

Recovery Curriculum – KS1 ideas

All themes/activities based on stories/poems from Book of Hopes by Katherine Rundell

(red = activities that may not be possible due to social distancing)

Week before returning to school

Suggestions

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Phone call home	Speak to parent/child : Check in on feelings, what to expect next week and share resources to look at and special jobs (memory box/bag, items for hope/happiness box)
Home Activity: Social Distancing stories	https://www.munsonhealthcare.org/blog/explaining-social-distancing-to-kids See resource bank
Home Activity: Create a memory box/bag/Treasure box of moments	Children create a bag/box/treasure box of memories from their time at home – can include photos, crafts made etc. Sparkle moments of when they were at their happiest.
Home Activity: Items for Hope/Happiness Box	Children to collect: shoe box/bag/container plus a soft toy, favourite book, photo, favourite snack, smell (e.g. perfume, lavender, bubble bath, hand cream)
Home Activity: Paint a rainbow flower	Children to choose a rainbow colour (s) and paint bottom of plastic bottle to create a rainbow collage of flowers in playground/school/around a tree as a thank you to key workers

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Day 1 Suggestions

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Breakfast /Picnic Lunch	
Rights of the child	<ul style="list-style-type: none"> • Visual feeling check – how are you feeling? Children self-register • Review and discuss feelings – what can we do if we worry? • Share our worries and let them go – worry tree/worry buster/worry balloons • Breathing exercises/whole body relaxation exercises • Guided Relaxation – Bye, Bye Boat : https://www.youtube.com/watch?v=K1SVHDcQH7o
Build trust/Resilience Games	<ul style="list-style-type: none"> • Positive touch – peer massage, using fingers to draw a flower on child hand. Extend to a guessing game (children draw a shape, number etc on friends back) • Face painting or pretend to face paint using cotton wool ball – describe what you are doing. • Compliment Circle • Trust walk – walk blindfolded over/around obstacles- rely on advice and support • Hula Hoop Challenge – find a way of passing the hoop around the circle without letting go of hands • Bubbles – where are the bubbles travelling to – where is the safe space? <p>(red = activities that may not be possible due to social distancing)</p>
Mindfulness Activities	<ul style="list-style-type: none"> • Mindfulness monsters – see resource bank • Mindful minute activities – see resource bank • Whole body relaxation activities – see resource bank (CAMHS)
Forest School/Outdoor activities	See additional list.

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The Greatest Gift – page 253

- Share Treasure box/bag of feelings
- Create a time capsule – quotes and memories from children
- Create a Hope/Happiness box to keep in school – include items brought from home e.g. soft toy, favourite book, photo, snack, bubble bath/perfume. Include mindfulness sheets, colouring, positive message from friend/peer/teacher
- Make a salt jar of memories: Use salt and chalk – using a piece of paper, pour some salt onto the paper and roll chunk chalks over the salt. The chalk will then colour the salt which can be poured into the jar. Write on the paper what the colour represent e.g: green is for the long walks we went on. Glitter can also be added.



Say Something Nice – page 36

- Create positive message for others to keep in Hope/Happiness Box
- Post nice comments the children say onto a temporary class display
- Post comments to local community – neighbor/care homes/ fire service/ GP surgeries/shops
- Make a card or kindness caterpillar for a friend in another class
- Make a special bookmark with things they like on it and send it to someone else in school.
- Make kindness rocks and plant around school
- Fill a bucket with kindness messages and take them home



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Searching for Treasure – page 43

- Make treasure (e.g. kindness rocks, kindness notes, kindness caterpillars, kindness flowers) and hide around school.
- Create a treasure map for a friend to find your treasure



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Themes and Activities for Weeks 1 to 3

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Theme: Me

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My Favourite Game - page 329

- Children bring in a pocket-sized doll or bear to be their tiny friend
- Give them a name, make a birth certificate
- Make clothes from scraps of fabric, materials
- Selection of materials for the adventure – lolly sticks (skis), tissues (Snowy mountains)
- Make a miniature explorer's kit
- Go outdoors exploring
- Create a picnic for them
- Create miniature picnic food
- Make a create different adventures: swimming pools, Jacuzzi, boat, tent, house to live in



Me – Page 291

- Star qualities - children create their star qualities i.e. what they like about themselves... I am really good at.. I am proud when I... and friends say what they like about you and fill their bucket with their star qualities
- Proud Peacocks craft/paint activities
- Create pictures of models of 'me' – I love being me
- **What makes you, you? Get into small groups or pairs:** 3 ways they are similar and 3 ways they are different – focus not just on looks but on what they enjoy, what they are good at and what makes them special.
- 7 minute animal workout (CAMHS resource)



