



PSHE Support Pack

Supporting Children, Families and Staff on the return to school.



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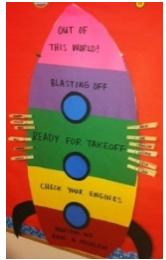
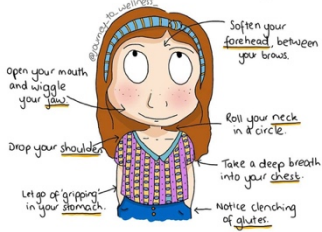


As we begin thinking about welcoming our school community back, we have put a few ideas together of things to consider. Inside this pack we hope to offer some guidance on factors that could impact all individuals within our school communities, some strategies to support both inside and outside the classroom as well as links and resources to support this transition.

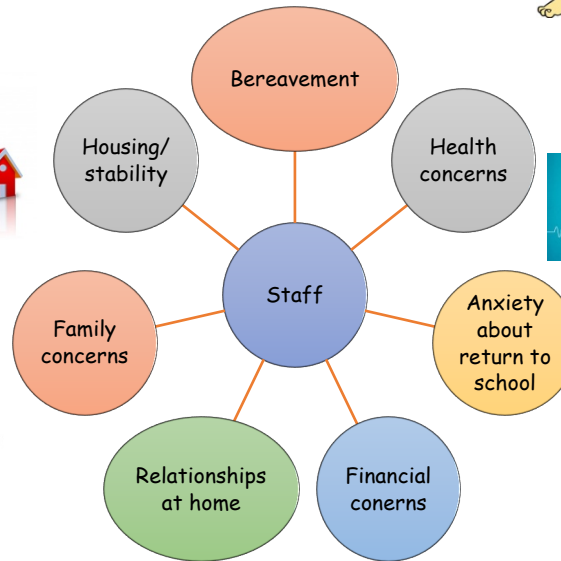
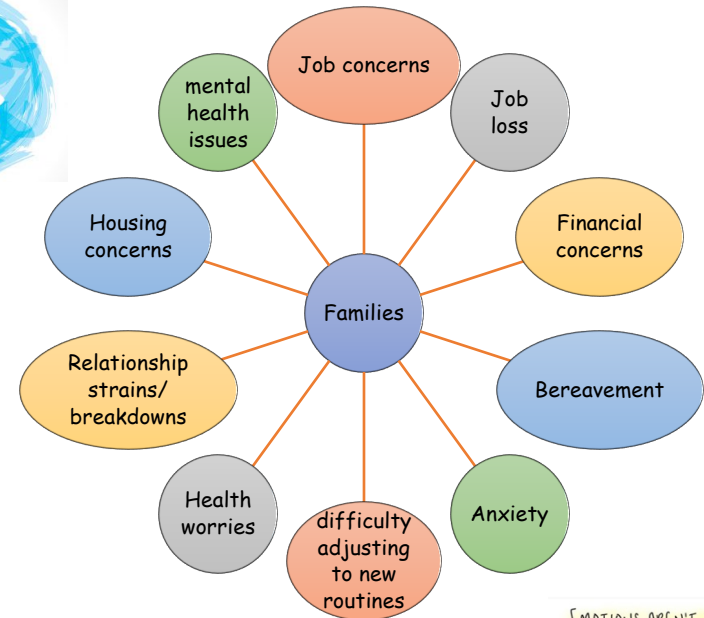
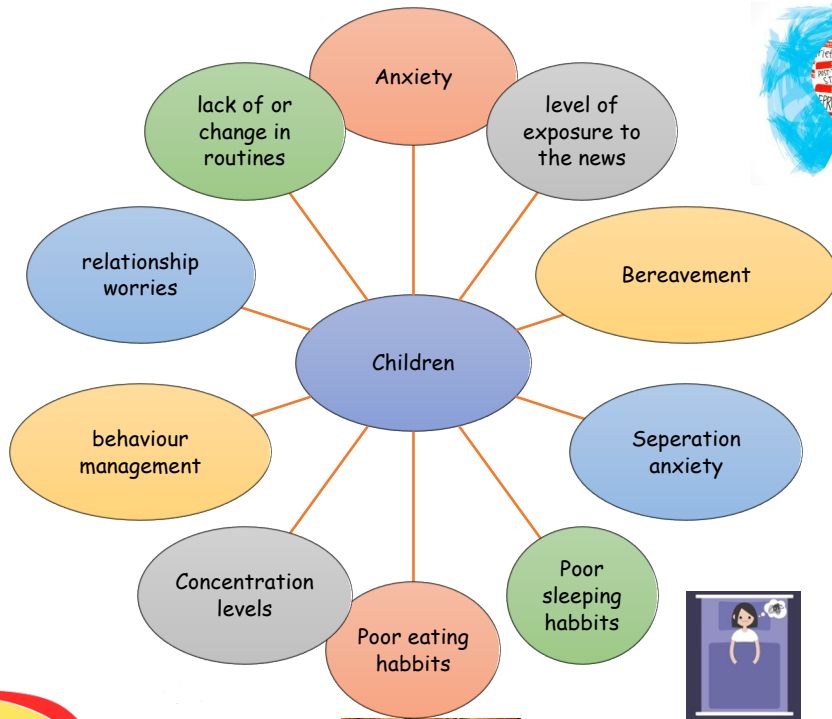
Additional points:

