

# Recovery Curriculum: Supporting Positive Transitions after COVID-19



#### Managing feelings and emotions

FEAR

#### What you might see:

Anger, anxiety, challenging behaviour, withdrawal

BEHIND

#### **Supporting the** return to school:

Safety – maintain structure & routine, be explicit about physical boundaries, safe places to talk, offer information.

Calm – support and reflect on the home/school transition, take time to be together, support emotional regulation.

Self- and collective- efficacy – give responsibilities, build a sense of community, attend to the views and ideas of the children. **Social connectedness** – foster friendships, model behaviour, prioritise social opportunities.

**Promote hope** – build and promote resilience,

support staff relationships, respond rather than react.

### What you can do:

Name feelings Prioritise emotional wellbeing

Take a break

Whole class activities based on

collective experience

Get outside

Circle time

Have a worry box

Calming activities

(e.g. mindfulness

drawing)

Get moving

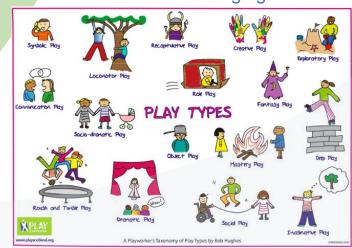
e.g. yoga)

calm

## **Base activities**

#### on...

- Plav
- Creativity
- Nature
- Social connectedness
- \* Community and sense of belonging



\*With thanks to guidance from Northamptonshire EPS and the Microsoft Teams national working party of Educational Psychologists/Education Professionals which this section has been adapted from\*