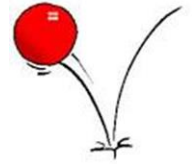


## “Bounce Back to School Programme” Family Activities

### **Week 1, Monday – Getting Back on Track**

*The activities this week are about helping your child settle back into school at this difficult time. The focus is in making sure they feel emotionally safe, putting roots down again in school, are able to express their feelings and to think about looking after each other.*

	<b>Activity Focus</b>
<b>Monday</b>	<ul style="list-style-type: none"><li>• Using the Bear cards or emojis, talk as a family about 2 comfortable feelings you’ve had during the day and 1 uncomfortable feeling (make sure not to make it too strong as the children need to feel supported by you – they need to know that you can cope with their uncomfortable feelings such as worry).</li><li>• Draw around your child’s hand and help them fill in who they have in their life e.g. parent/carer, other family members, adults at school, friends (someone per finger) who is part of their support network. This means they will have this at school and at home too!</li></ul> <p><b>See Resource:</b> <i>I Have a Question Booklet</i> <i>Coronavirus Social Story</i> <i>Talking to children about Coronavirus</i> <i>Anxiety Management</i> <i>Bear Cards</i> <i>Feelings Emojis</i></p>

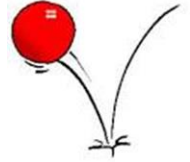


## “Bounce Back to School Programme” Family Activities

### **Week 1, Tuesday – Getting Back on Track**

*The activities this week are about helping your child settle back into school at this difficult time. The focus is in making sure they feel emotionally safe, putting roots down again in school, are able to express their feelings and to think about looking after each other.*

	<b>Activity Focus</b>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• Tell your child that they can talk to you if they are worried about anything. You will be there to listen and support.</li><li>• Talk to your child about what choices they have at home and what responsibilities you can give them that are appropriate for their age.</li><li>• Fill a box of everything that makes your child feel good e.g. a piece of Lego, a picture of an animal, a dried flower. Let them choose how to decorate the box. They can refer to this box when they feel like they need a boost!</li><li>• Practise the relaxation exercise your child did today with the whole family! (Day 1)</li></ul> <p><b>See Resource:</b> <i>Talking to my child about anxiety (handout for parents)</i> <i>Relax Kids Parents E-Book</i></p>

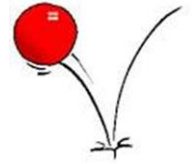


## “Bounce Back to School Programme” Family Activities

### **Week 1, Wednesday – Getting Back on Track**

*The activities this week are about helping your child settle back into school at this difficult time. The focus is in making sure they feel emotionally safe, putting roots down again in school, are able to express their feelings and to think about looking after each other.*

	<b>Activity Focus</b>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• Choose any activity to do with your child at home e.g. cooking, drawing, dancing. Give them a compliment to tell them what you loved about what they did. Ask them to tell you what they loved about what you did too!</li><li>• Read a bedtime story and show you care for at least one character in the book. Encourage your child to do the same.</li></ul>

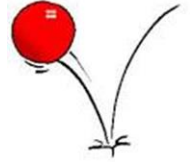


## “Bounce Back to School Programme” Family Activities

### **Week 1, Thursday – Getting Back on Track**

*The activities this week are about helping your child settle back into school at this difficult time. The focus is in making sure they feel emotionally safe, putting roots down again in school, are able to express their feelings and to think about looking after each other.*

	Activity Focus
<b>Thursday</b>	<ul style="list-style-type: none"><li>• Your child has planted something at school today. Look up on the internet what their seed will grow into, how long it might take and draw a picture of it together.</li><li>• Choose one thing from nature that you both love and either draw it or print a picture out to put in your child’s room or on the fridge.</li></ul>



## “Bounce Back to School Programme” Family Activities

### **Week 1, Friday – Getting Back on Track**

*The activities this week are about helping your child settle back into school at this difficult time. The focus is in making sure they feel emotionally safe, putting roots down again in school, are able to express their feelings and to think about looking after each other.*

	<b>Activity Focus</b>
<b>Friday</b>	<ul style="list-style-type: none"><li>To help your child understand the Guardian Angel exercise that the class will be doing next week, point out to them every time you or someone else in the family does something to help another family member or friend. Start to encourage your child to do the same, including thinking about doing something for your family pet if you have one!</li></ul>