

### Return to school following Lockdown March 2021

Helping children to feel grounded will help them to overcome worries and feelings of trauma/ lack of control.

These easy-to-incorporate activities have been designed based on 'Hobfoll's principles for psycho-social support following traumatic events'.

The 5 essential elements of support are: **Sense of SAFETY**, **sense of CALM**, **self and collective EFICACY** and **CONTROL**, **social CONNECTEDNESS**, and a **sense of HOPE**

These are suggestions for use over time. Some may become a new class routine. Some can be used preventatively, others may be used reactively. They are all opportunities, not instructions but using them could well result in children who feel more secure and ready to learn.

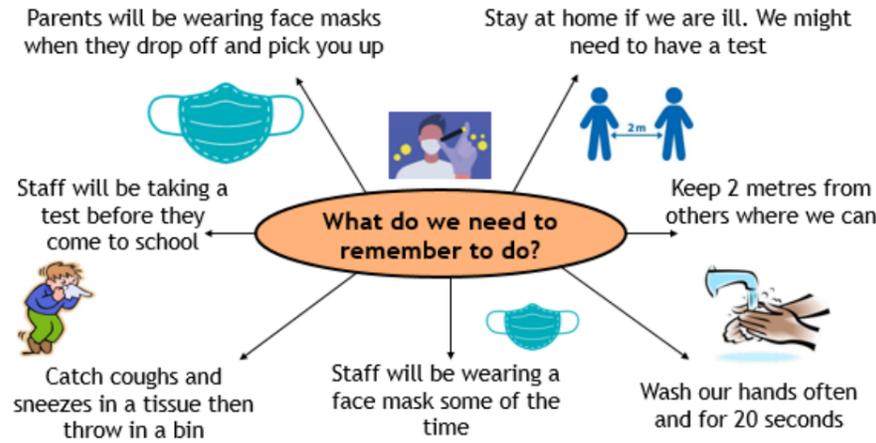
Thanks go to the hard-working people in the London Borough of Camden who created a whopping 79 powerpoint slides full of these activities, in response to the March 2021 return to school. I've condensed their resource into this single sheet for you- you may want to print as A3!

### Coming back to school...

### Activities to help pupils feel a sense of SAFETY

1. Emphasise with your class what is staying the same in terms of routine, structure, routine and expectations for the school day by using a blank/ visual timetable. Be aware that lots of change leads to hazy memories. Don't assume they can remember! Remind children of the 'everydays' - worship, lunch, break, mile, reading, fruit etc
2. Explain to your class what has changed at school and for each one why this makes school a safer place, including discussing testing for staff (even though we don't feel ill!) and masks

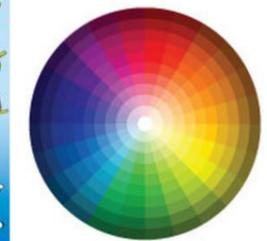
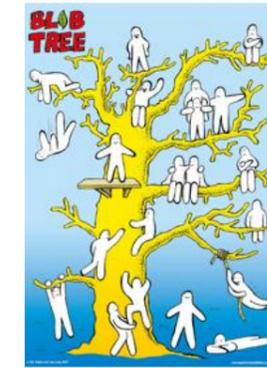
## Keeping Safe at School



### Activities to help pupils feel a sense of CALM

1. Encourage your class to label and communicate their feelings. Which Blob/ colour/ face (choose one that works for your class) do you feel like today?

- If you have rated yourself between 5-10, think about what you can do during the day to move to a lower number
- If you have rated yourself 0, 1, 2, 3, 4 think about what has made you feel like that

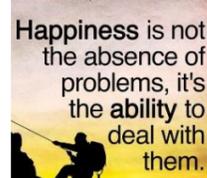


2. Grounding 54321
3. Play calming music – talk or draw about how it makes you feel
4. Breathing exercises (rainbow, High 5, square breathing etc)

### Activities to support a sense of CONTROL and EFFICACY

*Self-efficacy is the belief in one's ability to act in a way that improves one's situation.*

1. Sport, play, forest school, problem solving activities can all provide opportunities for pupils to challenge themselves and, in return, discover new skills, abilities and self-esteem. The development of skills to overcome difficulties is essential to having a can-do attitude.
2. Encourage your class to reflect on the time spent at school or home during this lockdown. This sheet in the box above could give you a good snapshot of how your class are.



3. Secret Santa style compliment cards: Name on the front, something you admire about that person on the back (e.g. trying their best, never giving up) or something they do for others (e.g. good friend, helping others, funny)
4. Work together to think of positive calming strategies we can try when faced with difficult emotions. When I feel worried I can try..., When I feel sad I can try..., When I feel angry I can try...
5. We all sometimes think in a negative or sad way. Think of some negative or unpleasant thoughts we might have sometimes. For each one, can you think of a more positive thought that you could replace that with? E.g. I can't do this work > Positive = This work is hard but it might be easier if I try it a different way
6. Positive palms: Draw around your hand. Think-Pair-Share: A positive memory that helps you feel safe and calm when you feel sad then write it on the palm. Using one of the five senses on each finger, draw/write about how you experienced the memory. Think about how you can carry this memory in your hand to help you feel calm and safe during times of worry or stress.

### Activities to encourage social CONNECTEDNESS



1. Secret Santa style acts of kindness: allocate everyone a 'classroom buddy' for the week. What kinds of things could you do to make your classroom buddy feel happy to be in our class? Don't let your buddy know that you have them until the end of the week!



2. Choose a song to sing as a class that makes you happy and promotes togetherness. (Outside sessions)



### Activities to promote HOPE

1. Time to shine! Reflect on strengths and abilities: Write one thing that makes **you shine**, put your name on it and post it into the box. Every day we will take out one piece of paper and read it out.
2. Discuss positive news stories that create a sense of hope. Think-Pair-Share: What good news have you heard recently?
3. Encourage your class to reflect on the positive things that are happening and they are grateful for. This could be a daily activity to inform our prayer and encourages pupils to think of at least one good thing everyday.

## The 'Good Things' Chart

Make yourself a good things chart to record positive things that have happened every day!



- Here are some ideas:
- Something kind someone did for you
  - Something you're proud of
  - Something you did well
  - Something that made you smile
  - Something that you enjoyed or liked

4. Hope clouds: Draw clouds in different shapes and sizes and then cut them out. Write a hope, aspiration or dream that you have for the future. What things might help you reach this dream, hope or aspiration?
5. Write a short letter to your future self about all the things you've learnt this year that might help you when you have to be resilient and strong! You could include: What you've learnt makes you happy, what you've learnt about yourself as a learner, what you've done to cope with difficult things, how you've helped other people etc.