions.



Seek support

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:



Text **CONNECT** to **85258** for free to speak to Shout



Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat



Visit place2be.org.uk/help for more advice

place2be.org.uk

place2be.org.uk




Waiting for your results and feeling unsure about what's next?

Ulster University got you covered! Their dedicated Results Day Guide breaks down everything you need to know - from how to prepare to understanding all your options.

Head to their website:


<http://ulster.ac.uk/results/information>

SUMMER AWARDING 2025



CCEA's results helpline will open at 8am on Thursday 14 August to help AS/A level students with any queries relating to results.

The helpline will then remain open Monday to Friday, 9am-5pm, until Wednesday 27 August 2025.



028 9026 1260 helpline@ccea.org.uk

DON'T LET EXAM RESULTS AFFECT YOUR MENTAL HEALTH



Well done... its over!
wahoo



It is normal to be
overwhelmed



It is ok to be upset you
didn't get the results you
hoped for



It is great to be excited
for the future



Dont worry about making
a decision right now



Dont compare
yourself to others

@mypossibleself

community wellbeing
.info

Exam results day is stressful for everyone, whether you sat the exams yourself or care about someone who did.

It's normal to feel upset, disappointed and anxious if you didn't get the results you hoped for. Know where to get help if you're feeling overwhelmed.

<https://communitywellbeing.info/managing-stress-on-exam-results-day/>

WAITING FOR EXAM RESULTS

HAVE AN OPEN AND HONEST CONVERSATION



About when the exam results day will arrive and what to expect. Think about when is best for you and your child to have the discussion.

- **ONLY ENGAGE IN CONVERSATION** when your child is in a regulated state.
- **CREATE A SUPPORTIVE AND NON-JUDGEMENTAL ENVIRONMENT** - Think about where your child feels most relaxed and happy. If they do not wish to talk that is okay, wait until they are ready to talk.
- **LISTEN** - Asking too many questions can heighten anxiety. Give your child time to process and express their feelings. Do not rush them when speaking or interrupt with questions.
- **NOT EVERY YOUNG PERSON WILL BE ABLE TO OR MAY CHOOSE TO TALK** openly about how they are feeling. Respect their right to do so.
- **NOTICE CHANGES** - e.g. changes in sleeping and eating patterns, physical changes such as fidgeting, agitation, pacing more, upset stomach, sweaty hands, repeating speech etc. these can be good indicators they are feeling anxious and worried.
- **INCREASE SUPPORTS/SUGGEST RELAXING ACTIVITIES** e.g. listening to music, breathing exercises, going for a walk, or doing a favourite hobby etc can be beneficial.
- **SEEK EXTERNAL SUPPORT** from friends, family, counsellor, or a medical professional if required.



SUPPORT EMOTIONAL WELLBEING

- **TAKE AWAY THE PRESSURE.**
For many, the pressure is from within themselves to do well to please their teacher and family. At home reducing the pressure can be helpful.
- **REASSURE AND REMIND** your child of their many skills and strengths, their friendships and any planned holidays/trips that have been organised.



KEY TAKE AWAY MESSAGES TO REMEMBER

- **YOU KNOW YOUR CHILD BEST** - actively listen and focus on what your child is doing (e.g. do they appear withdrawn/quieter/more active than usual, sleeping less/more, eating less/more or they doing more self-regulatory behaviours etc.). This can let you understand how they are truly feeling and be an indicator to increase supports.
- **CONSIDER YOUR CHILD'S EMOTIONAL WELLBEING** by taking away pressure to talk about exam results and allow them the time and space to enjoy relaxing activities they like to do.
- **ACKNOWLEDGE YOUR OWN WORRIES AND ANXIETY** - looking after your own wellbeing and engaging in self-care activities can help you relax and remain positive through this period of your child's life and bring about a more relaxed home environment.

