

ACKNOWLEDGEMENT

Be Kind, Be Curious, Be Connected...

For further advice and support,
please feel free to contact us.
Helen.Wallace@derbyshire.gov.uk



Make Yourself Smile...

Display some photos or pictures of people that you have enjoyed spending time with over lockdown and/or places you have enjoyed visiting to your classroom or workspace.



Staff Retreat

Acknowledge that staff may need a protected space for staff to retreat to. Even if it is in the toilets - **add a comfy chair, hand-cream, plants etc.**

It's Good to Talk 😊

Support one another and provide space for staff to reflect and talk on a 1:1 basis if they want to. There are agencies available to support with this if needed. You must let your senior leaders know if you feel you need support to recover. Plan in times for open conversations and reflection for everyone. Extended tutor times/circle times.

Acknowledge **all** feelings and reassure that **all** feelings are normal and ok.

What can I do to help me accept the changes that have happened?

I want things to be normal again.

I feel really tired, anxious and stressed.

We have to get used to new changes so often.

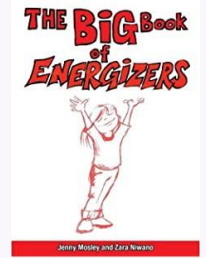
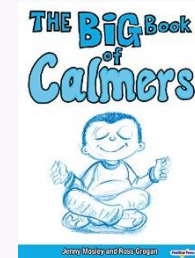


STAFF

Take Some Time...

After such a long time away from school, children and young people **as well as staff** are likely to be very tired and find it difficult to concentrate for long periods of time.

Build in regular movement/brain breaks for **everyone** to refresh concentration levels. 'Go Noodle' has lots of ideas. These books have ideas too...



Periodically dim the lights and listen to relaxing music or do some mindfulness activities.

