



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...



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

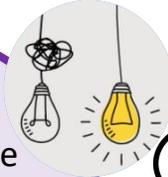
Create a sadness tree and/or a gratitude tree. Encourage the children to add what they have felt sad or glad about during lockdown and the return to school.

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

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?"