- Over half term consider using social stories or putting photos on the school website to manage expectations of our children and families upon their return.
- Start the first week back with a PSHE session. This could be a circle time to give you a better understanding of the needs of the children.
- Have a wellbeing focus throughout the week and beyond.

"ANXIETY HOT SPOTS"
 SCAN YOUR BODY FOR TENSION YOU MIGHT BE
 HOLDING IN THESE AREAS - THEN LET GO/RELAX/RELEASE.



Factors to consider for all individuals returning to school and the implications these may have on the individual's wellbeing.




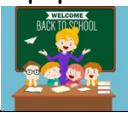


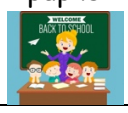


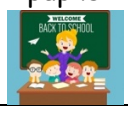



Strategies






Strategy For	Strategy	
Younger children 	Introduce a 'new member of the class' (stuffed animal of some sort) Used to discuss emotions and for the children to ask advice and give to. Please remember that the children will not be able to touch the toy but this could be placed on the teacher's desk with each child having a picture of the toy in their class pack.	
Older children 	Use extracts from books (class book if possible, but other resources if not) that describe how a character is feeling, including physically. Discuss together what emotions they are feeling and why. What strategies could the character use? What advice can they give?	
Older children 	Use the emotion words chart to look at the nuances of emotion. Look at extract/video clip and ask the children to pick the emotion words they think fit the best and explain why.	
All children 	Make a self-soothe box - https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/	
All Children 	Mindfulness practice - there are lots of different techniques that can be used, but studies suggest it is good to have a routine to help incorporate this practice into everyday life. https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/	
All Children 	Introduction of a wellbeing calendar for games activities both children on the school site and those still at home can join in with Example can be found https://youngminds.org.uk/resources/school-resources/wellbeing-activity-calendar-and-games/	
All Children 	Introduction of a worry box or worry monster for children to share their worries with a trusted adult. Worry Monsters would need to be left on teacher's desks and each class teacher will need to think of a system that allows the worries to be eaten by the monster - Perhaps the monster is feed any worries when the children come in from break times that are left on the teacher's chairs, as an example.	
All Children 	Hope clouds for children think of their hopes and dreams for the coming year but could be used for shorter periods of time dependent of class and emotions of the class. https://youngminds.org.uk/resources/school-resources/hope-clouds-activity/	

<p>All children</p> 	<p>Encourage the children that there always things we can be positive about with this activity https://youngminds.org.uk/resources/school-resources/how-many-positives-activity-sheet/</p> 
<p>All children</p> 	<p>'listening ear' service for peer mentoring.</p> 
<p>All Children</p> 	<p>Take 20 - children to share something they enjoy with another child from 20 mins, could be a book, song, game etc - reinforcing things to be positive about.</p> 
<p>All Children</p> 	<p>Make time to talk- Circle time</p> <ul style="list-style-type: none"> • Discuss things that the children can and cannot control. • Talk about what they can do when they are having a bad day. How can they look after their own well-being? 
<p>All Children</p> 	<p>Breathing exercises to relax students. https://www.smilingmind.com.au/ https://family.gonoodle.com/channels/flow https://www.youtube.com/watch?v=DSqOW879jjA https://www.youtube.com/watch?v=HWxAiWo-jWc https://www.youtube.com/channel/UCkB9zEEqnP9kMI5VChd99Q</p> <p>Watching nature videos https://www.youtube.com/watch?v=hIW4xVXKY&t=7205s https://www.youtube.com/watch?v=DGQwd1_dpuc&t=1803s</p>
<p>All Children</p> 	<p>Regular brain breaks in between lessons, or during them, as needed. These could be simple yoga stretches or a burst of star jumps and you could use the guided dances and activities on www.GoNoodle.com. Don't forget we have '5-a-day' available.</p>
<p>All Children</p> 	<p>Gratitude journals and shared "what went well" moments. https://www.twinkl.co.uk/resource/weekly-wellbeing-journal-pack-1-7-11-t-tp-2549454 The second page on each day of the week focuses on gratitude in this pack (KS2) https://www.twinkl.co.uk/resource/weekly-wellbeing-journal-pack-1-5-7-t-tp-2549456 (KS1)</p> 
<p>All Children</p> 	<p>Mindfulness colouring or doodling</p> 

