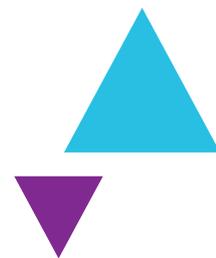




# Settling back in

Activities for young people to support the return to school following lockdown



# Introduction

These activities have been designed to help support young people as they return to school or college after lockdown.

Many of you may not have been to school since March and you may find that it takes you some time to settle back in. You may feel nervous, anxious, excited, happy, sad, overwhelmed or isolated. These are all perfectly valid feelings.

## About the activities

The activities will help you to reconnect with your classmates and teachers. They will help you process what has happened, identify and understand how you feel about this, and build the skills and confidence you need to move forward.

There are **10 different sessions** with worksheets and activities to complete:

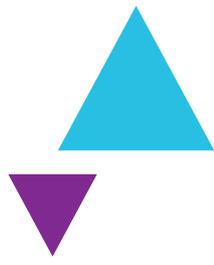
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 Don't forget to talk to your tutor or other trusted adult if you feel you may need more support with this. Asking for help is a sign of strength!

# Session 1

## Catch up



Name:

Date:

**The aim of this session is...** to reflect on your experience and reconnect with your school community.

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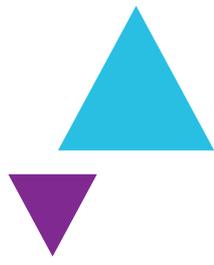
### Activity 1

On your own, fill in these hexagons to create a record of your life in lockdown. Try to be honest with yourself.



# Session 1

## Catch up



### Activity 2

When you're ready, share some of your thoughts with someone else. Listen to their thoughts.

**?** How was their experience similar and different to yours?

Similarities	Differences

### Activity 3

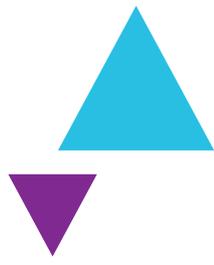
If you have time, catch up as a whole class.

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# Session 2

## Building emotional vocabulary



Name:

Date:

**The aim of this session is...** to expand your vocabulary in order to help you recognise your feeling and emotions. This will help your feelings become more manageable as well as helping you understand other people.

### Activity 1

How confident do you feel when it comes to recognising your feeling and emotions?

😊 Really confident	
🙂 Quite confident	
😐 Not that confident	
☹ Not at all	

### Activity 2

How did you feel during lockdown? Think about your body as well as your mind. On your own, list as many feelings as you can in one colour.

#### My lockdown feelings

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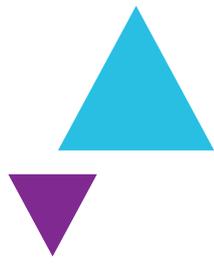
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# Session 2

## Building emotional vocabulary

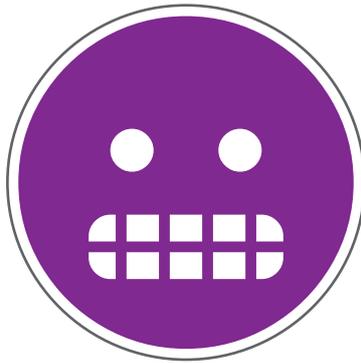


### Activity 3

Label the emojis. Are there any other feelings you can relate to?



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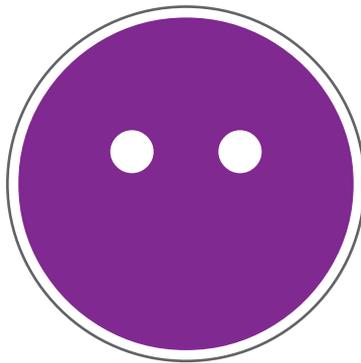
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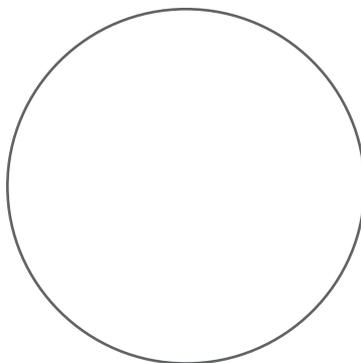
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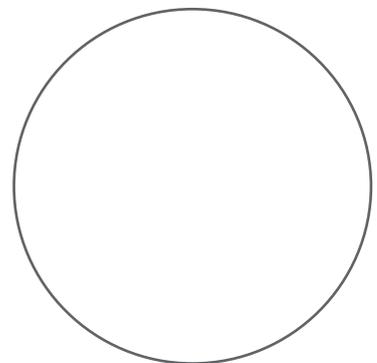
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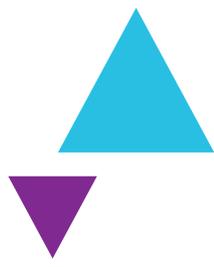
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# Session 2

