

## GIVE RATIONALE

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Give yourself and others time- Take time to do things slowly- things are likely to take longer

The give section is also about ways that we help others. Helping others is not only good for children and young people and a good thing to do, it also makes us happier and healthier too. Giving connects us to others, creating stronger communities and helping to build a happier society for everyone



## TIPS

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- Doing simple, kind things for others, possibly asking children what actions would make each other smile.
- Giving time – this is really important for children, they may take longer to undertake daily tasks and to get used to routines
- Give reassurance to children and remind them that we can explore and learn but, that we may need to develop problem solving skills to work out new ways of doing things that we have previously done
- Build strengths and capacity – activity can be found in the online document, Transition and Recovery: <http://services2schools.org.uk/Services/4698>
- A video clip relating to growth mindset and giving can be found at <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-give-to-others/z6tkd6f>. This emphasise the positive support that giving to others provides for mental health.

## FURTHER WORK

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Monitor children who are requiring long periods to engage in activities or who find separation at the start and end of the day particularly hard.