Waiting for exam results can be a stressful time for young people and their families. This resource from Middletown Centre for Autism focuses on having gentle conversations and taking away pressures to make the wait a little easier for any stressed young people.

https://www.middletownautism.com/files/shares/Resources/Mon_5th_Aug_-_WAITING_FOR_EXAM_RESULTS.pdf



Careers Service

Exam results advice and support for students and parents

As young people and their families wait expectantly for exam results, help and advice is available. A/AS level results will be announced on Thursday 14 August and GCSE results on Thursday 21 August.

Next steps

There are numerous options for young people to consider after results day, including:

- continuing in full-time education
- doing an apprenticeship or traineeship
- getting a job
- taking a gap year

As a parent/ carer you may be uncertain about the best way forward for your child after they have received their exam results.

You will want to know how best to support and guide them, particularly if they do not get the results they had anticipated.

Careers support

The Careers Service has a team of professionally-qualified advisers who provide free, impartial advice and guidance to both parents/carers and students when considering future educational/career paths.

Careers advisers use up-to-date labour market information, including new and growing sectors, and knowledge of the skills and qualities employers are looking for.

There may be career opportunities available that you have not even considered before.



Careers Service

Exam results advice and support for students and parents

Online help

You will find useful information in the [nidirect results section](#), including articles on:

- your various options
- continuing education
- student life
- work and training
- useful contacts

Support for young people with special educational needs

Careers advisers can explain the options and support available in education, training and employment.

- [Career planning for young people with SEN | nidirect](#)

Querying your results

If you have a query on any issue relating to your results, your school will be able to advise you of the procedure to follow.

Contact a careers adviser

Careers advisers are available to offer support whatever the circumstances, and at any stage in a person's career journey, even after they have left school:

- phone: 0300 200 7820
- email by completing the online form at [Ask Careers](#)
- go online and [chat with an adviser](#)

Careers advisers are available from 9.30 am to 4.30 pm, Monday to Friday (excluding public holidays).



Careers Service

Exam results advice and support for students and parents

A Level students: UCAS clearing/ universities

- [UCAS Results, confirmation and clearing](#)
- [Queen's University Belfast](#)
- [Ulster University](#)
- [Stranmillis University College](#)
- [St Mary's University College](#)
- [Open University](#)

Social media

You can follow the Careers Service at:

- [Instagram: @Economy_NI](#)
- [Twitter: @Economy_NI](#)
- [LinkedIn: Department for the Economy NI](#)

Further Education colleges

Contact details for the Further Education (FE) Colleges, which provide full-time and part-time Higher and Further Education courses.

- [Belfast Metropolitan College](#)
- [CAFRE \(College of Agriculture, Food and Rural Enterprise\)](#)
- [North West Regional College](#)
- [Northern Regional College](#)
- [South Eastern Regional College](#)
- [South West College](#)
- [Southern Regional College](#)

More useful links

- [How the Careers Service can help you](#)
- [Guides to help with career planning](#)
- [Skills in demand](#)
- [Getting ready for university or college](#)
- [Financial Support at school and college](#)

WELLBEING

It's okay to feel all kinds of feelings - happy, sad, worried, or anything in between.

Everyone has ups and downs, and you're not alone.

Take a look at the resources in this section - they're here to help you feel supported, understood, and more like yourself again.



SELF-CARE *for* AUGUST

@POSITIVELYPRESENT



Oh, did you know
that you are
wonderful?



Altruistic August 2025



MONDAY



4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

TUESDAY



5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

WEDNESDAY



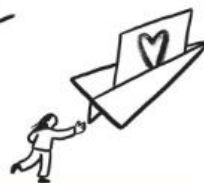
6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

THURSDAY



7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well

FRIDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

SATURDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

SUNDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

ACTION FOR HAPPINESS

Happier · Kinder · Together



Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

Visit
cypsp.hscni.net/youth-wellness-web/



Scan QR code

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

Are you returning to school, uni or college in the next few weeks? Perhaps you are starting a new one?