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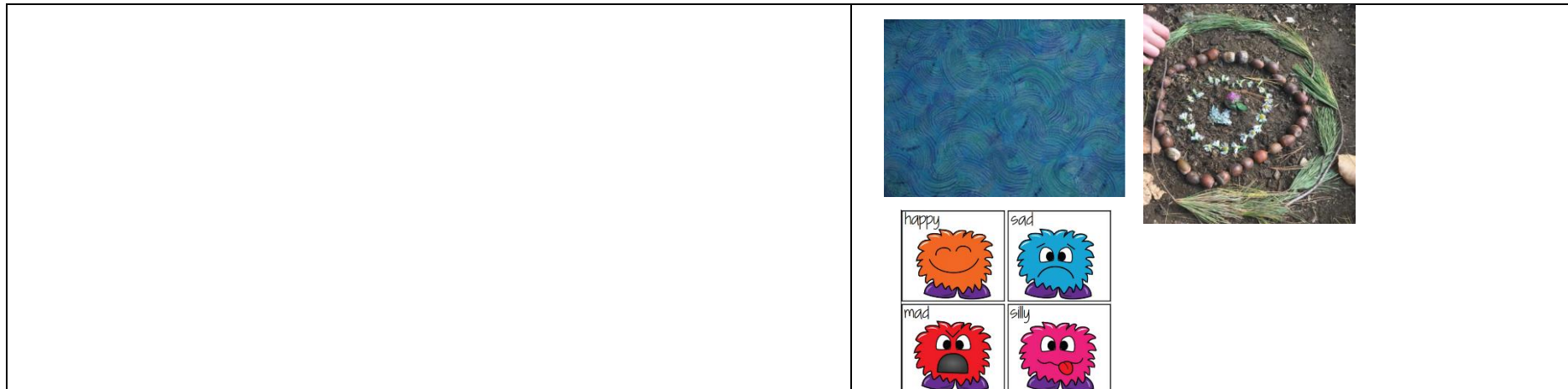
The Hope-o-potamus – page 135 – persevering and trying new approaches

- Create a version of the Hope-o-potamus for display in the classroom/on tables – visual reminder for children to keep going. Discuss its attributes,
- Create a visual 'stuck' poster: children develop strategies and add to the poster.
- Have a range of challenge activities – perseverance (see resource bank) – construction, aiming and throwing, modelling, sequencing, reasoning
- Play Jenga/Pick Up sticks and praise their stick ability

The Best Feeling Ever – Page 305

- Make an A-Z or display of different feelings – best feelings in the world, A to Z of coping skills, A to Z of calming skills
- Play Emotions Bingo
- Make mood meters or a Feelings wheel
- Design and create your own mood monsters
- Puppetry/ puppet play – externalise emotions/ talk through conflict.
- Play 'What's in the Box' – how do they feel not knowing what's inside etc
- Emotion painting
- Clay sculptures
- Art Therapy/ Meditative painting /Make a mandala using natural resources outside

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A Box of Pencils – page 188

- Create a vision board of what you would wish for or where you would wish to be in 10 years' time
- Make a wish paper airplane/shooting star
- Make a wishing wand
- Make a wish jar/dream catcher
- Dream Tree Art inspired by The BFG
- Create a dream tree from natural resources – children hang shooting stars with wishes/dreams



The Store Full of Magical Things – page 317

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- What was the smile chosen? What makes you smile? Put these on the hope tree.
- Treasure hunt of things that make you smile/happiness scavenger hunt
- Don't laugh game – can you keep a straight face?
- Connecting through body language/ eye contact – pull funny faces – who can make their partner laugh first? When they laugh swap.
- Joke writing/sharing jokes
- Create a smile emoji pom pom to go in their Happiness/Hope Box
- Pass on a smile – note to a friend/family member
- Smiling Self-portrait art – inspired by Andy Warhol
- Laughter yoga
- Baking/cooking – decorate biscuits or crackers, make happy faces using sweets, fresh or dried fruit, cheese, ham, crisps. Design, make and eat a smiley pizza, fruit kebab!



