



# Recovery Curriculum: Supporting Positive Transitions after COVID-19



## Managing feelings and emotions

### What you might see:

Anger, anxiety, challenging behaviour, withdrawal

### Supporting the return to school:

**Safety** – maintain structure & routine, be explicit about physical boundaries, safe places to talk, offer information.

**Calm** – support and reflect on the home/school transition, take time to be together, support emotional regulation.

**Self- and collective- efficacy** – give responsibilities, build a sense of community, attend to the views and ideas of the children.

**Social connectedness** – foster friendships, model behaviour, prioritise social opportunities.

**Promote hope** – build and promote resilience, support staff relationships, respond rather than react.



### What you can do:

- Name feelings
- Prioritise emotional wellbeing
- Take a break
- Whole class activities based on collective experience
- Get outside
- Circle time
- Have a worry box
- Calming activities (e.g. mindfulness drawing)
- Get moving (e.g. yoga)

### Base activities on...

- ★ Play
- ★ Creativity
- ★ Nature
- ★ Social connectedness
- ★ Community and sense of belonging



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