

Let's talk

Wellbeing: Supporting your child's transition such as a new school year, going back to school after lockdown or moving home

Transitioning from the current year to a new phase of school can be a difficult time for children under normal circumstances, but during Coronavirus, the change may bring up more complex emotions than usual. This update provides a selection of end of year/transition activities that can support children to manage their feelings and learn coping strategies.



It's the end of Year 3...

It's time to say 'goodbye' to Year 3 and 'hello' to Year 4!



Hello!

- School resources- check out any school resources that are being provided such as their Class transition book message from their teacher or social stories
- Transition balloon activity helps a child talk through what they will miss or look forward to <https://www.elsa-support.co.uk/transition-balloon/>
- Takeaway bag activity reflects on all the good things that have happened during lockdown - what do they want to take away with them and remember - <https://www.elsa-support.co.uk/takeaway-bag/>

Memory activity

Reflection - Ask children to write a review of what they have done well this year and what they would like to achieve in their next year. They can use an envelope or make an envelope and prepare/draw or write down their top 10 memories over the course of the academic year, such as favourite trip, favourite books, things I learnt this year, etc



MENTALLY HEALTHY SCHOOLS

Anna Freud
National Centre for
Children and Families



Mentally Healthy Schools and Anna Freud have teamed up to create toolkits to support children and families during coronavirus:

- **Managing transitions** - <https://mentallyhealthyschools.org.uk/resources/coronavirus-toolkit-managing-transitions>
- **Coronavirus: returning to school toolkit** - <https://mentallyhealthyschools.org.uk/resources/coronavirus-returning-to-school-toolkit-8/>
- **Getting a good nights sleep** - <https://mentallyhealthyschools.org.uk/resources/11-ways-to-get-a-good-nights-sleep/>

Find Your Feet at Secondary School: for Year 6 Pupils

Young Minds have activities to help Year 6 pupils transition to Year 7 <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/>

YOUNGMINDS

Hope and fears for the future

Worry Ladder- This is where you ask the children to draw a ladder. Then you get them to order their worries, putting the bigger ones at the top of the ladder etc. Prioritising worries can help them all seem less overwhelming.

Hope heart/leaf - Children draw/paint or create a leaf or heart, whichever is easiest and then write their hopes for the year ahead.

Pledge for next year - what do they want to achieve next year? Help them to write a list of 6-8 things they want to improve, related to their learning, subjects or behaviour



Holiday activities

- Keeping connected to friends over the holidays
- Writing a diary/journal about what they are doing, their feelings, etc
- Drawing a memory jar and children fill in their favourite memories during the holidays e.g. favourite or funniest moment, the best things they've learnt, etc

More information? If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emmanuel.camden.sch.uk.