

WELBEING

Last week marked the anniversary of the first lockdown with the National Day of Reflection on 23rd March. Some of our beautiful tribute displays are on Dojo for you to see.



I think it is important to recognise that we have been through a life-changing event over the past year and that will impact us all for the rest of our lives. It is ok not to be ok about all of this and we need to find the strength to work through this day by day, support each other and the children.

What can we do?

- Talk about it. If a child has experienced a traumatic event, like a pandemic, then they will need someone to listen. They might be show anger in their emotions and actions but you need to be able to listen.
- Make a memory box – old and new memories. Could be a way of communicating with the person they may have lost; someone they miss or things that they have missed over the past year.
- Guided journaling – I am... I feel... I hope... I wish... The journal can be shared or just kept to themselves.
- Get them to talk about emotions like anger – Write a set of anger rules (when they are calm). It is ok to be angry but it is not ok to harm people, harm things or harm ourselves.
- ‘Pick Me Up Prompt’ – Use a particular breathing technique when they get upset/angry – this can be recorded on a card in their pocket as a reminder.
- Think about things that give them joy. How can we do more of those things? Reassure them that it is ok to be happy especially when we remember fond memories of family and friends.
- Record worries – draw them, write them, capture them and address them. Record them and then rank them. Can something be changed to make the worry go away/less worrying.
- Show the children ‘Give yourself a hug’ – In these times when we are not meant to be hugging each other, hug yourself. (The feedback your brain will get, works in the same way as when someone gives you a hug).
- Learn how to ‘hold the space’ when you are with a grieving and troubled human – don’t talk, don’t try to stop the tears, don’t try and resolve or fix, just listen, just be. (Ian Gilbert, Let the children heal you, Independent Thinking online)

Have a wonderful Easter break and we will see you again on Monday 19th April. Happy Easter!

