

Rationale

Children returning to school following lockdown have experienced loss (routine, freedom, relationships, social interaction structure) and have lived through a collective trauma.

The intention of this Recovery Curriculum is to provide opportunities to rebuild relationships, trust and a sense of community, space to re-establish a sense of self and to relearn behaviour for learning skills. The focus will be gently returning to some semblance of routine whilst enabling play, outdoor exploration and physical development. In between, and in addition to these sessions, there will be timetabled sessions for golden/sharing time. The planned activities below can be done in any order and can be extended or reduced to suit the needs of the group at the time. The usual Behaviour Management should occur alongside this work. The activities are a starting point and initial example of learning opportunities.

Gratitude activity

Talk about things we are grateful for. Make a gratitude tree in the classroom or on the playground. Find a branch on the playground, paint, wrap with wool etc. Children and staff to mark make, stick symbols, write words on luggage tags/leaves to hang on the tree.



Encourage children to make choices about colours textures and things they are grateful for. Consider the music playing in the background and how this can trigger emotions.

Extension activity: some pupils may like to make a gratitude jar of their own

Self-esteem activity

Share the idea that we are all unique and all have our own individual profile of strengths. Enable pupils and staff to think of one special thing about someone else in the room

Have a go at signing and signing Katy Perry, 'Roar'. A song about feeling empowered and choosing to recognise our strength

https://www.youtube.com/watch?v=wCfjV_G_x5s

Encourage pupils to take photographs of one another if possible. Print and photocopy in black and white- then mark make onto this surface using felt tipped pens or watercolour paints.



Extension: Research Andy Warhol - have a go at creating pop art for an everyday object (maybe hand sanitiser instead of soup).

Notes

We recognise that this moment we are all living through has never been experienced by the vast majority of us, and although our focus on our core subjects is still present, we must recognise the huge importance of everyone's well-being; particularly that of our children.

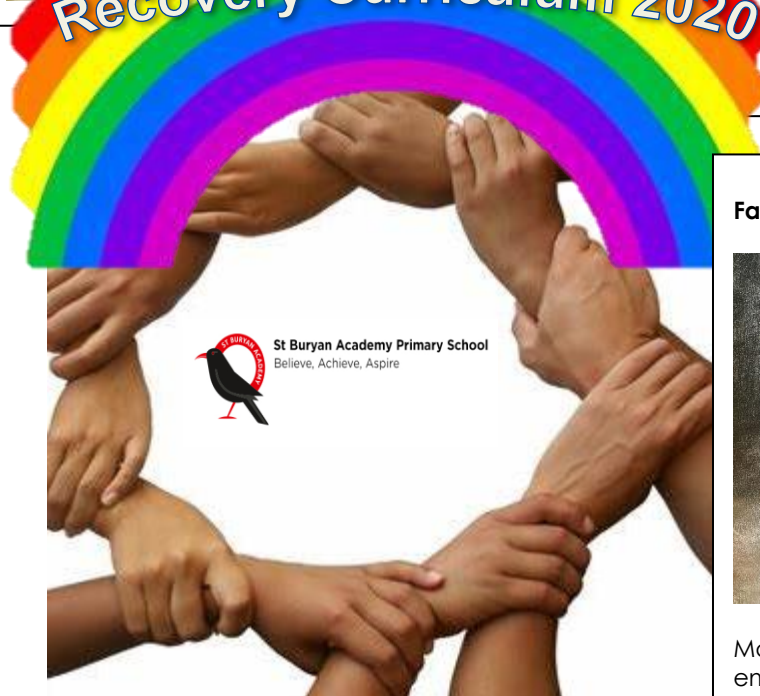
These activities have been devised and put together to support our children's return to school and to re-establish fundamental skills that may have been impacted by events over the past few months.

These activities will be carried out in school but are transferable and can be done at home too for those children who may not be returning at this moment.

Hygiene activity

Soap pump bubble painting- mix water, glue and food colouring in soap pump bottles.

Children to pump paint on to paper/card and watch it.



Relaxation Activity

Guided Mindfulness Listening Activity:

https://www.youtube.com/watch?v=uUIGKhG_Va8

Some children may like to explore lights in a darkened classroom listening to relaxing music instead.

Talk about self-care and looking after ourselves. Make a poster using mark making, photographs, Communicate in print to help others to identify ways to care for themselves.

Nature Numbers

Create a collage image of a positive quote (could be the one researched earlier in the week). It does not have to be one photo, it could be multiple ones made up for a large one so resources could be reused. Enjoy the mindful opportunity for collecting natural items outside.



Hygiene activity- life skills

Washing toys and cleaning surfaces. Each student could have a designated washing responsibility (such as Lego for example) and a bowl of soapy water to wash their items in.

Encourage pupils to take responsibility for the resources they have used and to identify items that may need cleaning. You might choose to listen to a tidy up song while you do this.

Rainbow activity

Discussion about how rainbows have been a symbol of the pandemic- explain that there are no rainbows without rain (learners may understand the notion of metaphors) and that lots of people have been displaying them in the windows of their homes etc.



Printing using utensils, sponges and objects (to wash in dishwasher afterwards).



Cutting strips of paper (red longest, violet shortest) staple each end and glue cotton wool

Extension: Computing/English opportunity to research an inspirational quote for a temporary display

Emotions activity

Face mobile



Make a face mobile to represent an expression or emotion. Some pupils may like to cut the shapes themselves first, others may like to mark make on a sheet and have an adult cut out the features for them.

Tape the features on to string and hang from a thin piece of card.

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Useful books/websites

Mindfulness activities:

<https://mindfulness4u.org/mindfulness-activities-children/>

All the Ways to be Smart
All the Ways to be Smart

<https://www.youtube.com/watch?v=XNnDVYD08uI>

Pass it On Sophie Henn
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<https://www.youtube.com/watch?v=lzupwdcljkw>

The Same but Different too
The Same but Different too