

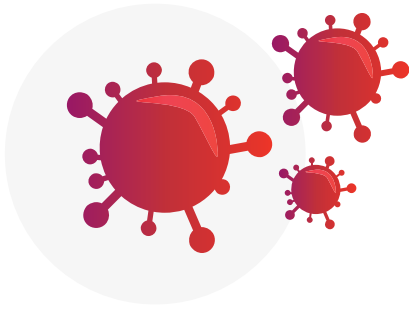


**Ambitious
about Autism**

Going back to school or college

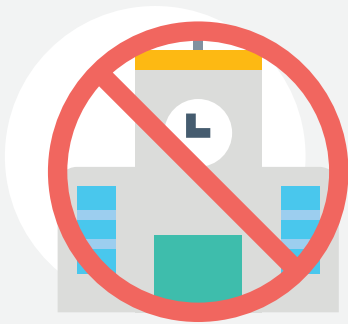
A visual story explaining how
going back might be different





Coronavirus is a disease that caused a global pandemic.

Lots of people have become very sick.



To prevent the spread of the coronavirus lots of places closed, including schools and colleges.

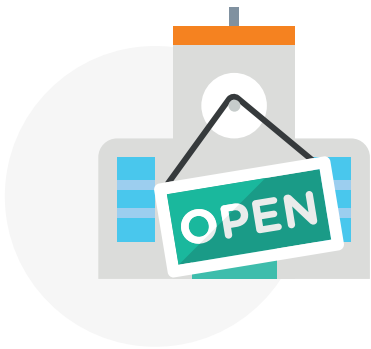


Everyone was asked to stay at home.

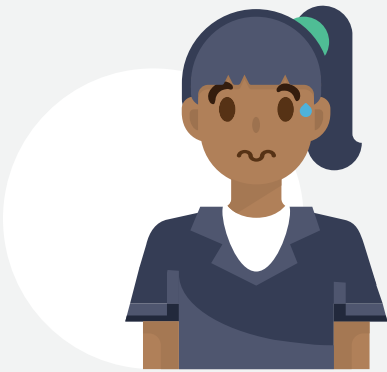
There were rules about who could go outside and why.



Only some pupils were able to go to school.



Now the government has said school and colleges can open again.



Going back to school will be different.

It might look and feel different to what I remember.



To keep people safe and healthy there will be some changes.



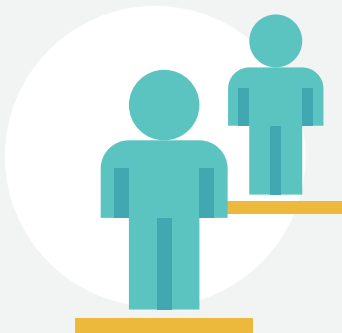
I might start and finish at a different time than usual.



I might see less people at school or college.



I might be asked to wash my hands.



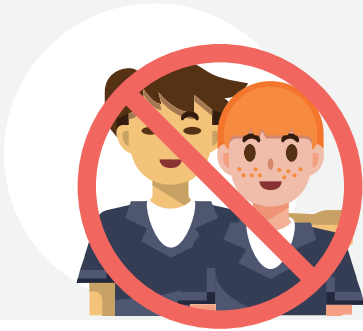
I might have to stand behind lines to keep a safe distance from people.



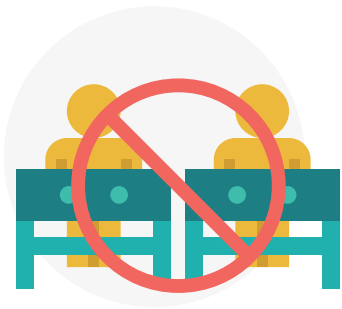
I might not be allowed to take items from home into school.



I might see people wearing facemasks.



I might not be allowed to hug my friends.



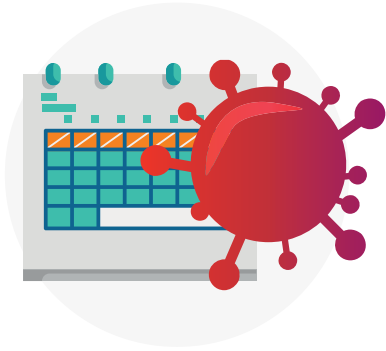
I might not be able to sit next to people in the classroom.



I might not be able to share food.



I might not be able to play some games with my friends.

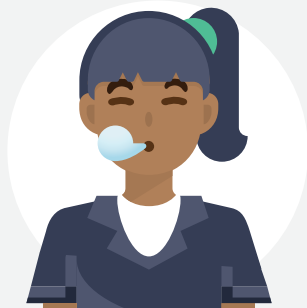


These changes might happen for a long time or a short time.

It is important that there are changes because it means more people can be safe from Coronavirus.



These changes might make me feel anxious or worried.



If I feel anxious or worried, I can use my coping strategies, take deep breaths and talk to a teacher.



Staff can look after me if I need support and will help me understand the new changes.



When people are healthy again, everyone will return to school and college.

We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

Contact us

The Pears National Centre for Autism Education
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ info@ambitiousaboutautism.org.uk

🌐 ambitiousaboutautism.org.uk

Follow us

🐦 [ambitiousautism](https://twitter.com/ambitiousautism)

📘 [ambitiousaboutautism](https://www.facebook.com/ambitiousaboutautism)

📍 [ambitiousaboutautism](https://www.instagram.com/ambitiousaboutautism)



**Ambitious
about Autism**

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 3375255.

Ambitious about Autism Schools Trust is an exempt charity in England and Wales and a registered company: 08335297.