



HUGO Bug WORLD



Back to SCHOOL

Activity Book



Name: _____



Doodle Page



This page is for you to doodle, scribble or write on! Just have fun!

We'd love to see your completed playsheets. Share on socials @hugabug_world

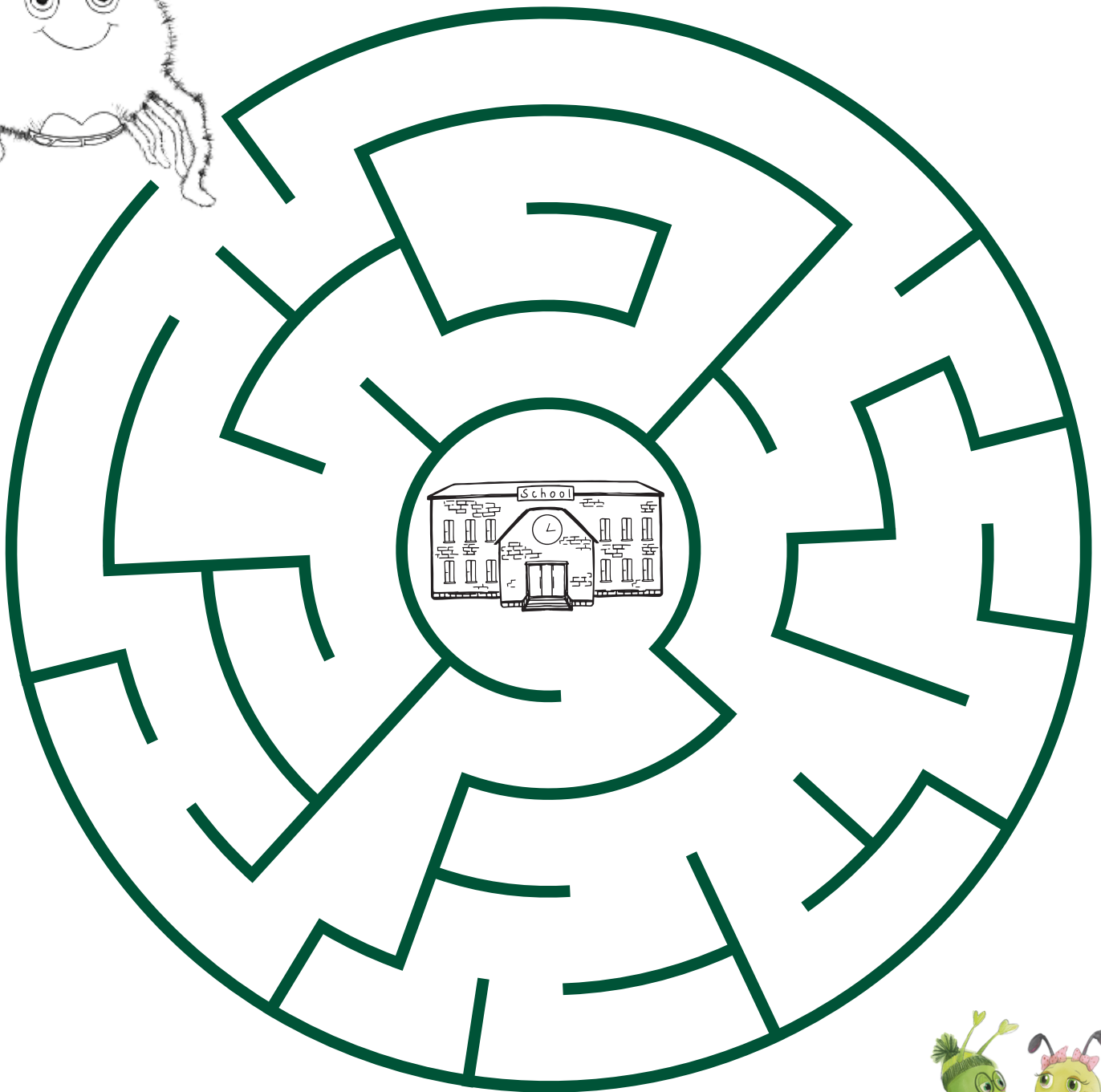
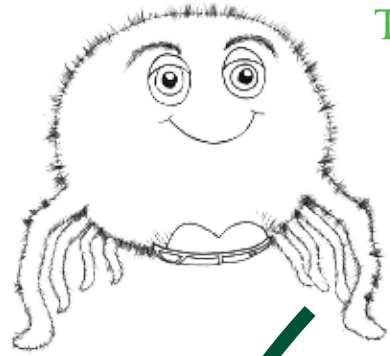
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Back to School Maze

Can you help Seb Spider get to school?
Then can you colour Seb and the School in?



