



GIVE RATIONALE

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

Pupils will require time to assimilate to the school context. Pupils may experience anxiety about risks when being in school and/or anxiety about returning to formal learning

A lesson plan relating to coping with overwhelm when returning to school can be found at https://www.annafreud.org/media/8014/wahmh-lesson_plan.pdf this discusses general themes around supporting mental health

Encourage pupils to positively look out for each other and monitor each other's well-being. Ensure consistent and clear avenues of support are communicated to each pupil. Consider providing pupils with small flow chart cards indicating courses of action that they can take if they are concerned about themselves or a friend, or family

Discuss the importance of not putting too much pressure on themselves to 'catch up' in the first instance. Explain that it is likely that things will feel more challenging initially as pupils get used to being back into the school context.

FURTHER WORK

Be mindful of pupils placing themselves under academic pressures, especially those who communicate anxieties about falling behind. Be mindful of discrepancies between access to learning for pupils during the lockdown period and potential emotional or social issues that can grow from this. Monitor patterns of attendance and any presenting school refusal or social anxiety