

## Re-connection, Recovery and Resilience in Key Stage 2



22 DIFFERENT IDEAS FOR USING A JAR TO PROMOTE SOCIAL AND EMOTIONAL LEARNING AND ALSO TO ASSIST WELLBEING

**Activity:** my little jar of...

<https://www.elsa-support.co.uk/jars-activities/>



**Literacy Link - Activity:** Create a '*How I learnt to*' cartoon strip showing how they learnt a new skill during lockdown. For example...

<https://www.imagineforest.com/blog/how-to-create-a-comic-strip/>

'How I learnt to bake cupcakes' - 'How I learnt to grow tomatoes' - 'How I learnt to knit- How I learnt to build a bug hotel... These cartoons then can be put into a self-help book so that they can share with others and enable them to learn a new skill.



**Activity:** You are amazing - give yourself a high five shout out!



Think of five things you have achieved today and either write them down or tell someone in your class. Decide which one you are most proud of and give yourself a 'shout out' at the end of the day

Can you give a shout out for someone else in your group?

Teachers can you find a way to share these shouts outs with parents.

**Literacy Link - Activity:** Positive Reflection/Positive Future

This takeaway bag activity is to reflect on all the good things that have happened at home during lockdown. What wonderful memories do they have of being with their families? What have been the best bits of being at home? What are the pupils most looking forward to, both now and after the summer holidays?

**Activity:** Decorate the outside of the bag with positive words and encouragement.

The children could be provided with a bag to take home with them to share with their parents. In it, they could put all the work that they have done at school on their first day back.

## Re - connecting RELATIONSHIPS

**Activity:** 'Wonderful Me' Take a photograph of each pupil. Print and photocopy in black and white- then get pupils to mark make onto this surface using felt tipped pens or watercolour paints in the style of Andy Warhol. Add adjectives that describe their strengths. Display these self-portraits in the class



**Activity:** Teachers use a chart to fill in all the little acts of kindness you witness your pupils doing over the day to reconnect with you and each other. Celebrate each time a part of the rainbow gets filled in

Our Rainbow Acts of kindness chart

