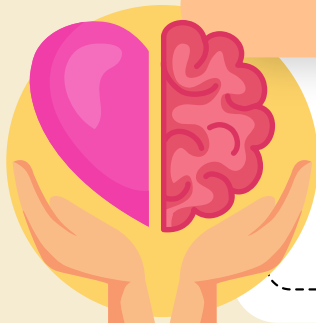


Tips from kids like you

for back to school

Prepare that things may be different



This was hard for me to accept at first. I feel as if I were to accept this sooner, returning back to school would have been much smoother.

Find a hobby that can make school more enjoyable

For me, that was walking around my school campus with friends and also doing math. For other stroke survivors this may be reading, playing board games during school breaks or even finding a teacher you can talk to.



Take it slow and easy



When you're at recess or running, don't run too much in the sun. Instead, I like to talk to my friends during recess, draw, or do paper crafts.

Let friends help you

It can feel lonely going back to school with a lot of changes. My friends made things easier and helped me adjust. I made some new friends, too!