Check out the CYPSP Youth Wellness Web for tips and advice on settling back in or transitioning.

It can be an anxious time, but support is available!

<http://www.cypsp.hscni.net/youth-wellness-web/>

WHEN YOU'RE SCARED OF *change...*

@POSITIVELYPRESENT



**To the world, you may
be one person,
but to one person
you may be
the world .**

--Dr. Seuss

TRY IT THIS WEEK:

SET A DAILY THEME



MONDAY:
PLAN

- plan weekly agenda
- organize your calendar



TUESDAY:
HEALTH

- choose healthy snacks
- try a new recipe



WEDNESDAY:
MOVE

- go for a walk
- 10-min stretch



THURSDAY:
UNPLUG

- read a book
- limit social media use



FRIDAY:
DECLUTTER

- tidy your workspace
- do the laundry



SATURDAY:
RELAX

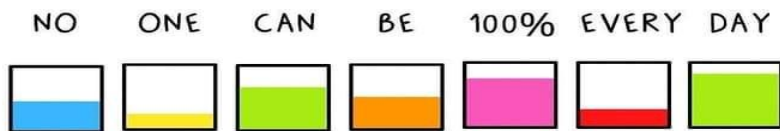
- spend time with hobbies
- treat yourself!



SUNDAY:
ALIGN

- journal your thoughts
- revisit long-term plans

@thefabstory



and that's OKAY!





EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION.

CHILDREN AND YOUNG PEOPLE

HOPE COUNSELLING SERVICE FOR SCHOOLS

Available to post-primary age young people - ask your school / setting for more details.

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

SCHOOLS

RISE NI

Visit [RISE NI \(education staff\)](#) or contact your local Health Trust Coordinator for more information.

REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

BEING WELL DOING WELL

Programme which supports schools to develop a Whole School Approach to Emotional Health and Wellbeing. Find out more on the EA website - [Being Well Doing Well](#).

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [EWTs](#).

THE ATTACH PROGRAMME

Focuses on trauma-informed practice and the importance of relationships. Delivered as part of the EA Primary Children Looked After Advisory Service - [Primary CLAAS](#).

CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Find out more on the [CCEA Hub - Schools](#).

EA HEALTH WELL HUB

Health and Wellbeing support for staff. Find out more on the [EA Health Well Hub](#).

PARENTS / CARERS

SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

RISE NI

The RISE NI website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

FURTHER INFORMATION

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).



DELIGHTFUL THINGS TO THINK OF WHEN YOU'RE FEELING DOWN

@POSITIVELYPRESENT

- ABSOLUTELY FLAWLESS ALBUMS WITH ZERO SONG SKIPS
- SOMETHING MAKING YOU LAUGH WAY HARDER THAN IT SHOULD
- THAT PURE JOY WHEN YOU'RE BOTH SMILING INTO A KISS
- SPOTTING THE FIRST SIGNS OF A NEW SEASON BEGINNING
- WATCHING SOMEONE GET EXCITED ABOUT WHAT THEY ENJOY
- PETS SEEING THEIR OWNERS AFTER A LONG TIME APART
- WILDFLOWERS BLOOMING IN ENTIRELY UNEXPECTED PLACES
- RANDOMLY HEARING A SONG YOU LOVED A LONG TIME AGO
- THE FIRST DAY YOU FEEL WELL AFTER BEING ILL FOR AWHILE
- EXPERIENCING VICARIOUS JOY WHEN SOMEONE ELSE SUCCEEDS
- THE FAMILIAR FACE OF THE FULL MOON RETURNING AGAIN
- QUOTES THAT EXPRESS A FEELING YOU COULDN'T NAME
- TRYING SOMETHING NEW (AND FUN!) FOR THE FIRST TIME
- THE LOVE BETWEEN PEOPLE WHO'VE BEEN FRIENDS FOR YEARS

Life feels lighter when you...



@Simply_Anxious

Emotion Wheel

