



## Safety

## Calm

## Connection

## Efficacy

## Hope

Emphasise what is **staying the same**.

Show what is **different** using photos, videos & social stories.

**Positive messages and affirmations:** "You belong here"; "This is a safe place"; "It's ok to feel..."

Promote **structure & routine**. Create safe spaces to talk & relax.

**Learn from parents** about what made school unsafe & difficult in the past.

Talk about **emotions** using words, colours, animals, emojis, etc.

**Respect sensory preferences.** Integrate movement & rhythm into the daily schedule.

**Teach calming strategies** - breathing, grounding, muscle relaxation.

Acknowledge and challenge **negative thoughts**.

Look for ways to make students **smile & laugh**.

Share **stories** about lockdown experiences and discuss fears and hopes.

**Show you remember** the child's interests and strengths. Link in with previous teachers.

Keep the student in mind with **regular check ins**.

**Sense of community** - virtual show-and-tell; "All About Me"; socially distanced gestures.

Random acts of **kindness and appreciation**.

**Respect children's voices and choices.** Involve them in creating new rules and routines.

Collaborate with parents and **adapt what has worked well at home**.

Set **realistic and personal goals** and assign key jobs and roles.

Reflect on **previous success** & achievements.

Have **older students & staff** share experiences and coping techniques.

Explore what they **enjoyed about lockdown**.

**Share good news stories** to boost positivity.

Record feelings with words or 1 - 10 scales to **show exceptions and change over time**.

Buffer negativity through "**3 Good Things**" & gratitude journals.

**Promote optimism** with letters to their future selves, time capsules and memory boxes.

# Supporting the Return to School with Hobfoll's Five Principles of Recovery