19/06/20

Pastoral/ Emotional Support for *all* Pupils

Dear All,

We hope you are well and we send our best wishes. We are very aware that as some children come back to school, others remain at home and we wanted to let you know that we still miss them *all* very much.

This term we are supporting all children with pastoral/ emotional support and we wanted to share some resources that we are using in school so that you can also access at home, if you so wish. Please let us know if you would like any further advice linked to them.

The focus throughout the school is safety, talking about our emotions, investigating mindfulness and relaxation techniques and also preparing for future transitions.

**Supporting pupils within the Early Years**

**Books used to support our emotions include;**

* Worries Are Like Clouds by Shona Innes/ Irisz Agocs
* While We Can’t hug by Eoin McLaughlin/ Polly Dunbar <https://www.youtube.com/watch?v=2PnnFrPaRgY>

**You may also want to have a look at ;**

* Chat Play Read [https://small-talk.org.uk/](https://small-talk.org.uk/%20)
* Tiny Happy People <https://www.bbc.co.uk/tiny-happy-people/4-to-5-year-old-child-development-activities>
* Early Movers / <https://earlymovers.org.uk>
* Hungry Little Minds/[https://hungrylittleminds.campaign.gov.uk/](https://hungrylittleminds.campaign.gov.uk/%20)
* World Stories [https://www.kidsout.org.uk/what-we-do/world-stories/](https://www.kidsout.org.uk/what-we-do/world-stories/%20)
* CBeebies Radio – Listening activities/ calming sounds to relax <https://www.bbc.co.uk/cbeebies/radio>
* To support with feelings there are further suggestions , <https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreneducationandfamilies/informationforchildcareproviders/goodpractice/sentoolkit/Expressingfeelings.pdf>

**For pupils in KS1/LSK2**

* The Boy Who Loved Everyone – Jane Porter <https://www.youtube.com/watch?v=B4oV7fm0EJc> A picture book we have used as a stimulus to discuss different ways we can show we care, whilst abiding by social distancing rules.
* Mae Among the Stars – Roda Ahmed <https://www.youtube.com/watch?v=sF6CYDVdhyA> A biography of Mae Jemison the first African American woman into space. This picture book is a nice introduction to talking about dreams and hopes for the future.
* Silly Billy – Anthony Browne <https://www.youtube.com/watch?v=xGheEziYuKI> A lovely story based around a child’s worries and how to overcome these.
* Make some worry dolls after reading Silly Billy, if you like, using pegs and scraps of fabric <https://www.creativechild.com/articles/view/dolly-peg-worry-dolls>
* Ruby’s Worry – Tom Percival <https://www.youtube.com/watch?v=9IhhCq44ar8> Find out how Ruby overcame her worry!
* Be Kind – Pat Zeitlow Miller <https://www.youtube.com/watch?v=vmixodlT3T4> A story focusing on kindness.
* Use the story Be Kind to make a kindness rainbow <https://colorations.com/activities/rainbow-of-kindness-mobile/> You could use any kind of media to make your rainbow, colouring or painting. We had fun using collage to make our rainbow and glitter of course!
* Colour Monster – Anna Llenas <https://www.youtube.com/watch?v=RCfKFEWZpEY> A story about emotions and understanding how each emotion feels to us.
* <https://www.teachingideas.co.uk/library/books/the-colour-monster> Follow this link for different ideas linked to the Colour Monster including art, DT and writing.
* <http://www.cosmickids.com/category/watch/?video_category=mindfulness&changed=video_category> Some mindfulness videos to follow along with from Cosmic Kids.
* <http://www.cosmickids.com/category/watch/?video_category=relaxation&changed=video_category> Some calming relaxation videos to tune into from Cosmic Kids.
* <https://www.elsa-support.co.uk/category/free-resources/> which supports wellbeing and mindfulness.

**For pupils in UKS2**

* To support Social, Emotional and Mental health we are using this booklet from Healthy Minds as a starting point to discuss wellbeing, any worries and strategies to help us <https://www.lpft.nhs.uk/application/files/2315/8764/3098/Anxiety_Online_Booklet_Primary_V120200423.pdf>
* Further workshops/ mindfulness support from Healthy Minds can be accessed from [https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself](https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself%20)

(If you have concerns about a child or young person’s emotional wellbeing please contact School on 01400 659001 and /or Healthy Minds on the ‘Here4You’ line which is operational.

Here4You line = 01522 309120)

* Lincolnshire County Council’s Emotional Wellbeing Pathway has lots of useful advice /information: <http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=2_9_9>
* The yr6 Transition continues to be a priority even though extra visits are not possible this year. We are in communication with Secondary Schools, sharing information and talking to the support personnel. In school, we are accessing some of the ‘Be Awesome, Go Big- year 6, Transition Project’

<https://www.hachetteschools.co.uk/landing-page/hachette-schools/be-awesome-go-big-in-association-with-pixl/>

* Also, further support transition booklets are

<https://www.family-action.org.uk/content/uploads/2020/05/BOSS-Transition-Booklet-Primary-Secondary.pdf>

We hope some of these links will be useful at this difficult time, please let us know if you would like any further advice and support. Many thanks,

Take care and stay safe,

The PSHE/ Pastoral Support Team