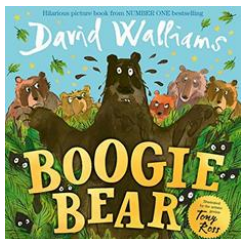


Re-connection, Recovery and Resilience in the Foundation Phase



Possible class read Boogie Bear written by David Walliams - storyline involves two different coloured bears, one white and one brown, who are afraid and dislike each other at first but finally realise they are the same

Activity: Happiness—Create a happiness display where pupils can post moments, people or experiences that have made them feel happy

Activity: What makes a good friend?

Lie one pupil down on a large piece of paper and draw around them. Pupils write down the traits and behaviours of a good friend inside the body. Get the children to talk about when they remember someone demonstrating these traits.

Activity: Teaching children to calm themselves Sesame Street

Give yourself a hug

<https://sesamestreetincommunities.org/topics/tranquillity-experiences/?activity=connect>

Belly Breathe

https://www.youtube.com/watch?v=oFKuSCw7a_g&feature=emb_rel_end

Activity: Read through the Coronavirus eBook with the class
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>



Activity: My helping hand. Draw around your handprint. On each finger write down a different person that you could turn to when feeling anxious or unsure.

Re connecting RELATIONSHIPS

Introduction: When you return to school PowerPoint Twinkl. Reassures children on their return and inform of some changes in school. <https://www.twinkl.co.uk/resource/returning-to-school-social-situation-t-s-2548814>



Possible class read a perceptive and poignant story, Ruby loves being Ruby. Until, one day, she finds a worry. At first, it is not such a big worry, and that is all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

Suggested activities for Ruby's worry

<https://clpe.org.uk/sites/default/files/Ruby%27s%20Worry%20by%20Tom%20Percival%20CLPE.pdf>

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.

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

My Rainbow Acts of kindness chart

