



**The Starfish
Suspension Reset
For children.**

“What happens next”

A different starting point.

Something difficult has happened and you might be feeling a lot of different things right now.

You might feel:

- upset
- angry
- confused
- relieved
- worried about coming back

All of that is okay.

This is not the end of your story here.
You still belong.

What is a suspension?

A suspension means you've been asked to spend some time away from school.

This is to:

- keep people safe
- give everyone some space
- help things settle

It does not mean:

- you are a bad person you are not wanted
- you don't belong in your school



Before you come back

When you return to school, there will be a conversation.

This is not a test.

You are not expected to have perfect answers.

It is just a chance for people to understand what happened – and how to help things go better next time.

A few things to think about

(You can write, draw or just think, there is no right or wrong way)

- What was going on for me?
- What was happening that day?
- Was anything already feeling difficult before things changed?
- What did it feel like?
- What emotions did I notice?
- Where did I feel them (in my body, in my thoughts)?



What happened next?

- What did I do?
- What do I remember most about that moment?

What might have helped?

- What could have made things feel a bit easier?
- Was there anything that helped, even a little?

Thinking about next time

This is not about getting it “right”.

It's about noticing small things that might help.



What do I need when things feel difficult?

- Someone to talk to?
- A bit of space?
- A quieter place?

Who helps me feel safe in school?

- A person
- A place
- A time of day

What could I try next time?

- Something small
- Something realistic



Your voice matters

When you come back, adults will ask questions.
You don't have to say everything perfectly.
You can say:

- "I'm not sure yet"
- "I don't know how to explain it"
- "Can I come back to that?"

Being honest is more important than being perfect.

When you return

You will not be expected to just "carry on" like nothing happened.
You will be supported.
Someone will help you settle back in.

You are allowed to try again.

A small reminder

You are not the worst thing that has happened.

You are more than one moment.

You are still learning.



The Starfish Way

We don't expect everything to be fixed all at once.
We just take it one step at a time.

One small step

What is one thing you feel ready to try when you come back?

Final thought

**There are people in your school who want you to succeed.
Even after a difficult day.
Especially after a difficult day.**

You still belong here.