DEAR _____,

THINKING OF YOU MAKES ME 😊
BECAUSE OF THESE THREE REASONS:

1. _____
2. _____
3. _____

I HOPE YOU HAVE A HAPPY DAY!
😊

The Flyaway Kite – page 299

- Make a kite challenge and write a message for those who have helped them or who they miss to tie to the string
- Make a thank you card/picture for those who have helped us
- Thank you art – inspired by Kandinsky for those who have helped us



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Theme: Hope

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Stronger than Magic – page 173

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- What is hope?
- Brainstorm stories where they had hope – Peter Pan, Rapunzel
- Make Hope stars to take home or add to the school 'Hope' tree
- Pebble paths
- Science: magic potion experiment
<https://www.messylittlemonster.com/2018/09/baking-soda-magic-potion-science-experiment-kids.html>
- Make rainbow potions of hope to take home or put in their Box of Happiness/Hope <https://redtri.com/pretend-magic-potions-kids-can-make/slide/7>



The Hungriest Caterpillar – page 88

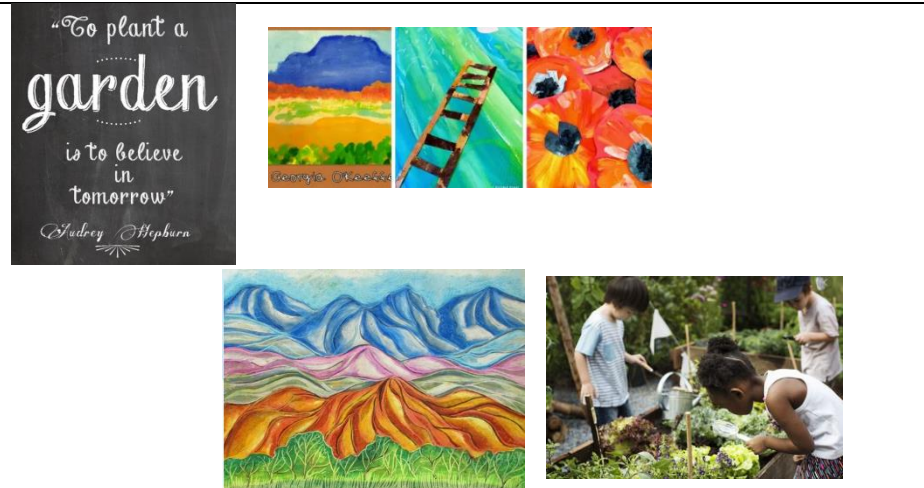
- If hope were an animal, what would it be?
- What does hope look like/feel like?
- Create your own animals/creatures of hope.
- Problem solving: children pot-it problem and try to solve them together as a team
- Teamwork/Problem solving challenges: Tricky Tennis: move balls from one bucket to another, without using hands. Cross the river challenge.
- Construction/Junk Modelling/Lego challenges
- Discuss the problem in the story i.e. plastic – can we improve our recycling? Re-use?
- Make plastic rainbow poppies for display on outdoor trees



The Seed – page 111 (Believe in tomorrow)

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- Create a school Garden of Hope – each class has a perennial herb plant to put in it and takes care of it
- Each class has their own tree in the school grounds – decorate it and observe how it changes – use recycled items to create garden/tree decorations
- Design your own Garden of Hope
- Looking at seeds: What would it grown from? Which is the odd one out? Compare/what does it need to grow
- Plant seeds to take home and post updates of how it's done
- Create art inspired by Georgia O'Keefe



An Extract from Everdark - Page 293

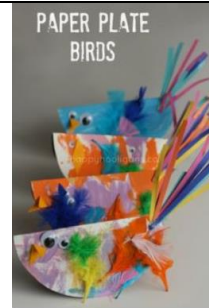
- Theme: A boat is sinking until they believe in themselves
- Watch Hope, the Boat - <https://www.youtube.com/watch?v=6dZ7b7Bimrc>
- Create your own boat of hope using different materials – put labels of what you like about yourself in the boat (take it home as a reminder)
- Create a display of things that they like about themselves - e.g. jigsaw pieces or a boat called 'Hope'
- <https://www.redtedart.com/boat-craft-ideas-for-summer/>



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Hope or Learning the Language of Birds – Pages 76

- Make bird feeders/ pine cone bird feeders / toilet roll bird feeder
- Pet shop role play
- Making an animal habitat (outdoor/ team building)
- Hide and reveal – which bird or insect is this? Team quiz
- Paper plate birds.



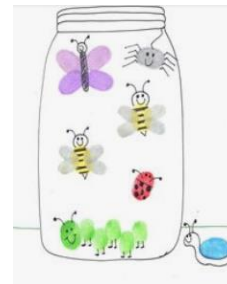
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Theme: Nature

Consider the Dung Beetle – Page 92

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- Sensory bin – flower soup, bird nest tuff spot, bird seed kitchen, insect sensory play spot etc.
- Design, make clay insects/bugs
- Marshmallow bugs.
- Creepy crawly printing.
- Finger print bug jar
- Nature bugs
- Bug houses for Garden of Hope
- Potato masher crafts
- Pebble creatures for Garden of Hope



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