## Building emotional vocabulary



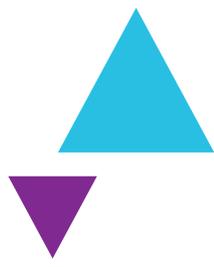
### Activity 4

**Play a game.** Split into two groups. Try to think of an emotion for each letter of the alphabet. The first group to fill the alphabet with emotions is the winner!

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

# Session 2

## Building emotional vocabulary



### Activity 5

Go back to your list of lockdown feelings. In another colour, add any feelings that you can relate to but didn't think of naming yourself.

### Activity 6

Now how confident to you feel when it comes to recognising your feeling and emotions?

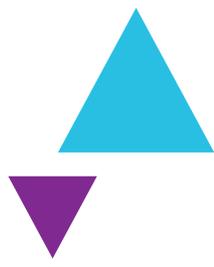
😬 Really confident	
😊 Quite confident	
😞 Not that confident	
😞 Not at all	

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💬 Don't forget to talk to your tutor or other trusted adult if you feel you may need more support with this. Asking for help is a sign of strength!

# Session 3

## The five losses



Name:

Date:

**The aim of this session is...** to consider the impact of lockdown.

Many people have lost loved ones during the pandemic. However all of us have lost things that are important. It has been said that young people particularly suffered five losses at this time: routine, structure, friendship, opportunity and freedom.

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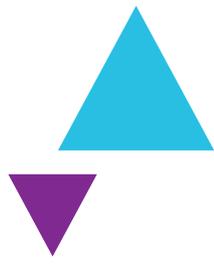
### Activity 1

Complete this table on your own.

Loss	Example	Impact
🕒 Routine		
📅 Structure		
👥 Friendship		
🏠 Opportunity		
🕊️ Freedom		

# Session 3

## The five losses



### Activity 2

Compare your table with another person's. Listen to their thoughts.

 How is their experience similar and different to yours?

Similarities	Differences

### Activity 3

Is there anything you gained as a result of lockdown?

### Activity 4

Consider taking a group photo to remind you that you have one another for support.

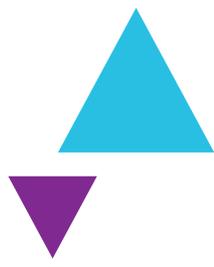


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# Session 4

## Responding to loss



Name:

Date:

**The aim of this session is...** to understand that people respond to loss, or even change, in different ways and to think about how we can manage our responses

### Activity 1

Look back at your notes on loss from the last session.

You might notice a range of feelings that arise from loss. It is normal to experience conflicting emotions and even a lack of emotion.

### Activity 2

The table below shows some possible responses to loss.

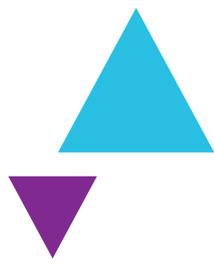
Imagine one of your friends was experiencing loss. How would you advise them? Think about each of these suggestions and rate it to show how helpful you think it is. You can add your own ideas at the bottom of the table if you like.

★	★★	★★★	★★★★
Really unhelpful	Quite unhelpful	Quite helpful	Super helpful

Response to grief	★ Helpfulness rating (1–4 stars)
Taking some time to think about the lost person or things	
Exercise (eg going for a run)	
Staying strong	
Creativity (eg writing a poem about the lost person or things)	
Talking with a trusted person	
Carrying on as usual	
Finding a support group	
Having a long lie-in	

# Session 4

## Responding to loss



### Activity 3

Compare your table with another person's. Listen to their thoughts.

**?** How are their ideas similar and different to yours?

Similarities	Differences

### Activity 4

Stand in a circle as a class or group.

- 1 One person holds the end of a ball of string and gives an example of how they would help a friend who is having a difficult time.
- 2 They then throw the ball to a another person who then gives an example of how they would help a friend who is having a difficult time.
- 3 Keeping hold of the string, they throw the ball on to another person.
- 4 Continue in this way until everyone has held the string and said how they would offer support to a friend.



