



ACKNOWLEDGEMENT

Be Kind, Be Curious, Be Connected...

For further advice and support,
please feel free to contact us.
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A book we recommend...



Memories

Create a memory jar and encourage children as well as adults to contribute their memories. This could be a photo, drawing, poem, piece of writing etc. Dedicate time each week to share memories together.

You could even create a **time capsule** 😊

Create a class or a school **collage/piece of artwork** where everyone contributes to one final piece to acknowledge this time in history.



I feel angry or confused more often than I used to...

I don't know who to tell that I am worried.

I don't want to talk about it.

I don't like things being different



PUPILS

Create a Feelings Pie

Create a pie or a pizza (wheel) split into different slices. Each slice represents a different feeling we have experienced over the last few months. The slices can be different colours, shapes, sizes and can be represented with different materials/textures.



Acknowledge Sadness and Gladness

Create a sadness tree and/or a gratitude tree. Encourage the children to add what they have felt sad or glad about during lockdown and the return to school.

Help to Keep Things in Perspective

Use reflective questions to help keep worries in perspective;
"What advice would you give your friend if they were in that situation?"
"Is that worry a fact or a feeling?"

