

Staying connected

The Power of Play

- Show that you can enter their world, and share their joy
- Make each other laugh by playing a game together.
- Go on a treasure hunt around the school grounds.
- Listen to the sights and sounds of nature in the outdoor area.
- Follow the child's lead with a toy, and suggest new actions and ideas

Celebrate Strengths

- Show that you recognise and value their skills.
- Talk about things they are good at
- Give positive and enthusiastic feedback.
- Be curious about how they made something or worked something out and ask them to show you how they did it.
- Give them responsibilities and show gratitude for how well they did their job.
- Involve them in decision-making.

Create new memories

- Show that you can reflect back on good times together.
- Plant a new flower and watch it grow
- Create a gratitude diary/journal

Reframe to reassure

- Show that there are positive outlooks on the situation
- "Schools look a little different to help keep us safe."
- "By keeping our distance from our friends they will stay healthy. This is the best way we can help them right now."
- "Isn't it great that you can still talk to your friends over FaceTime and video games?"
- Let's think of all the things that are staying the same

Accept and empathise with feelings

"You must feel so frustrated that you cannot sit next to your friend!"

"You seem pretty quiet today. I wonder if you're feeling a little scared about being back in school."

"It must have been a big shock when school closed so suddenly!"