

REFLECT RATIONALE

Reflection is important as part of phase 3 support because it values the lessons children and young people have drawn from this period and each other and how it may have shifted their thinking for the future. We cannot forget that we are in unprecedented times and that concept in itself is hard to grasp. Many teachers and parents have told us that children are asking them ‘when did you last have a virus?’ or ‘what did you used to do?’ the notion that a pandemic of this nature and scale has not occurred in most peoples’ life span is a hard concept for children and young people to comprehend. Narrative practice identifies the importance of story in our lives in the past, present and future and it is likely that this period will impact upon the ‘story’ of all childrens’ lives for generations to come.

TIPS

Encourage the use of storytelling to enable children to share their experiences and talk about challenges and changes

Use bubble bear to address difficult questions and worries

Remind children that grown up don’t have the answers all of the time- a lot of children will be wondering why grown-ups can’t tell them when the virus will go away and when things will be normal again

Encourage the children to develop a bubble story about coming to setting and the different things that they see in their day- use this to reflect on ideas and worries

Discuss the positive elements of being together and playing – use concepts such as ‘safe sharing’ to allow children to engage interactively whilst being mindful of hygiene and other elements of staying safe

Some children may find restrictions on transitional objects such as soft toys hard- consider working with children to make ‘nursery friends’ that they can each keep in their drawers or equivalent if necessary

FURTHER WORK

Observe any children who are finding it hard to communicate their thoughts and feelings in any way. Behavioural changes and psychosomatic symptoms may be observed in younger children. Use open dialogue with home and school