

## YOURSELF RATIONALE

Each child and young person develops a sense of who they are as a person. In essence their own identity, who they believe themselves to be. Identity formation is based on the child's experiences, interpretation of those experiences, other's reactions to the child and the significant role models the child identifies with. Each child and young person in school, will have a different life experience and journey, affecting the nature of their own sense of self and their resilience during this pandemic. Therefore identifying those potentially vulnerable students, who may lack resilience and be more vulnerable to questioning their own identity and self-efficacy as this time will be essential.

The Anna Freud website has a section on Early Years with information and resources linked to transition and how to support this age range.  
<https://www.annafreud.org/early-years/early-years-in-mind/>

## TIPS

- From a humanistic perspective, according to Maslow's Hierarchy of needs, a person's basic needs of physiological health and safety need to be met, prior to higher level needs of belonging, esteem and Self-Actualisation can be achieved. At the current time, following clear safety guidelines, risk assessments and protocols and providing clear, reliable and factual information about health and safety issues to children in a developmental appropriate way can help pave the way for them to focus on their own development as a persona and individual continuing to achieve and progress
- A positive self-image and self-perception can also act as a protective factor or 'buffer' against negative feedback and experiences. Promoting positive self-perceptions, including self-belief, self-esteem and self-worth, can have a positive effect on behaviour and development (Cameron & Maginn 2009).
- Provide children and young people with responsibilities such as specific jobs or tasks;
- Help children to remember that making mistakes is ok and that overcoming them empowers us
- Help children set realistic, short-term goals.
- Praise effort, not ability.
- Praise honestly.
- Name children's strengths and help them to recognise them
- Model self-efficacy and overcoming challenge
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- Encourage children to explore what is important to them about who they are and think about how they can develop this in school



## FURTHER WORK

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Observe and monitor children who find it challenging to identify positive self-constructs especially if this has changed. Observe responses to making mistakes and resilience in overcoming them



EMAIL ADDRESS



TWITTER HANDLE



TELEPHONE NO.



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