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Draw to Ten to Calm Yourself Down



Draw anything that comes to mind in each box. You may be allowed to take copies of this to school to help you when you have worried feelings.

1

2

3

4

5

6

7

8

9

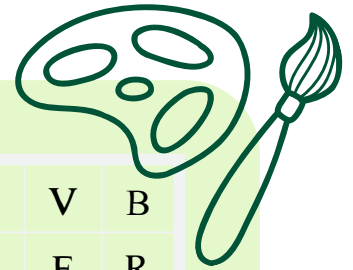
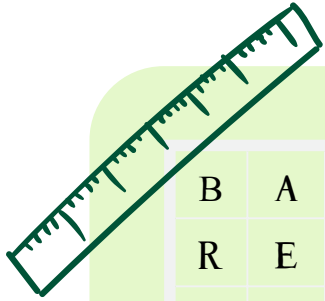
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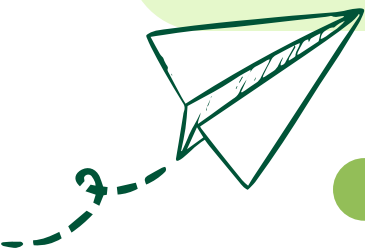


Back to School

Have fun filling out this 'Back to School' word search. It may remind you of things you need to get ready!



B	A	C	K	P	A	C	K	N	D	S	W	C	V	B
R	E	A	P	E	L	J	F	D	V	W	A	T	E	R
L	T	E	N	N	R	U	X	S	U	A	Y	S	Y	W
U	A	L	P	C	D	Y	K	A	S	S	H	I	O	A
N	W	U	N	I	F	O	R	M	G	T	H	Z	Q	T
C	N	I	I	L	N	M	Y	H	T	H	A	E	T	Y
H	Y	Q	E	I	R	G	P	E	K	I	T	D	E	R
B	O	O	K	S	P	E	C	C	X	Q	M	H	G	B
O	X	N	E	S	P	P	W	L	G	R	A	E	R	O
X	V	P	L	A	Y	T	I	M	E	S	M	C	D	H
T	K	U	C	W	O	L	L	J	P	A	Z	N	I	W
E	Q	Y	I	A	Y	D	L	A	G	E	E	E	L	O
R	D	K	F	R	I	E	N	D	S	I	R	I	A	L
W	A	T	E	R	B	O	T	T	L	E	S	F	D	F
W	E	V	E	G	E	T	A	F	L	E	S	Q	T	H



