

# Coronavirus: resources to support the return to school

13/07/20

Although some children have returned to school already, for many, the new autumn term will be their first time stepping into a classroom since lockdown began. Understandably, this may be a strange or worrying time for some children, parents and carers, and schools.

We know that supporting children's mental wellbeing during the return to school is a key priority. To help you, we've collected together lots of useful resources in this toolkit, all focused on making sure the return to classrooms in the autumn is a mentally healthy one.

We've split the list of resources into two – one section is full of **resources for parents and carers**, featuring activities and tips for how to prepare their child for re-starting school in the autumn. The other section is focused on **resources for schools** for use in the autumn term or when planning for the new school year.

## Resources for parents and carers

*Schools can share these resources with parents to complete with their children over the summer break.*

### **Mindfulness calendar – Mentally Healthy Schools**

Practising mindfulness over the summer break will help your child deal with any anxieties or worries when they return to school. This resource is a two-week calendar with a mindfulness activity suggested each day, which parents could use for the last two weeks of summer.

[Go to resource](#)

## **Self-care summer activity pack – Anna Freud Centre for Children and Families**

Help children create their own self-care plan for the summer holidays with this activity pack.

[Go to resource](#)

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## **Going back to school – Partnership for Children**

Parents can work through this table with their children to explore the things they may be worried about when going back to school, and ways to calm those worries.

[Go to resource](#)

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## **Tips for returning to school video – Nip in the Bud**

In this short video, clinical psychologist Dr Jess Richardson shares straightforward suggestions for parents and teachers to deal with any potential apprehension or anxiety children may experience on returning to school. There is also an [accompanying factsheet](#).

[Go to resource](#)

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## **Letting go & future plans – Partnership for Children**

An important part of preparing to go back to school is to reflect on what has happened during coronavirus, as well as looking forward to the future. Parents can complete this simple activity sheet with their child to help them let go of things they may have missed out on during the lockdown.

[Go to resource](#)

## 'My Back to School Bubble' e-book – e-Bug and NABU

This simple, illustrated e-book is ideal for parents of young children to explore what the return to school might look like, and help them feel more prepared.

**Go to resource**

## Self-care kit – NHS

Practising good self-care is another important way children can get ready for the return to school. This self-care kit has lots of ideas and activities for self-care for children, including mindful colouring, breathing exercises, an emotional check-in, a self-soothe box and more.

**Go to resource**

## Preparing your child for the first day back at school – Trauma Informed Schools

Schools may want to share this poster with parents, which features some simple top tips for helping children feel more ready to return to the school environment.

**Go to resource**

## Smiling Mind app

Technology can be a great tool for encouraging mindfulness in children. This app features lots of mindfulness and meditation activities specifically designed for parents and children to do together. (Please note that because this is an app it has not been QA'd by our clinicians. Adults should always explore apps first before sharing with children, and should always monitor their use of apps.)

**Go to resource**

## **Resources for schools**

*Support, guidance and activity suggestions for educators to support the return to school in September.*

### **Return to school resources – Place2Be**

A selection of assembly ideas and class-based activities to support your primary school community as it comes back together.

[Go to resource](#)

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### **Reset, recover, rebuild – UAE Southbank**

There has been lots of discussion about the need for a 'recovery curriculum' as school life returns to normal. This resource, developed by senior leaders in schools, lays out a roadmap for recovery with lots of practical steps for schools to follow.

[Go to resource](#)

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### **Coronavirus: Supporting pupils' wellbeing and mental health - NAHT**

Comprehensive guidance and support for schools on how to support the mental health of children and staff following the return to school, with links to many other useful resources.

[Go to resource](#)

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### **Covid-19: back to school resources – Inclusive Teach**

Download these free visual posters to help children with SEN understand how to socially distance and keep safe when they're back at school.

[Go to resource](#)

## **Back to school: Using psychological perspectives to support re-engagement and recovery – British Psychological Society**

Detailed guidance and advice on the return to school for pupils, offering a psychological perspective on the process of re-engaging children and young people with school and transitions.

[Go to resource](#)

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## **Back to school: a guide for teachers – National Autistic Society**

Suggestions for school leaders, teachers and teaching assistants to help prepare for and manage the transition back to school for autistic pupils.

[Go to resource](#)

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## **Circles of care – Big Think Community**

Circles of care is a free programme to help school communities recover and reconnect after coronavirus. The lesson included here explores the theme of community, but there are lessons for key stages 1 and 2 on different themes available to download [here](#).

[Go to resource](#)

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## **The new normal: returning to school after COVID-19 – Beacon School Support**

Practical advice for schools on how to welcome children back to classrooms, with a focus on supporting wellbeing.

[Go to resource](#)

## How educators can help in the classroom following a traumatic event – Emerging Minds

Although this Australian resource was written to support children returning to school after a natural disaster, it is full of useful tips for practitioners which are just as applicable to a return to school after coronavirus.

[Go to resource](#)

### Extra support

If schools or parents or carers have any concerns about children's mental health over the summer break, they should seek support. You can find a list of support available in your area via the [Youth Wellbeing Directory](#), or a list of helplines in our [resource library](#).

You could also contact:

**SHOUT** - text 'Shout' to 85258 for 24/7 crisis text support

**Childline** - under 19 s can call 0800 1111 for free support

**Education Support** - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

**YoungMinds Parents Helpline** - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm