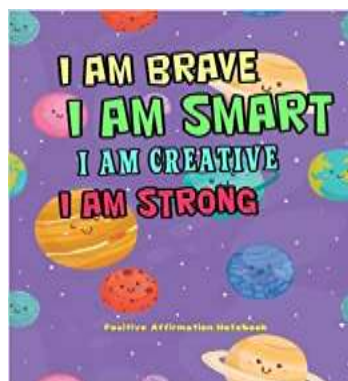


Useful resources for parents and carers to support transition



Supporting your children through transition and welcoming a “new normal”.

As a school, each child’s emotional well-being is our top priority and focus. We understand that happy children are the best learners. During this challenging and unexpected pandemic, your children have built on their existing skills such as patience, creativity, inventiveness and compassion. I’m sure you’re as proud as we are, of the resilience, and determination they have all shown with their positivities attitude.

We want to reassure you that when we do return to school life, we will be here to support and care for your children. Our focus will be on ensuring that we ease each child back into our school family. There will be a period of adjustment, as we all adapt to our new school life. Please be reassured we are prioritising your children’s emotional welfare, and we look forward to welcoming them back into school when that time arrives.

Your child’s return to school will be centred around positivity and something they will be excited and looking forward to. We are working hard to ensure measures are in place to ensure a smooth transition.



As always, we thank you for your support and know we will all work together to help your children adjust. Thank you for all the hard work you have put in at home, it is hugely appreciated. I'm sure when our children look back on this piece of history they will have fond memories of having fun at home and learning new skills.

Here are some useful resources, activities and websites which you may find helpful in supporting and preparing your child with this transition.

Activities supporting transition and emotional well-being

We will be going back to school sometime

This is a lovely child friendly social story you can do with your children to support the link between home and returning to school.

<https://s3.amazonaws.com/thinkific-import-development/140534/Wewillbegobacktoschoolsometime-200504-091926.pdf>



[Sneak preview of resource above](https://s3.amazonaws.com/thinkific-import-development/140534/Wewillbegobacktoschoolsometime-200504-091926.pdf)

Easy read version of social story We will be going back to school sometime

<https://s3.amazonaws.com/thinkific-import-development/140534/EasyreadschoolsoonSS-200504-091926.pdf>

My lockdown experience. This is a useful thing for children to discuss their favourite aspects of lockdown, what they didn't like, and any worries they may have about returning to school.

<https://s3.amazonaws.com/thinkific-import-development/140534/Mylockdownexperience-200504-092109.pdf>

Transitioning back to school a useful tool which breaks down the aspects of returning to school and how your child is feeling about this, such as social distancing, hand washing etc.

<https://s3.amazonaws.com/thinkific-import-development/140534/TransitioningbacktoSchool-200504-091840.pdf>

Communicating to support transition KS2

<https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf>

Transition tips for year 6 children

<https://youngminds.org.uk/media/2882/ym-fyf-teacher-resource-year-6.pdf>

Elsa support

This website has some wonderful free resources to support emotional literacy.

www.elsa-support.co.uk



<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Bee-here-now-story-about-mindfulness.pdf>



Relaxation and mindfulness

Cosmic kids yoga



This is a fantastic way for your children to relax taught through every different type of story you can imagine so will appeal to all children from Harry Potter fans to Disney princesses.

You can find all the videos for free on you tube.

<https://www.cosmickids.com/>

Relaxation tips

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Relax-tips-and-worksheets.pdf>



<https://www.headspace.com/meditation/kids>



Design a worry monster

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf>



Social story

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Someone-I-know-has-coronavirus.pdf>



Positive paper chains

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Positive-paper-chains-for-mindful-colouring.pdf>



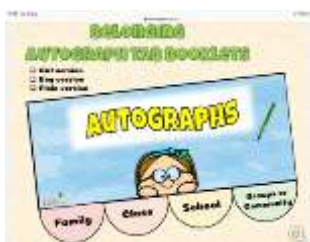
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Negative-to-positive.pdf>



<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Bees.pdf>



<https://www.elsa-support.co.uk/wp-content/uploads/2020/02/Belonging-autograph-booklet.pdf>



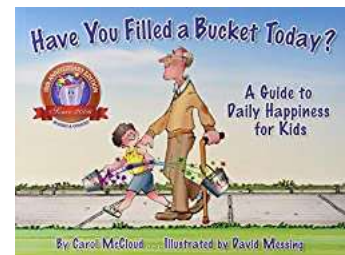
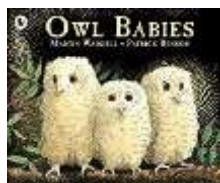
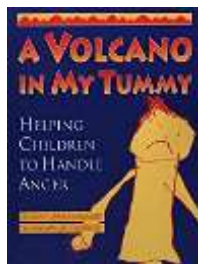
<https://www.elsa-support.co.uk/wp-content/uploads/2020/01/Find-your-brave.pdf>



<https://www.elsa-support.co.uk/wp-content/uploads/A-to-z-OF-SELF-CARE.pdf>



Books you may find useful



<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



Parental advice on anger management

Help with those 'hot feelings' - some tips and information for parents/guardians about managing anger in children:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>



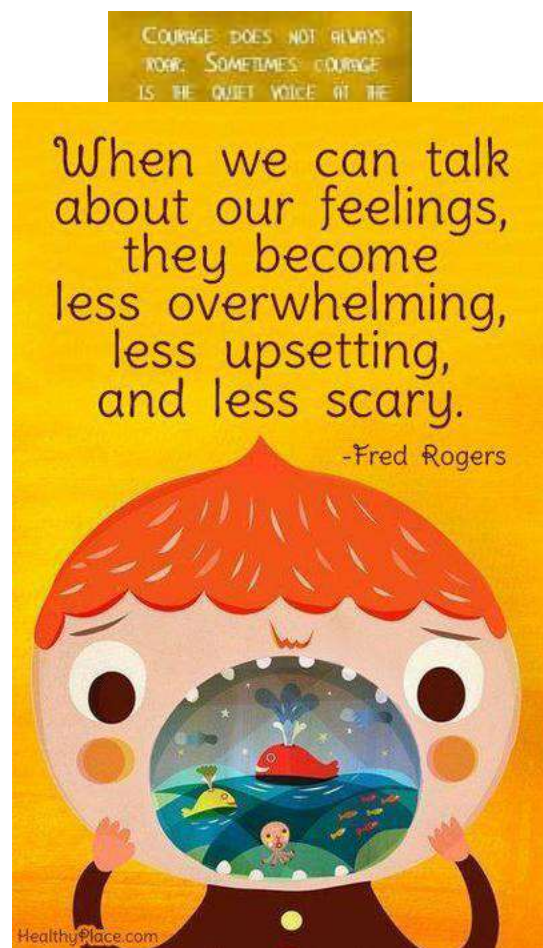
An anger management story for children written by Lori Lite. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. Children love to unwind and relax with this fun exercise known as progressive muscular relaxation.

This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body. This is a great little story to help children understand that they are in control of their emotions. It focuses on the ownership of feelings and emotions and taking command of the situation. We use this book in ELSA sessions and is fun and very effective!

Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



Free E-Book – Everybody Worries (A picture book for children who are worried about the Coronavirus):

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>