BACKPACK

LUNCHBOX

PENCIL

UNIFORM

BOOKS

FRIENDS

PE KIT

PLAYTIME

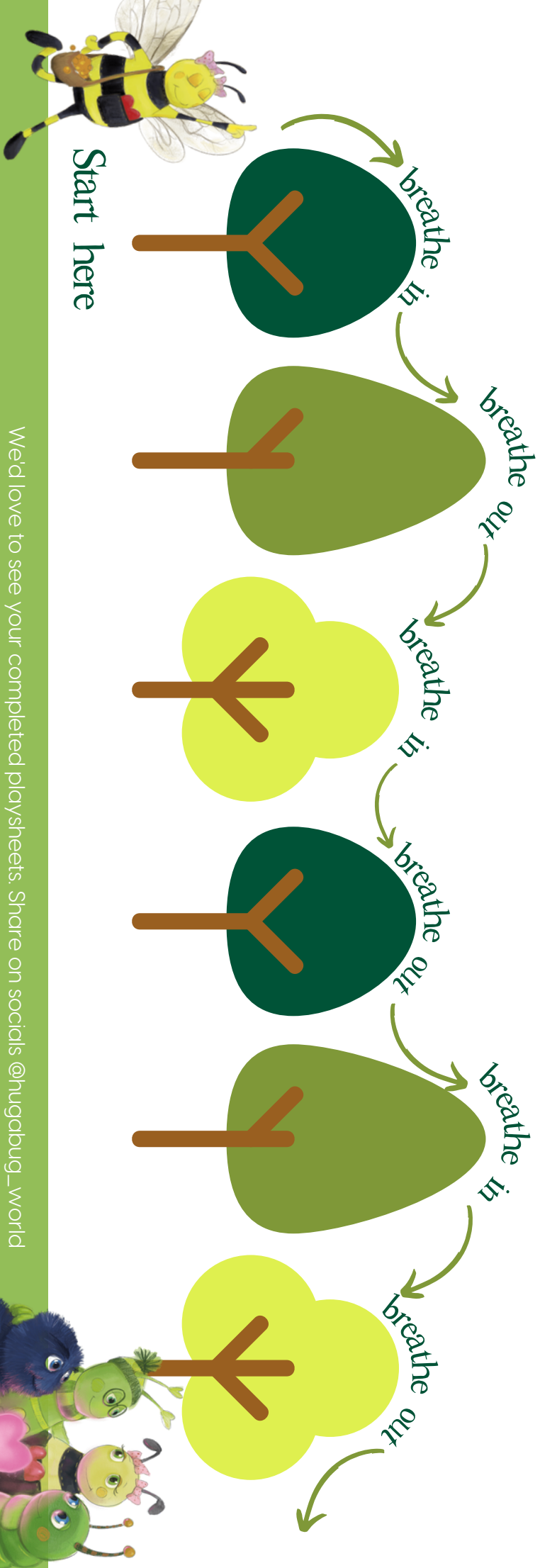
WATER BOTTLE



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Forest Breathing

Run your fingers along the tree tops while you breathe in and out. Practice this and use it before you start school.



Start here

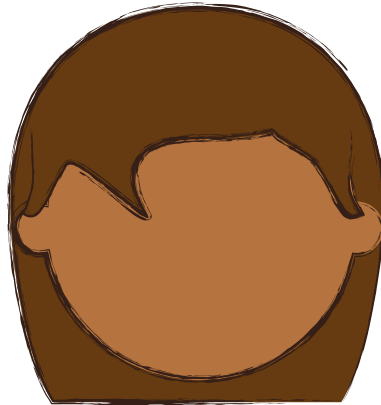
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Feelings

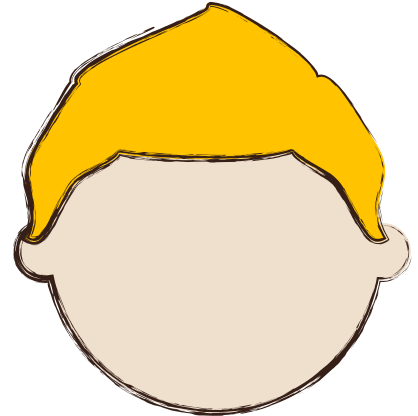
Can you draw a face for each emotion? Circle the face that shows how you are feeling about going back to school



