

Facts4Life Return to School Resources

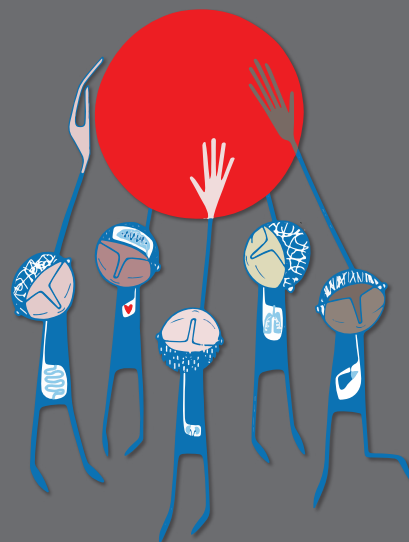
These resources are available to **Facts4Life** trained schools*. They are designed to provide a pathway for teachers supporting children on their return to primary school. They are non-prescriptive and child-centred, giving children the tools to manage their experience at their own pace and in their own way. Although they signpost age-related resources, this approach is cross phase and can be used throughout the school. For ease of access, the resources can all be found in the Facts4Life 'Return to School' section.

YOU'VE GOT THIS COVERED!

We've heard it said many times over the recent weeks and months that these are unprecedented times calling for unprecedented measures but we're keen to remind you that we need to continue to do the things that we do well as teachers.

The key to a successful return to school for staff and learners is relationships. First and foremost, you are reconnecting with one another. Connection is the foundation upon which we can build the learning. Try to use PACE: Playfulness, Acceptance, Curiosity, Empathy in all interactions.

We've identified the following themes as being pivotal for returning learners:



Check-ins

Communication

**Emotional
language**

Self-soothing

Self-care

Check-ins

A simple check-in helps you to tune in to where your learners are emotionally at any given point of the day. These are most effectively used to allow learners to share their thinking when they are ready to and not according to when suits the adult. Remember that asking children to think about or share something sad could cause unnecessary upset if they aren't wanting to go there at that time, so have a flexible approach in mind when using check-ins. For example, share the check-in model for the day/session at the start but allow children to share their thoughts when they want to and repeatedly – mood fluctuations are normal and the repetition allows you to help illustrate this.

- See the 'Check-in Activities' resource (Additional Resources)
- Mental Health Continuum (MH resource)

Communication

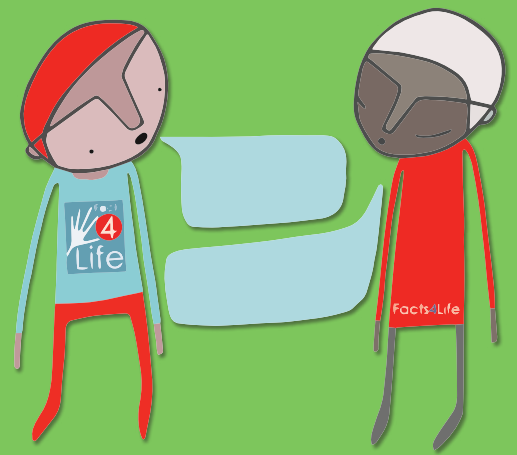
This might be really tricky but it is very important - we need to look at how we show others what we are feeling and thinking when we haven't got physical proximity (and possibly facial expression if mask wearing becomes more commonplace) to let others 'see' and understand how we are.

- Makaton Emotions Song (Additional Resources)

Emotional language

This links with communication - children need to develop their means of expression to convey their meaning to others. Creative expression will be a useful tool to facilitate this.

- Emoticons Cards (MH KS1, Years 1 & 2 resource)
- Little Miss and Mr Men activity (MH KS1)
- Music to explore emotions (MH KS2, Years 3 & 4 resource)
- Emotional Barometer (MH KS2, Years 5 & 6 resource)



Self-soothing

Physical closeness plays a big part in soothing and regulation in school so in its absence, we need to promote self-soothing on a very personal level. Mindfulness and focusing techniques play a central role in developing self-soothing strategies.

- Feeling Good & Feeling Good More ideas (EYFS)
- Mindful Me Activity Poster (Additional Resources)
- Bubbles visualisation (MH resource)
- Guided stories (MH resource)
- Stop and Take a Breath (MH resource)
- Classroom Listening (MH resource)
- A Listening Walk (MH resource)
- Texture Collection (MH resource)
- Brain Science - My Busy Brain and How I Can Help It (Additional Resources)

Self-care

This is as much about the body as it is about the mind. We need to explore how we support our immune systems through healthy lifestyle choices and by finding opportunities to enjoy 'feel good' moments.

- This is Fin and Bear book**
- Sleep is like magic medicine (EYFS)
- Why do we need sleep? (EYFS)
- Being Active makes my brain happy! (EYFS)
- Oh dear! I'm feeling...! (EYFS)
- When I am sad (EYFS)
- Sleep Well Boo (Additional Resources)
- Self-Care (Years 1 & 2)
- The Big Sleep (KS2)
- Healthy Me (Years 3 & 4)
- Healthy Me (Years 5 & 6)

*Facts4Life training and resources are free for all Gloucestershire schools. If you haven't yet accessed our training, get in touch to arrange a session. Online training now available.

**A free copy of the book is available for all Facts4Life trained schools. Contact info@facts4life.org to order your copy. Additional copies can be purchased at a discounted price.

For further information on the work of Facts4Life, please contact: info@facts4life.org