Back to school after a concussion
If your symptoms get worse, drop back to the previous step then try again.

**STEP 1 Before**
- Rest
- Gradually re-introduce activities like reading, socialising and playing games
- Limit screen time
- Drink fluids

**STEP 2 Get ready**
- Start trying activities like reading, socialising, puzzles/board games
- Limited screen time

**STEP 3 Give it a go**
- Attend half days
- Take rest breaks
- Ask for help and extra time to complete school work

**STEP 4 Let’s do this!**
- Attend full days
- Continue to take breaks and have extra time to complete school work if needed