Happy



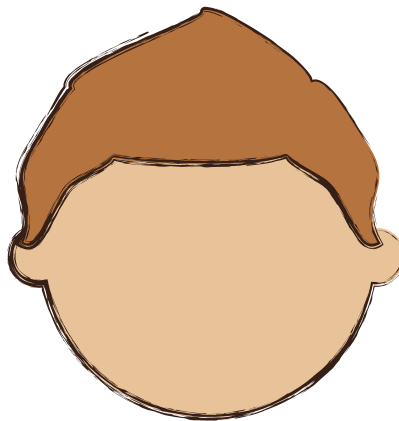
Sad



Afraid



Excited



Angry



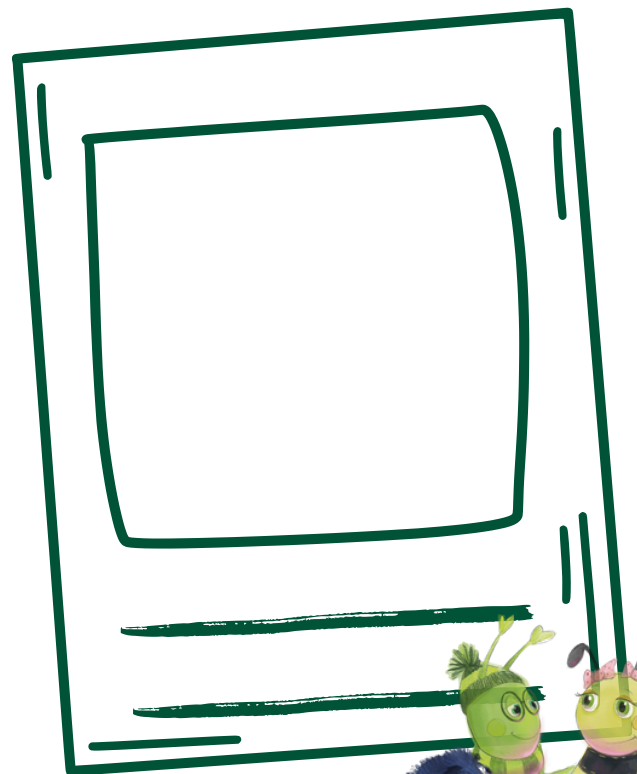