<p>All Children</p> 	<p>Watching nature videos</p> <p>https://www.youtube.com/watch?v=hIW4xVXKY&t=7205s</p> <p>https://www.youtube.com/watch?v=D6Qwd1_dpuc&t=1803s</p> 
<p>All Children</p> 	<p>Find ways to laugh</p> <p>Laughter is so important for releasing tension and building a sense of connection. This could be sharing funny stories or watching funny videos with the children on YouTube.</p> <p>https://www.youtube.com/watch?v=JksX4mN5H3w This is from the BBC's walk on the wild side.</p> 
<p>Supporting Staff</p> 	<p>Have available Wellness Action Plans (WAPs) for staff to use if they feel like they could benefit from having in place a plan to support their wellbeing.</p>  <p>You could think about:</p> <ul style="list-style-type: none"> • What makes you feel happy? • What stops you feeling happy? • What helps you relax or feel calm? • What can act as a distraction? • What has worked well before? • What would you like to try? • What have others suggested?
<p>Supporting Staff</p> 	<p>https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/</p> 
<p>Families</p> 	<p>Host coffee mornings (once safe to do so) to support families and offer guidance.</p> 
<p>Families</p> 	<p>Mindfulness evening</p> 
<p>Families</p> 	<p>Emphasise the importance of quality time together and shared experiences, such as family mealtimes - preparing meals and setting the table together, turning off technology and talking to each other about your days or shared activities.</p> 
<p>Families</p> 	<p>Ongoing phone calls to check in with vulnerable families.</p> 
<p>All classrooms and reception area</p>	<p>Wellbeing display</p> 



Signposting

For	Link
Parents supporting children 	https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/
Bereavement 	https://www.childbereavementuk.org http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx https://www.childbereavementuk.org/pages/category/coronavirus https://www.winstonswish.org/coronavirus/ https://www.cruse.org.uk/coronavirus/children-and-young-people
All Children 	Childline - https://www.childline.org.uk/toolbox/calm-zone/ https://www.childline.org.uk/toolbox/ 
Staff to support pupils 	NSPCC - https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/ 
Staff to support pupils 	Mentally Healthy Schools - https://www.mentallyhealthyschools.org.uk   Anna Freud National Centre for Children and Families
Staff to support pupils 	Place2Be - https://www.place2be.org.uk 
Staff to support pupils 	Safe Hands Thinking Minds - http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/ 
Staff to support pupils 	PSHE Association - https://www.pshe-association.org.uk/content/coronavirus-hub 
Staff to support pupils 	https://youngminds.org.uk/resources/school-resources/what-to-look-out-for-in-your-pupils/ 
Staff to support pupils 	https://www.mentallyhealthyschools.org.uk/getting-started/coronavirus-and-mental-health/ 

<p>Staff to support pupils</p> 	<p>http://bromleyeducationmatters.uk/Page/16977</p> 
<p>Staff to support pupils</p> 	 <p>https://www.bbcchildreninneed.co.uk/changing-lives/covid-19-resources/</p> 

Resources

For	Resource and Links	Helpful Resources & Links
For key workers and their children 	https://www.bps.org.uk/news-and-policy/psychologists-produce-advice-key-workers-and-their-children	 the british psychological society
Bereavement Stories to share with different ages 	https://www.childbereavementuk.org/resources-for-children-and-young-people	
Anxiety support for children 	https://txsource.com/2017/06/30/8-activities-treating-anxiety-children/	
Book for younger children with anxiety 	https://www.amazon.co.uk/How-Your-Worries-Little-Bear/dp/1925089207	
In school activities For all children 	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/	
For all children 	Childline - https://www.childline.org.uk/toolbox/calm-zone/ https://www.childline.org.uk/toolbox/	
Parents supporting children 	NSPCC - https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/ NHS - https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/	
Staff Supporting Children 	https://www.mentallyhealthyschools.org.uk https://www.place2be.org.uk Young minds - https://youngminds.org.uk Safe Hands Thinking Minds - http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/ PSHE Association - https://www.pshe-association.org.uk/content/coronavirus-hub	
Supporting Adults	Mind - https://www.mind.org.uk	
Coping Strategies for children	https://copingskillsforkids.com https://copingskillsforkids.com/coping-with-coronavirus	

<p>Bereavement</p> 	<p>https://www.winstonswish.org https://www.cruse.org.uk https://www.childbereavementuk.org http://www.childhoodbereavementnetwork.org.uk</p>
<p>Books for children</p> 	<p>https://library.nspcc.org.uk/HeritageScripts/Hapi.dll/retrieve2?SetID=3773524F-40ED-41A5-A9C2-D089337FEE6D&DataSetName=LIVEDATA</p> 