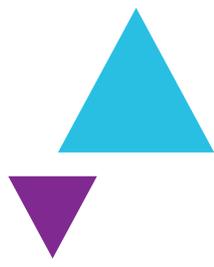
You have created a web of support with all of your suggestions. You can help one another to not feel alone.

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# Session 5

## Building resilience



Name:

Date:

The aim of this session is... to learn some simple techniques to improve your wellbeing.

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### Activity 1

Answer these questions as honestly as you can at the start of the session.

How confident do you feel in keeping your feelings under control?		How confident do you feel finding ways to feel better?	
Really confident	<input type="checkbox"/>	Really confident	<input type="checkbox"/>
Quite confident	<input type="checkbox"/>	Quite confident	<input type="checkbox"/>
Not that confident	<input type="checkbox"/>	Not that confident	<input type="checkbox"/>
Not at all	<input type="checkbox"/>	Not at all	<input type="checkbox"/>

### Activity 2

Answer these questions on your own.

1 What or who helped you the most through the hard times?

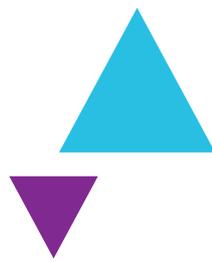
2 What or who gave you strength?

3 What or who is helping you right now?

As you think about these positive things, do you notice anything happening? In your body? To your mood?

# Session 5

## Building resilience



### Activity 3



Scientists suggest that everyone has a **resilience zone**. Although we experience stress and calm, when we are within our zone we are able to handle the ups and downs of life and make good decisions. From time to time, we get stuck out of our zones – we can't think clearly or relate with other people successfully. The trick is to learn how to stay within our zone.

One way to do that is to think about positive things in your life such as the ones you listed above.

You could try:

- Taking three deep breaths
- Focusing on a surface that you're connected to, for example the chair or the floor. Draw your attention to the way that surface feels against your body.

❓ How does this affect the way you feel?

### Activity 4

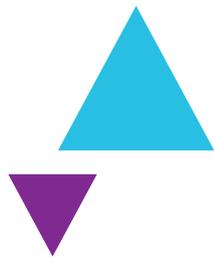
Now answer these questions again at the end of the session.

How confident do you feel in keeping your feelings under control?		How confident do you feel finding ways to feel better?	
😊 Really confident		😊 Really confident	
🙂 Quite confident		🙂 Quite confident	
😐 Not that confident		😐 Not that confident	
☹ Not at all		☹ Not at all	

💬 Don't forget to talk to your tutor or other trusted adult if you feel you may need more support with this. Asking for help is a sign of strength!

# Session 6

## The new normal



Name:

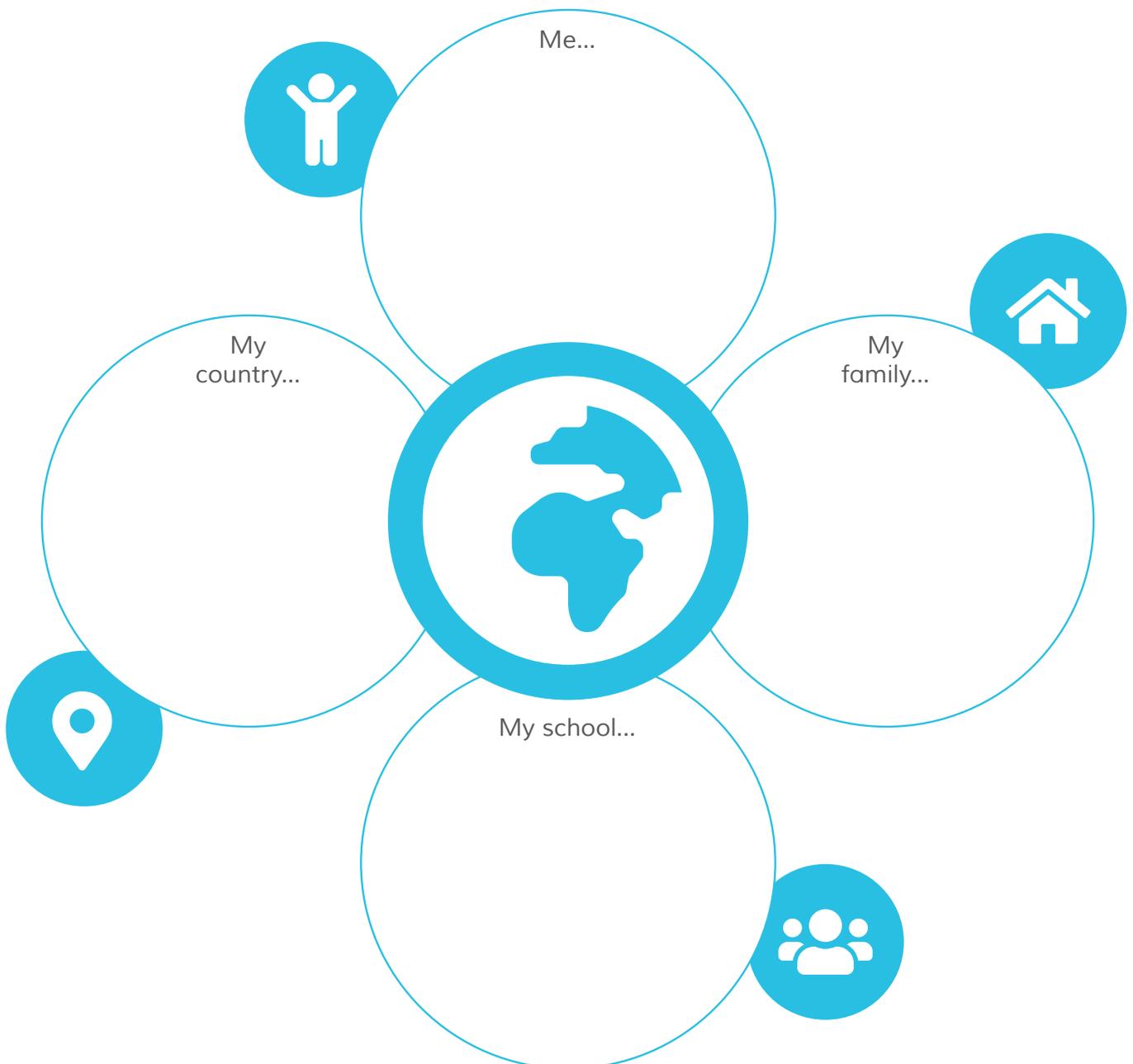
Date:

**The aim of this session is...** to set some goals for the future, based on your experience.

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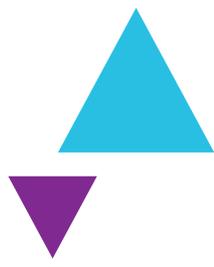
### Activity 1

How do you think the coronavirus pandemic will change the world? Record your thoughts here.



# Session 6

## The new normal



### Activity 2

As we re-open after lockdown, we are entering into a **new normal**. Have a look over the notes you have made during the previous three sessions.

**?** How could you use what you learned during this time?

Use these reflections to help you set a goal for the future.

#### What I have learnt

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#### My goal for the future

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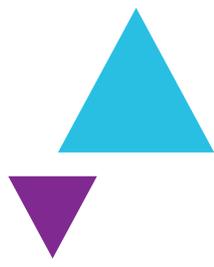
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# Session 7, 8, 9 and 10

## Making memories



Name:

Date:

**The aim of this session is...** to create something to help you remember your time during lockdown.

Individuals and communities often find it helpful to mark important events such as wars or special people.

### Activity 1

Can you think of any memorials in your local community? Does your family have objects to remind you of special people? Write down your ideas here.

#### Examples of commemoration

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#### Ideas for commemoration

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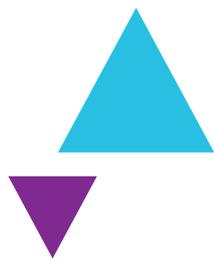
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# Session 7, 8, 9 and 10

## Making memories



### Activity 2

Work in a group to help you remember lockdown for you and your community. You might choose to create:

- A time capsule or memory box
- A photo collage
- A poem or piece of music
- A tree with leaves with different memories of lockdown
- Something else

You will need to allocate team roles and plan your project. You can use this template to help you.

 What needs to be done?	 By who?	 By when?	 Done

 Don't forget to talk to your tutor or other trusted adult if you feel you may need more support with this. Asking for help is a sign of strength!



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