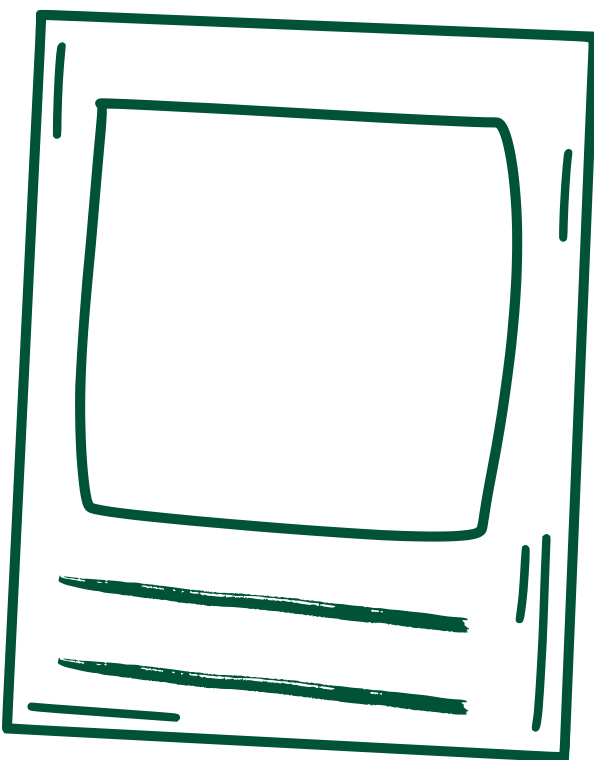
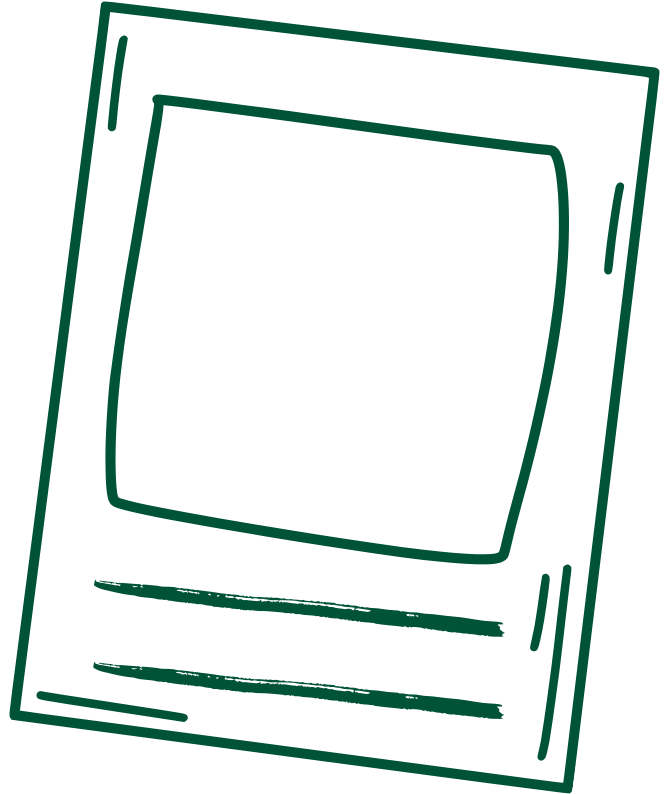
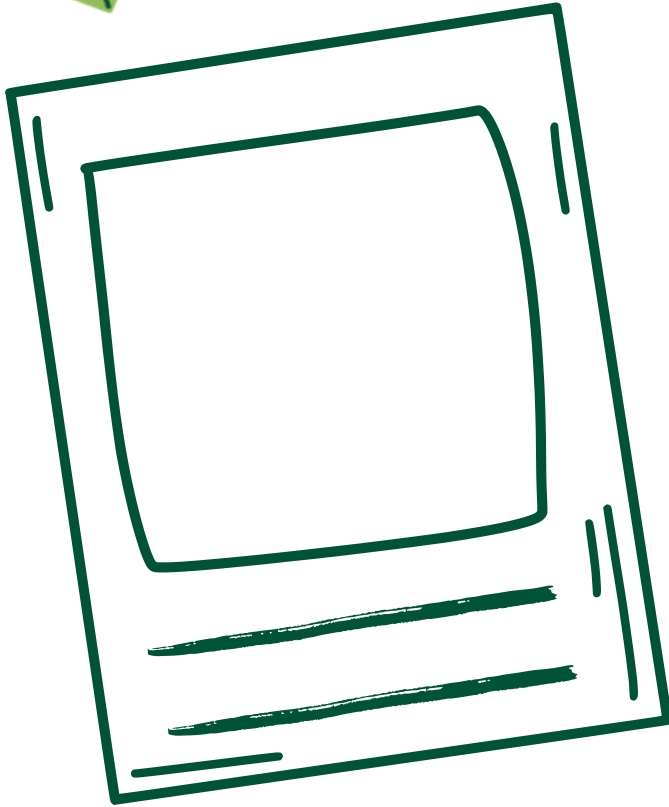
Silly





