



## How Are You?

### Emotional Well Being, Resilience and Recovery

#### Year 2



#### **How Are You? – It's okay to talk about how you are feeling**

- My time away from school
- The Colour Monster
- I am brave like a pirate!
- Hand prints
- Worry monster/doll/bottle
- Excited coins!
- Today I am feeling...
- What makes me happy?
- Emotion poems

#### **Jigsaw PSHE Recovery Package & Being Me in My World (Ongoing throughout term)**

- Welcome back.
- Hopes & Fears for the Year
- Rights & Responsibilities
- Rewards & Consequences
- Our Learning Charter

#### **Promoting Self-Efficacy (Self-Belief) – Even if a challenge is really difficult, the important thing is to use our skills to the best of our ability and keep trying**

While it is natural to have feelings of helplessness and uncertainty, especially during the current situation, it is important for children to feel that what they say and do matters and that their actions can make a difference. Self-efficacy is the belief that we can make a difference and have strengths we can draw on in times of challenge. It's also a core belief underpinning motivation and emotional wellbeing.

- Story that shows overcoming challenge by perseverance (e.g. The Hare & The Tortoise)
- 'I/we can...' paperchain
- Set some goals and things to look forward to (Excited coins!)
- Today I will be magnificent!

#### **Promoting Hope – Try to remain hopeful, even when challenged**

Research indicates that hope significantly and positively correlates with psychological well-being and coping in the face of adversity. Higher hope is related to better overall adjustment, while hope has also been described as "a personal rainbow of the mind", with the rainbow being used as a symbol of hope in many households during the current situation.

- Story that shows the importance of hope in the face of adversity (e.g. Noah's Ark – rainbow)
- Music that helps instil a sense of hope (Everything's Gonna Be Alright – Bob Marley; Bring Me Sunshine – Willie Nelson; Don't Worry, Be Happy – Bobby McFerrin; Moving On Up – Primal Scream; Don't Stop Believin' – Journey; Things Can Only Get Better – D:Ream)
- Hopes & dreams dreamcatcher/dreamstick

#### **Promoting Gratitude – We can show gratitude in different ways and for different things**

Studies suggest that finding things to be thankful for is important for our wellbeing, leading to physical and psychological benefits, as well as being a 'social glue' that connects people.

- The Giving Tree by Shel Silverstein
- Clap for Key Workers
- Make a 'What are we grateful for today?' tree
- Share newspaper article on face mask giving tree
- Saying 'Thank You' in different languages

#### **Promoting Connectedness – We can reach out to others for support when we need it (and can be a source of support for others)**

After some time away from each other, humans often have a strong desire to re-connect. Although many pupils may have stayed digitally connected with each other, they may have missed being part of a bigger class, year group and whole school community. There is a large body of research on the central importance of social support and social groups in combating stress and overcoming adversity. It is important for our school community to reconnect.

- Story about helping and supporting each other in times of need (e.g. The Lion and The Mouse, Eric the Hero)
- Music around the theme of togetherness (Lean On Me – Bill Withers; I'll Get By With A Little Help From My Friends – The Beatles; He Ain't Heavy, He's My Brother – The Hollies)
- Outdoor Team Games/Challenges
- Plant Together