



Being off school for some time means new habits may have been formed. Children have been in a completely different routine and it could take a while to get back to school life.

Things to be mindful about:

- Children may have been highly anxious over this time – lack of routine or anxieties from parents could have contributed to this.
- Routines will have changed and it may take time to get back into the swing of things – think about what it's like at the start of a new academic year!
- Children may have lost members of family and may need support and time for this.
- Their whole world has been turned upside down and even the non-anxious people are becoming anxious.

Be patient – be calm – show empathy

Helpful tips to support:

1. Use social stories to explain CV-19 <https://odj291dvc2f1yylma1sfkyb5-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>
2. Develop a soft start to the day
3. Check in on how children are feeling – bear cards are a useful resource
4. Increase PSHE support across the school
5. Take time to talk to children
6. Acknowledge and validate their emotions and any anxieties
7. Let them know that you are there for them
8. Communicate with parents regularly
9. Support any children who have lost a relative/ family friend
10. Model how to manage emotions

Positive relationships with key members of staff will be vital in supporting children with social, emotional and mental health needs.

Remember every behaviour is communication – you just might not know what they want to say yet!