Summer Holidays

What did you get up to over the holidays?



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Worry School Bag

A worry bag is a useful tool that can help you express your worries and anxious thoughts. Does anything make you feel worried about going back to school?

Write or draw them in the bag below.



Writing down your worries can give your brain a little break from thinking about them.

Talking to someone you trust about your worries can help you feel understood and may support a way to solve any problems.

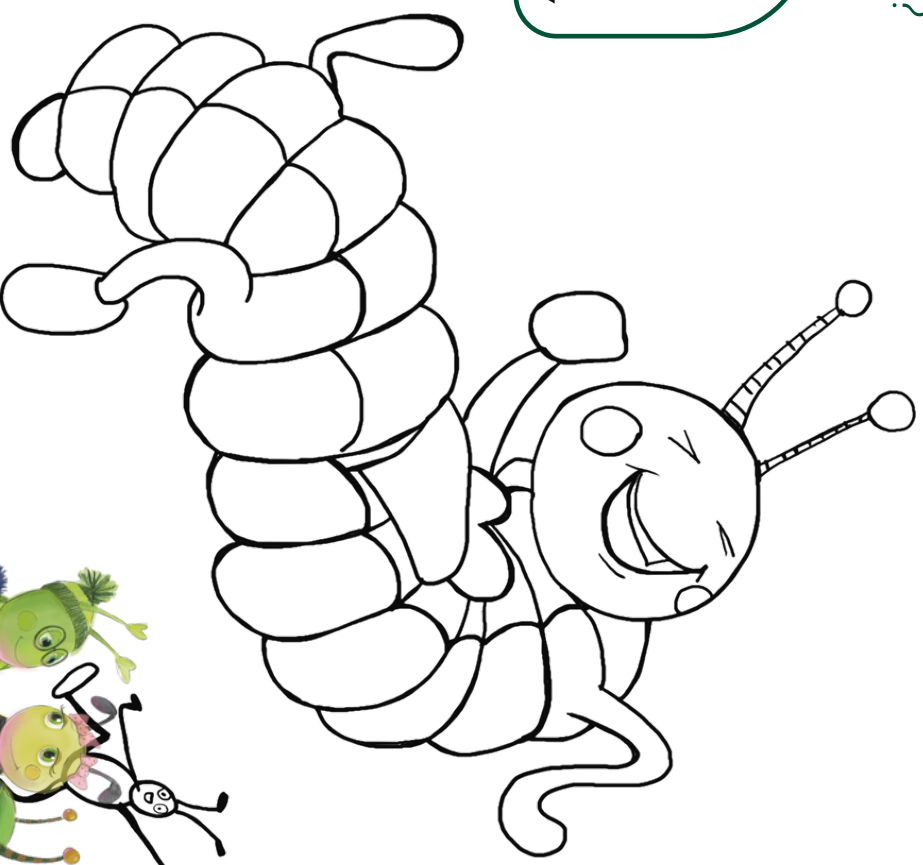
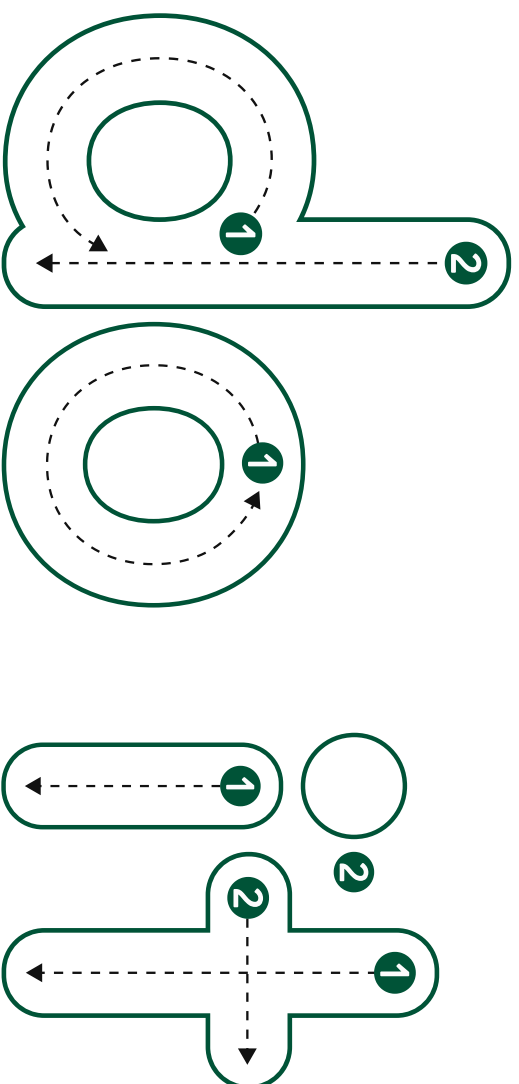
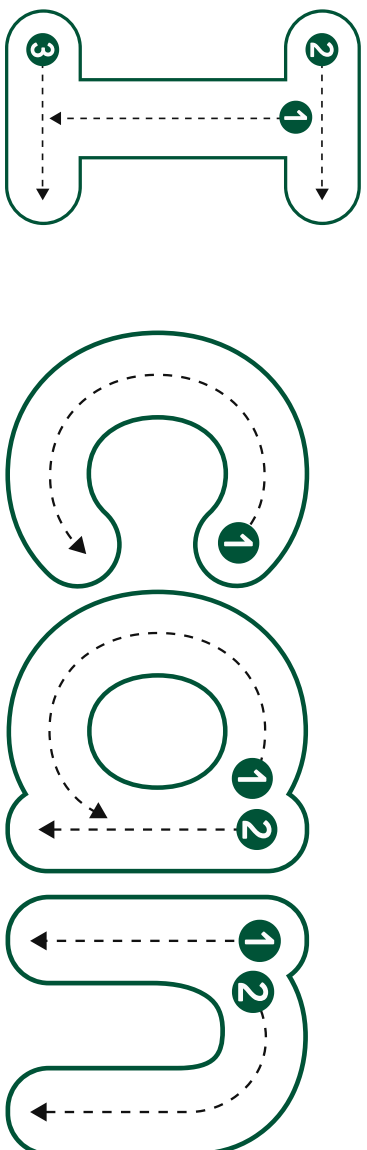
Who would you like to share these worries with?

A light green rectangular box provided for the child to write the name of someone they would like to share their worries with.

I Can Do It Pencil Control



Can you trace the lines to make the words 'I Can Do It' and then colour in Cress Caterpillar? What can you do this year that you couldn't do last year?



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Design a Bug!



Design your own 'Back to School' bug! Will it have wings? How many legs will it have? What will you name it?

Send it to [@hugabug_world](https://twitter.com/hugabug_world) to have it featured!

We'd love to see your completed playsheets. Share on socials [@hugabug_world](https://twitter.com/hugabug_world)

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