



Wednesday 10th June 2020

Hello ☺

Please see below this week's free resources and some reading materials around returning to school.

Are you learning something new? Maybe it's a new recipe, or to ride a bike? Use the Resilience Ladder to help you build step to achieve your goal!

The resilience ladder is a great tool for working towards a goal. The reason we really like it is because, before encouraging the child to work towards their goal, it encourages them to think about how they might feel along the way. Managing expectations for this and preparing for uncomfortable feelings is an important step in any challenging journey and can make the difference between quitting and carrying on. This ladder could be useful for any children / young people who are preparing to come back to school and to go over their thoughts about this and how they can prepare.

<https://mentallyhealthyschools.org.uk/media/2046/resilience-ladder.pdf>

A lovely online story for you to enjoy called 'Everybody Worries' ☺

Everybody Worries is a free picture book by John Burgerman. It starts with general worries and how some people might worry about something that others don't. It then moves on to coronavirus, we really like that it includes some coping strategies for use when worried.

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>

BBC: Express yourself! Look at people's wonderful photos expressing their feelings during lockdown!

The BBC have pulled together a variety of photographs which illustrate the ways in which individuals have expressed their feelings whilst social distancing and self-isolating. Encourage students to explore the photographs and think about how these photographers were feeling at the time of taking their picture.

<https://www.bbc.co.uk/news/uk-scotland-52096963>

Why not try it yourself? Us teachers would love to see!

Why don't you try express your own feelings through a range of art forms e.g. photography, drawing, painting, music, dance and writing, ensuring you follow current coronavirus guidelines and do this safely and responsibly. Another nice idea is to take photos of letters out and about, to add together to form a word e.g. your name or something like hope, happiness, love, community. This encourages us to take notice and be mindful of our surroundings. It can also be done indoors (see examples below, the last one was done indoors).



