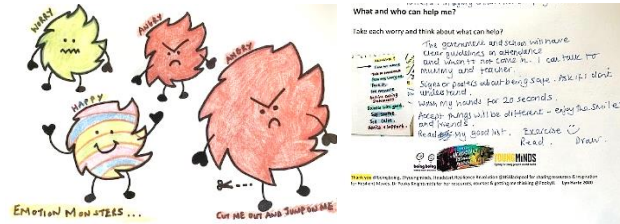


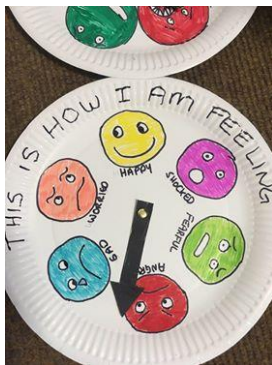
## Returning to School: A Worry Resolution Activity



As we start to prepare our children and indeed ourselves for a return to school in these difficult times, this activity may be a helpful starting point to talk through emotions and worries we are all having and hopefully find some resolve or solutions. It is a good activity because it has a two-sided approach which helps to balance good things and worries/challenges. Writing our worries down clears the mind and helps to ease the way they can spin round at times. Taking each worry and talking about it with someone (or to yourself) helps find solutions.

### There are 3 stages to this activity.

- 1. Emotions.** How are we feeling? Pause to consider what emotions we have about returning to school. You could mind map these or use the plate idea below from Paula, Brooke Hill ELSA. Are these positive feelings or ones that are difficult? I would think a mixture of both.



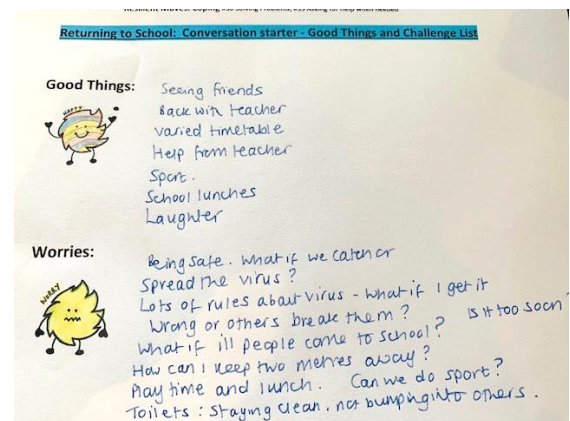
### 1. Our Feelings:



It would also be good to talk about how these emotions make us feel and behave? Do they make us shout, cry, feel sick or unwell. What can we do that can help when we are sad, frightened or angry? This links to self – calm activities we have tried before (resources 1,2,5, 6 and 7). I include an angry monster template at the end of this resource. All ages can enjoy a good stamp on him when it gets too much (worth a thought).

## 2. Good Things and Worries Lists

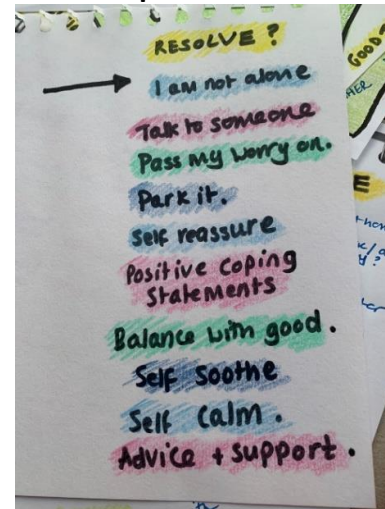
Think about returning to school and create two lists. One of challenges and one of good things too. You could do this using your hands as template just like we have used before, using the worry and happy monster templates or as two lists. No age limit on any!



## 3. Resolution:

Talk about each worry or challenge individually. It helps to do this with someone else – but you can do it with yourself (It is ok to talk to yourself and answer by the way). For each worry – talk about what might help. Solutions or actions are different for all of us – and remember not all worries or problems have an instant solution. Talking about them though can help as can accepting that somethings we cannot change.

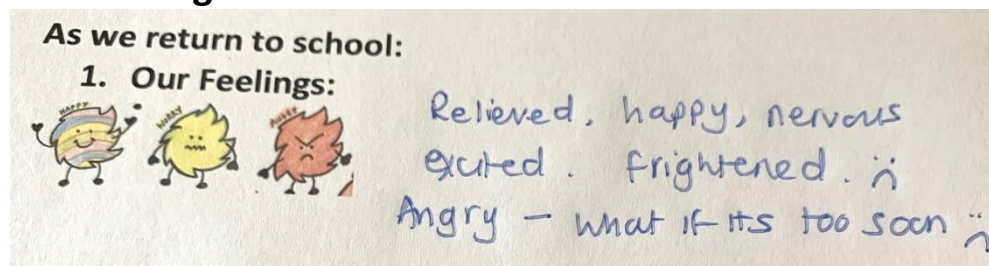
Ideas for possible resolutions are:



**Worked example:** I attach a completed activity to see how it might work. It was helpful for us to see the positives being listed alongside things the children were worried about. It was also surprisingly helpful to see the worries down on paper, to talk about possible solutions and what can help. Somethings we couldn't solve but talking about them shared and aired them. This will help future conversations I hope. Try it and see if it can help you.


**As we return to school:**

### 1. Our Feelings:




## 2. Good Vs Challenge:

**Good Things:**



Seeing friends  
Back with teacher  
Varied timetable  
Help from teacher  
Sport.  
School lunches  
Laughter

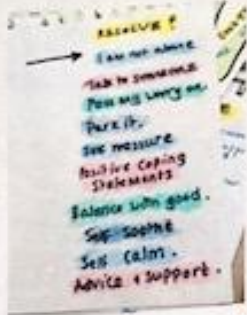
**Worries:**




Being safe. What if we catch or  
Spread the virus?  
Lots of rules about virus - What if I get it  
Wrong or others break them? Is it too soon  
What if all people come to school?  
How can I keep two metres away?  
Play time and lunch. Can we do sport?  
Toilets: Staying clean, not bumping into others.

**What and who can help me?**

Take each worry and think about what can help?



The government and school will have  
Clear guidelines on attendance  
and when to not come in. I can talk to  
mummy and teacher.  
Signs or posters about being safe. Ask if I don't  
understand.  
Wash my hands for 20 seconds.  
Accept things will be different - enjoy the smiles  
and friends.  
Read my good list. Exercise 😊  
Read. Draw.



Thank you @beingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration  
for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. Lyn Harte 2020

It would be helpful to share your use of this activity. Tag us on twitter @resilientrutland or Facebook ResilientRutland and BrookeHill\_ELSA

**Huge Thank you** to: @BrookeHill-ELSA @PookyKnightsmith (\*worry list), @HeatherLCottam,

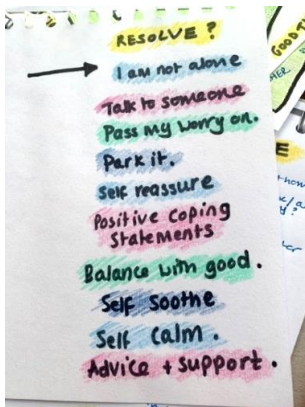


Thank you @beingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration  
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**Returning to School: Conversation starter - Good Things and Challenge List****Good Things:****Worries:****What and who can help me?**

Take each worry and think about what can help?



**Our Angry Monster Template to colour & cut out. Or even better.  
Make your own!**

