

Starting Again

Transitioning back to school after weeks in lockdown is likely to be challenging for many of us. Pupils will struggle with a variety of issues, including feeling anxious, missing their parents, not having everything back to the way it was and missing out on key school events. Helping them to reset and 'start again' can ease this transition.



Here are some tips that may help:

Validate the child's feelings

1

Ensure that children have time to talk about how they are feeling. This could be done in circle time or tutor/coaching sessions. There are no right or wrong feelings and it is likely that most children will have mixed emotions during this difficult time and this is entirely understandable. Finding ways to help children to express themselves with a broad range of vocabulary is really useful.

2

Make time to reflect

Give the children opportunities to explore what this year has been like for them. What have been the highs/lows? It's good for them to be able to articulate parts that haven't been easy as well as celebrating the more positive elements. If you want to record any of these thoughts, postcards are a good way of capturing highlights.

3

Identify strategies that help

Help the children to think of things that cheer them up or have helped them cope during this situation. Check out our [What Keeps Us Going](#) activity and adapt it for your class/group.

4

Recognise the support

Despite the uncertainty, lots of elements of a child's life, including lots of their relationships will stay the same. Being able to identify all these people can help reassure them and reduce their anxiety.

5

Think ahead

As well as reflecting on the past few weeks, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them realise that their feeling about the present situation will change too.

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